

A close-up photograph of a man and a woman. The man, with a beard and mustache, is smiling broadly, showing his teeth. He is wearing a light blue t-shirt. The woman, with long reddish-brown hair, is also smiling. She is wearing a red long-sleeved shirt. Their hands are clasped together in the center of the frame. The background is a soft, out-of-focus light blue.

Don't grow apart. GROW TOGETHER.

RELATIONSHIP JOURNAL

7-week challenge

with love, from
Olga Geidane



Sometimes
two people have to fall apart
to realize
how much they need to fall back together.

— Anonymous



Hello dear friend,

It's my privilege to help you grow in your relationships! Thank you for trusting me and giving this journal your time and dedication!

As you know, many couples grow apart nowadays and very often it happens due to the lack of dedication and lack of persistence on growing together.

As long as you are consistent and honest with your answers - this journal will help you to learn about your relationship, yourself and especially, your partner!

Turn over the page and let the journey begin! If you ever need me - just WhatsApp me on 00447904971807. I am here to help and support you!

With love,
Olga Geidane



QUESTIONS

1. What are your three favourite moments of the week?

2. What did you learn?

3. What is your fear of the week? How did you or will overcome it?

4. What is your favourite intimate moment?

5. What do you think could be improved in our relationship?

6. What is your favourite compliment of the week?

7. What would you like to do next week?

8. ...

9. ...

Week 1. Date: _____



Question 1

Him:

Her:

Question 2

Him:

Her:

Question 3

Him:

Her:

Question 4

Him:

Her:



Question 5.

Him:

Her:

Question 6.

Him:

Her:

Question 7.

Him:

Her:

Question 8.

Him:

Her:

Question 9.

Him:

Her:



Anyone can love a thing because.
That's as easy as putting
a penny in your pocket.

But to love something despite.
To know the flaws and love them too.
That is rare and pure and perfect.

—Patrick Rothfuss, from *The Wise Man's Fear*

Week 2. Date: _____



Question 1

Him:

Her:

Question 2

Him:

Her:

Question 3

Him:

Her:

Question 4

Him:

Her:



Question 5.

Him:

Her:

Question 6.

Him:

Her:

Question 7.

Him:

Her:

Question 8.

Him:

Her:

Question 9.

Him:

Her:



To know when to go away
and
when to come closer
is the key
to any lasting relationship.

—Doménico Cieri Estrada

Week 3. Date: _____



Question 1

Him:

Her:

Question 2

Him:

Her:

Question 3

Him:

Her:

Question 4

Him:

Her:



Question 5.

Him:

Her:

Question 6.

Him:

Her:

Question 7.

Him:

Her:

Question 8.

Him:

Her:

Question 9.

Him:

Her:



Love is a game that
two can play and
both can win.

—Eva Gabor

Week 4. Date: _____



Question 1

Him:

Her:

Question 2

Him:

Her:

Question 3

Him:

Her:

Question 4

Him:

Her:



Question 5.

Him:

Her:

Question 6.

Him:

Her:

Question 7.

Him:

Her:

Question 8.

Him:

Her:

Question 9.

Him:

Her:



Love does not consist
in gazing at each other,
but in looking outward together
in the same direction.

—Antoine de Saint-Exupéry

Week 5. Date: _____



Question 1

Him:

Her:

Question 2

Him:

Her:

Question 3

Him:

Her:

Question 4

Him:

Her:



Question 5.

Him:

Her:

Question 6.

Him:

Her:

Question 7.

Him:

Her:

Question 8.

Him:

Her:

Question 9.

Him:

Her:



Forgiveness
is the oil of all relationships.

—Anonymous

Week 6. Date:



Question 1

Him:

Her:

Question 2

Him:

Her:

Question 3

Him:

Her:

Question 4

Him:

Her:



Question 5.

Him:

Her:

Question 6.

Him:

Her:

Question 7.

Him:

Her:

Question 8.

Him:

Her:

Question 9.

Him:

Her:



Assumptions
are the termites
of relationships.

—Henry Winkler

Week 7. Date:



Question 1

Him:

Her:

Question 2

Him:

Her:

Question 3

Him:

Her:

Question 4

Him:

Her:



Question 5.

Him:

Her:

Question 6.

Him:

Her:

Question 7.

Him:

Her:

Question 8.

Him:

Her:

Question 9.

Him:

Her:



WHAT ARE YOUR BIGGEST REALISATIONS SO FAR?

HIM:

HER



WHAT WAS THE HARDEST TO SHARE:

HIM:

HER:



Congratulations on completing your 7-week challenge on writing the Relationships Journal!

I would love to hear about your journey!

Drop me an email to Olga@newlifekickstart.com or alternatively WhatsApp me on 00447904971807.

It's time to celebrate your first step towards better relationships! Think of an amazing reward, something you two can do together to celebrate your growth.

In most cases couples spend years planning one day - their wedding day! As a result they fall apart in most cases after several years.

Relationship Journal is made for you to grow as a couple, as a union, as an intimate partnership...

Order your full relationship journal by visiting www.newlifekickstart.com or WhatsApp me and I will send you a link.

Sending you much love and hugs,
Your Olga Geidane



Love is a two-way street
constantly under construction.

—Carroll Bryant

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