

LOVE MAPPING

The following worksheet gives prompts for you to use with your partner to spark new insights into who your partner is now, today, in this moment. We all change and grow, this worksheet is intended to help you maintain connection through new conversations. Pick a few questions to ask your partner and see if you learn anything new! You can also create your own questions.

What's the best compliment I could give you?	What is your favorite thing about our family?	What has been helping you relax the most at the end of the day?	What has been the most stressful part of your week recently?
Who do you enjoy talking to the most in your social circle?	What's the most recent fun fact you learned?	Are there any places you've learned of recently that you want to visit?	What would be your ideal Tuesday night?
What's one thing you think I don't know about you?	What's the last thing you newly discovered you like or enjoy?	What has been your favorite meal recently?	What is your fondest memory?
What are you thinking about before you go to bed at night?	What was the last thing you learned that really surprised you?	What's the best part of your day?	What is a hobby you'd be interested in exploring?
What is a new skill you have been wanting to learn?	When do you feel the happiest?	What is an activity from your childhood that you would like to try again?	Who was the last new person you met?
What was the last thing that really excited you?	What is your favorite part of the morning?	What would your ideal weekend look like?	What is your favorite time of day and why?
Who do you currently find inspiring?	What upcoming events are you looking forward to?	Who are you most excited to visit with in the next few weeks?	What was the most out of the ordinary thing you saw recently?
When were you last really nervous?	What is one thing you'd like me to ask you?	What's the most beautiful thing you have seen recently?	What's one thing you'd like to celebrate?