



For Couples- Your Most Romantic Valentine's Day Ever

With David and Darlene Steele

Thank you for joining us! Valentine's Day is for celebrating romantic love and our goal and intention is for you and your beloved to experience your most romantic Valentine's Day... ever.

The purpose of this handout is to free you from taking notes so you can follow along with us on a heartfelt and inspiring journey, experience your experience, and perform the exercises below together at your leisure after the program.

Five Promises to My Beloved

Beloved, you are the love of my life and I'm grateful for each day with you. Our relationship is the most important part of my life and I am committed to being together forever.

Though we are surrounded by cynicism and challenges, I resolve to love you and be with you for the rest of my life. Through our relationship we will nurture each other and make the world a more loving and positive place for ourselves, our family, and everyone we share this planet with.

1. I Promise to Love You Every Day

I know that love is a choice and I choose to love you always. Though I can get busy and have my moods, you deserve my love and attention each and every day. I choose to love you even when I'm upset or frustrated. I know that loving you means being fully present, telling you my truth, being honest and transparent with my thoughts, feelings, wants, and needs so you know fully who I am. I strive to appreciate and treasure you each day that I'm blessed to have you in my life.

2. I Promise to Choose You First

You are the most important person in my life and I commit to not taking you or our relationship for granted, each and every day. Though work, home, finances, family, friends, hobbies, and other stresses and distractions can make this challenging, I choose you first, always.

3. I Promise to Take Responsibility

I understand that my outcomes are 100% dependent upon my own choices and actions, and that my thoughts and feelings are my own. I know that our relationship is a mirror reflecting myself back to me, and that my desire to be happy and feel loved by you depends upon my own ability to allow myself to be happy and to receive your love.

4. I Promise to Say "Yes!"

You deserve my positive response even when I don't feel like it. Your needs and wants are a gift to my growth and well-being and the key to a great life together. I am committed to your happiness as much as my own. If I'm unable to grant 100% of your desire or request I will respond positively and work with you to find a creative way to meet your underlying need. You can feel safe with me as one who loves you and will respect and honor your needs, always.

5. I Promise to Be Your Hero

When life is challenging (and even when it's not) you deserve a champion; someone who will be there for you, love and support you unconditionally, no matter what. I commit to being your hero and helping you feel emotionally and physically safe and secure. I believe in you and I believe in us.

To you, my beloved, I freely and joyfully make these five promises and look forward to being together forever.

To download and print out a beautiful Together Forever certificate that includes these Five Promises visit www.togetherforeverclub.com

Gifts of Love

1. Appreciations- what do you value/appreciate about your beloved?
Be sure to include who they are as well as what they do.
2. What do you believe is your higher purpose/destiny for being together?
3. Acknowledge how your beloved takes care of/shows caring for you (emotionally and physically)
4. Identify the gifts of your frustrations with your beloved/relationship
5. How far have you come in life together? Identify and appreciate your progress on your path together

6. What in your life and future together is unknown and unknowable? Acknowledge and embrace the unknown as an adventure
7. What is holding you back from trusting your beloved 100%? Acknowledge and affirm that you choose to trust your beloved and your relationship
8. What past events are you holding resentment about? Acknowledge and affirm that you choose to forgive your beloved
9. What unrealized dreams do you have that are not possible with your beloved? Acknowledge and affirm that you are letting go of unrealized dreams as not meant to be so you can be fully present and embrace what is
10. What daily or weekly shared ritual or routine would you like to start doing to enhance your life and journey together? Ask your beloved to join you and affirm that you will take charge of implementation
11. Give permission and assure your beloved that it is safe for them to make any request or share any thought, feeling, want, need or desire and affirm your commitment to support your beloved's happiness and fulfillment.
12. Final Gift: Express your love and commitment to your beloved using whatever words or actions inspire you in this moment

Bubble of Love

Purpose- find and live in a state of safety, protection, love, hope, excitement, passion, play, fun, freedom

Level One- inside yourself, available simply by remembering it's there, loving yourself, giving love to yourself, creating safety, fun, passion, purpose for yourself from your inside-out

Level Two- Three feet around you, including your beloved, sharing your love with anyone you allow to join you inside your love bubble

Level Three- The Universe- together you give love to everything and everyone, perpetual, self generating, world changing, reality shifting, the more you give the more you get back

Your Love Bubble is available to you at all times, simply by remembering to choose love.