WORKSHEET Promises to Her

Make three tiny promises for this week. Keep them small enough to manage on a hard day. At the end of the week, come back and fill in the rest.

Promise 1 (what, when, where): _____

How it went: _____

How it felt to keep my word to her, or what got in the way: _____

Promise 2 (what, when, where): _____

How it went: _____

How it felt to keep my word to her, or what got in the way: _____

Promise 3 (what, when, where): _____

How it went: _____

How it felt to keep my word to her, or what got in the way: _____

One decision I made this week without asking anyone: _____

One thing I want, said out loud: _____

One time I spoke up: _____

Next week's promise (keep it, shrink it, change it or drop it): _____

© 2026 Sloane Linwood · From *Love Her Like You Mean It* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads