## **15 Year Love Plan** S LOVE Now & LOVE in 15 years

Stage(s)		You Can't Wait	Take Your Time	Short Definition	Long Definition	Actions
Introduction		0-6 months	0-12 months	<u>Meet &amp; Greet</u>	Initial introduction i.e. in person, social media, texting or chatting. <b>Communication is one of the 3 essential</b> <b>pieces to a healthy connection with a person who is compatible with you.</b> The sooner you can just be yourself the real you with this person the better. If you like the way you are then they will too. Pretending to behave like someone other than you is our way of defending the lies hiding behind the truth of who or how we are. Love U first always	drinks, breakfasts, dinners, movies, texting, talking, bowling, dancing, walks, kissing, holding hands, Karaoke, horse riding, roller-skating, games, museum, sport events
Dating		7 months -1 year	2-3 years	<u>Getting to</u> <u>Know You</u> <u>better</u>	In love with this new person. You love the idea of exclusive time with them. You're excited to learn more about them. You love the chemistry and energy between you. Dating is one step to show that you are serious about the people you let into your love. Sharing your time, mind and body is to be respected and appreciated. It's time to find out if they can and if not, Let go and love yourself like no one else can. You're Worthy!	Cooking at home, gifts, flowers, sex, road trips, meet and hangout with friends, picnics, sharing memories, attend special events, spend quality time, support each-others interest
Courting	<b>M</b>	2-3 years	4-5 years	<u>Sorting through</u> <u>the baggage</u>	First, were all the things you loved. Now it's all the things you don't love. Are the bad habits, issues, baggage, attitude, insecurity, controlling, jealousy, manipulating, no accountability, non-consistency, lying, social differences, view of life, religion, stubbornness, aggressiveness, moodiness, weaknesses, poor decisions, money-wasting, past experiences won't kill who you are? Loving yourself is not hating someone else. If you care about them you must be honest with what you are willing to accept and deal with because their issues can go against loving yourself, self-peace and happiness.	Dreaming of potential future, combining plans, reviewing personal goals, assessing the truth of relationship, list everything you do & don't love, evaluate everything
Engaged	Ö	4-5 years	6-7 years	<u>Make an</u> <u>Investment</u>	An engagement proposal is just that. A presentation of logical, emotional thoughts, hopes, dreams and commitment to invest all of you into the possibilities of a long-term relationship with one person. You believe they can bring the benefits of life that you want to add to your life. Anything else is settling for less than what you want. <b>WHY?</b>	Buy the ring, set a wedding date, finalize a wedding budget, plan your wedding, plan a honeymoon, Work on vows, Build a WE plan,
Married		6-7-8-9-10-11-12 years	8-9-10-11-12-13- 14 years	<u>Long-term</u> <u>Commitment</u>	Now that you are married, this is the time to add to who you are. Your efforts to become stronger in self- love should be easier because you have someone to help you. Two heads are better than one. You are an individual who has committed to loving yourself so much it benefits the other person in your marriage. Sharing all of you with them because it makes you happy is the type of spouse one can count on and build dreams with. <b>Self-love is real love – Share it!</b>	Live your WE plan, continue to do all the things you have done to become married, explore new things, build a life you can love with your spouse
Post Married		13 years	15 years	<u>Re-Evaluate</u>	This evaluation is not about "the marriage" as much as it is about you. Do you love yourself? Does your marriage re-enforce your love for yourself? Do you love who you are in the marriage? Have you become someone you do not like? Are you stronger and more confident? Do you want to stay another 15 years or run away and never regret it? You are the only one who knows what's best for you. <b>Be honest with you.</b>	Do the things you love, Self-care, Go places you love, Have the things you love, Enjoy the people you love, Memories of Self Love

This chart is not the absolute authority on a life of love. You are truly the only source of love in your own life. This information is only a guide for individuals to learn, understand and find their path to a fulfilling life of Love, Peace and Happiness. Complete disagreement is encouraged for those who can honestly display in their own life experience proven desired results they enjoy and continue to live. Otherwise please allow your heart and mind to be open and embrace what you can for a stronger, happier you. You're Worthy.