

ALL ABOUT ME



For My Partner

What I Wish You Knew

A guided journal for understanding me better

This Journal is all about:

Gift Me Right

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How to Use This Journal

This journal is an invitation to understand me better.

There is no right or wrong way to fill it out.

Take your time.

Skip what doesn't fit.

Return to pages whenever you need to.

Some questions may feel easy.

Others may take longer.

This journal isn't meant to be perfect.

It's meant to be honest.

Let this be a space where you can be real.

About Me

The **basics** of who I am, in my own words.

About Me: Basics

My full name is:

I prefer to be called:

My pronouns are:

My date of birth is:

My zodiac sign is:

I currently live in:

About Me: Basics

Where I grew up:

Languages I speak or understand:

Age (at the time of filling this out):

A picture of me
when I was a baby

A picture of me
now (current)

About Me: Basics

My height is:

My shoe size is:

My shirt size is:

My pants or skirt size is:

My jacket or coat size is:

My ring size is:

About Me: Basics

My favorite fit is (oversized, fitted, relaxed):

My favorite ice cream flavors include:

My best friends are:

Comfort or style preference:

Hat size (if applicable):

Introvert or extrovert?

About Me: Basics

My favorite color(s):

My least favorite color(s):

My favorite scent family is:

My metal preference is:

My favorite season is:

I am more of a morning person or night owl:

About Me: Basics

Dietary preferences:

Food allergies or sensitivities:

Foods I love:

Foods I avoid:

Favorite snack:

Favorite sweet treat:

About Me: Basics

Favorite drink:

Caffeine preference:

Alcohol preference (or none):

Tea preferences:

Quotes that I live by:

Someday, I want to:

About Me: Basics

Things that physically comfort me:

Things that physically overwhelm me:

Preferred way to relax my body:

Preferred way to relax my mind:

My ethnicity, race, and origin:

My religion and how important it is to me:

About Me

let's Go More In Depth

About Me: Identity

My hobbies and interests:

How I recharge:

What drains my energy:

How I spend most of my time:

What motivates me lately:

What feels most important to me right now:

About Me: Communication

When I'm upset what I usually need is:

What doesn't help when I'm overwhelmed:

How I prefer to communicate during conflict:

How I prefer to receive support:

How I show appreciation:

How I tend to shut down or open up:

About Me: Heart

Things I don't always say out loud:

Things I'm afraid to ask for:

Things I wish I were better at expressing:

What makes me feel deeply understood:

What makes me feel distant or misunderstood:

What I hope you never forget about me:

About Me: Love & Care

Ways I show love or care:

Ways I like to receive love or care:

What makes me feel safe:

What makes me feel valued:

What makes me feel appreciated:

What makes me feel emotionally close to someone:

About Me: Reflection

What I've learned about myself so far:

What I want more of in my life:

What I want less of in my life:

Who I am becoming:

What I am working on within myself:

What I hope the people in my life understand
about me:

About Me: Legacy

A message from me to you:

What I hope this journal helps you understand:

What I want remembered about me in this season of life:

What I am grateful for right now:

What I am still figuring out:

What I want to carry forward:

About Me

What I Need From You as a Partner

About Me: Partner

My primary love language is:

My secondary love language is:

How I most naturally show love:

How I feel most loved on an ordinary day:

What makes me feel emotionally close to you:

What makes me feel emotionally distant:

About Me: Partner

My favorite kind of date night is:

My least favorite kind of date night is:

The best date we've had so far was:

A date idea I'd love to try together:

What makes time together feel special to me:

What makes date time feel forced or draining:

About Me: Partner

My favorite physical positions (or dynamics) are:

My least favorite physical positions (or dynamics) are:

What helps me feel confident and desired:

What helps me relax and be present physically:

How you could show up better for me as a partner:

Something I'm working on to be better for you:

About Me: Partner

My bucket list for us:

What I WISH to do with you:

About Me: Partner

My version of how we met:

Your version of how we met:

About Me: Partner

What I want an ideal proposal to look like:

This image shows a blank sheet of handwriting practice paper. It features ten identical rows of horizontal lines. Each row consists of three lines: a top blue line, a middle red line, and a bottom blue line. The rows are evenly spaced vertically across the page. There are small brown diamond-shaped markers at the far left and far right ends of each row's lines.

About Me: Partner

What I want an ideal marriage day to look like:

A blank page featuring 15 horizontal lines, each ending in a small diamond shape at both ends, intended for listing items.

About Me: Partner

What food I want you to bring me when sad:

What outfit I think you look best in:

What cringey thing I want to do with you:

Shows/movies we can watch when I'm sad:

What you should do if I'm angry/sad/mad:

About Me: Partner

Secret time!! Tell me a secret:

Secret #2

Secret #3

Secret #4

Secret #5

Any other notes you want me to read:

About Me: Partner

In the end... How can I be a better partner to you?

I can't read your mind, and you can't read mine.
I hope this helps us communicate better and
supports us in being better partners to each
other.

By signing this, we promise to be the best partners we can be to one another.

x

Date:

x

Date:



Love
You

GMR



2026

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Love
You