

ALL ABOUT ME



**gift me right**  
JOURNAL WEBSITE

# For My Partner

What I Wish You Knew

A guided journal for understanding me better

This Journal is all about:

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Gift Me Right

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# ALL ABOUT ME

What I Wish You Knew

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For My Partner

# 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

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

My full name is:

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I prefer to be called:

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My pronouns are:

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My date of birth is:

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My zodiac sign is:

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I currently live in:

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Where I grew up:

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Languages I speak or understand:

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Age (at the time of filling this out):

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A picture of me  
when I was a baby

A picture of me  
now (current)

My height is:

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My shoe size is:

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My shirt size is:

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My pants or skirt size is:

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My jacket or coat size is:

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My ring size is:

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

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My favorite ice cream flavors include:

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My best friends are:

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Comfort or style preference:

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Hat size (if applicable):

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Introvert or extrovert?

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My favorite color(s):

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My least favorite color(s):

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My favorite scent family is:

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My metal preference is:

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My favorite season is:

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I am more of a morning person or night owl:

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Dietary preferences:

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Food allergies or sensitivities:

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Foods I love:

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Foods I avoid:

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Favorite snack:

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Favorite sweet treat:

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Favorite drink:

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Caffeine preference:

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Alcohol preference (or none):

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Tea preferences:

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Quotes that I live by:

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Someday, I want to:

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Things that physically comfort me:

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Things that physically overwhelm me:

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Preferred way to relax my body:

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Preferred way to relax my mind:

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My ethnicity, race, and origin:

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My religion and how important it is to me:

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# About Me

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let's Go More In Depth

My hobbies and interests:

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How I recharge:

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What drains my energy:

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How I spend most of my time:

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What motivates me lately:

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What feels most important to me right now:

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When I'm upset what I usually need is:

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What doesn't help when I'm overwhelmed:

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How I prefer to communicate during conflict:

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How I prefer to receive support:

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How I show appreciation:

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How I tend to shut down or open up:

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Things I don't always say out loud:

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Things I'm afraid to ask for:

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Things I wish I were better at expressing:

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What makes me feel deeply understood:

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What makes me feel distant or misunderstood:

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What I hope you never forget about me:

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Ways I show love or care:

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Ways I like to receive love or care:

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What makes me feel safe:

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What makes me feel valued:

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What makes me feel appreciated:

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What makes me feel emotionally close to someone: \_\_\_\_\_

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What I've learned about myself so far:

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What I want more of in my life:

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What I want less of in my life:

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Who I am becoming:

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What I am working on within myself:

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

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A message from me to you:

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What I hope this journal helps you understand:

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

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What I am grateful for right now:

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What I am still figuring out:

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What I want to carry forward:

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# About Me

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What I Need From You as a **Partner**

My primary love language is:

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My secondary love language is:

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How I most naturally show love:

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How I feel most loved on an ordinary day:

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What makes me feel emotionally close to you:

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What makes me feel emotionally distant:

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My favorite kind of date night is:

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My least favorite kind of date night is:

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The best date we've had so far was:

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A date idea I'd love to try together:

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What makes time together feel special to me:

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What makes date time feel forced or draining:

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My favorite physical positions (or dynamics) are:

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My least favorite physical positions (or dynamics) are: \_\_\_\_\_

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What helps me feel confident and desired:

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What helps me relax and be present physically:

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

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

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My bucket list for us:

What I WISH to do with you:

My version of how we met:

Your version of how we met:

What I want an ideal proposal to look like:

What I want an ideal marriage day to look like:

What food I want you to bring me when sad:

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What outfit I think you look best in:

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What cringey thing I want to do with you:

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

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

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Secret time!! Tell me a secret:

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Secret #2

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Secret #3

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Secret #4

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Secret #5

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Any other notes you want me to read:

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

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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.

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

X \_\_\_\_\_ Date: \_\_\_\_\_

X \_\_\_\_\_ Date: \_\_\_\_\_

Love  
you

GMR



2026

**gift me right**

JOURNAL WEBSITE

Love  
you