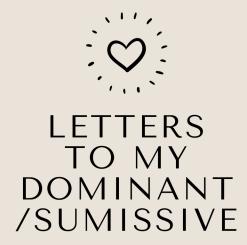


Journal from ALTLIFE.COMMUNITY



This journal is a special place for you to document the memories, feelings, and growth of your first year of your dynamic and beyond.

It's a place to reflect on the happy moments, challenges, and life goals you share with your Dominant/submissive and to always have something to look back on and cherish.

Inside these pages, you can write letters to your Dominant/submissive, collect mementos and memories, brainstorm date ideas, express gratitude, and reflect on your communication and relationship.

It's a place for you to strengthen your connection with your Dominant/submissive and to always have a reminder of the beauty and importance of your dynamic.

To use this journal, simply choose a prompt or theme from the guided pages.

You can write as much or as little as you'd like, and you can use this journal as often or as infrequently as you like.

The important thing is that you are taking the time to connect with your Dominant/submissive and nurture your dynamic.

We hope that this journal will become a treasured keepsake for years to come, full of the love and memories you share with your Dominant/submissive.

10 LOVE LETTER journal prompts

WRITE ABOUT THE MOMENT YOU KNEW YOU WERE IN LOVE WITH YOUR DOMINANT/SUBMISSIVE.

SHARE YOUR FAVORITE MEMORIES WITH YOUR DOMINANT/SUBMISSIVE AND WHY THEY ARE SO SPECIAL TO YOU.

WRITE ABOUT THE THINGS YOU APPRECIATE MOST ABOUT YOUR DOMINANT/SUBMISSIVE

SHARE YOUR HOPES AND DREAMS FOR THE FUTURE OF YOUR DYNAMIC

WRITE ABOUT A TIME WHEN YOUR DOMINANT/SUBMISISVE MADE A BIG IMPACT ON YOUR LIFE.

EXPRESS YOUR GRATITUDE FOR YOUR DOMINANT/SUBMISISVE POETICALLY OR CREATIVELY.

SHARE YOUR DEEPEST FEELINGS AND EMOTIONS WITH YOUR DOMINANT/SUBMISSIVE.

WRITE ABOUT HOW YOUR DOMINANT/SUBMSSIVE MAKES YOU FEEL LOVED AND SUPPORTED.

EXPRESS YOUR LOVE AND COMMITMENT TO YOUR DOMINANT/SUBMISSIVE IN A ROMANTIC WAY.

SHARE YOUR FAVORITE THINGS ABOUT BEING IN A DYNAMIC WITH YOUR DOMINANT/SUBMISSIVE.

BUILDING A STRONGER DYNAMIC journal prompts

WRITE ABOUT A RECENT DISAGREEMENT OR CONFLICT YOU HAD IN YOUR DYNAMIC. WHAT CAUSED THE DISAGREEMENT? HOW DID IT MAKE YOU FEEL?

CONFLICTS/DISAGREEMENTS IN YOUR DYNAMIC.	DC
YOU FEEL LIKE YOU COMMUNICATE EFFECTIVEL	
DURING THESE TIMES?	
	_
	—
	—
	—
	—
	—

CONSIDER WHAT YOU COULD HAVE DONE DIFFERENTLY DURING THE DISAGREEMENT TO IMPROVE THE OUTCOME. WHAT COULD YOU CHANGE IN YOUR DYNAMIC?

WRITE ABOUT A TIME WHEN YOU AND YOUR DOMINANT/SUBMISSIVE WERE ABLE TO

RESOLVE A CONFLICT EFFECTIVELY. WHAT DID YOU DO TO FIND A SOLUTION?

CONSIDER ANY PATTERNS OR ISSUES THAT SEEM TO CAUSE CONFLICTS IN YOUR DYNAMIC. HOW CAN YOU ADDRESS THESE UNDERLYING ISSUES?

WRITE ABOUT THE IMPORTANCE OF COMPROMISE IN A HEALTHY DYNAMIC. HOW CAN YOU AND YOU WORK TOWARDS FINDING MUTUALLY BENEFICIAL SOLUTIONS?

REFLECT ON THE ROLE THAT TRUST AND RESPECT PLAY IN YOUR DYNAMIC. HOW CAN YOU WORK TO BUILD AND MAINTAIN THESE QUALITIES?

WRITE ABOUT THE IMPORTANCE OF

FORGIVENESS IN A HEALTHY DYNAMIC. HOW CAN YOU BOTH PRACTICE FORGIVENESS DURING DIFFICULT TIMES?

OF STRESS THAT MAY BE CONTRIBUTING TO
ADDRESS THESE ISSUES?

WRITE ABOUT THE LOVE AND COMMITMENT
YOU HAVE FOR YOUR DOMINANT/SUBMISSIVE.
HOW CAN YOU USE THIS LOVE AND
COMMITMENT TO STRENGTHEN YOUR
DYNAMIC AND NAVIGATE CONFLICTS
EFFECTIVELY?

50 THINGS I fore about you

Begin by creating a list of 50 things that you love about your Dominant/submissive. These can be big or small things, and they can be related to their personality, actions, or appearance.

Consider using the prompts below to help inspire your list:

- Write about the little things that your Dominant/submissive does that make a big difference for you.
- Write about the qualities and characteristics that you appreciate most about your Dominant/submissive.
- What are the things that make you feel lucky to be their Dominant/submissive?
 Write about them.

As you notice new things that you love about your Dominant/submisisve, add them to your list. Make an entry in your journal every time you notice a new thing that you love about them.

As you complete your list of 50 things, take a moment to reflect on all of the amazing things that you love about your Dominant/submissive. How does this list make you feel? How does it strengthen your relationship?



01.			
02.			
03.			
04.			
05.			
06.			
07.			
08.			
09.			
10.			

11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			

21.			
22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.			
30.			

31.			
32.			
33.			
34.			
35.			
36.			
37.			
38.			
39.			
40.			

41.			
42.			
43.			
44.			
45.			
46.			
47.			
48.			
49.			
50.			

BUCKET LIST

Create a list of things you want to experience with your Dominant/submissive. Check things of as you experience them and make an entry on the memories page.

You can print off as many of the memory/milestone pages as you need them.

Here are a few examples to give you ideas:

- Take a romantic vacation to a tropical island.
- Go on a cross-country road trip.
- Learn a new hobby or activity together, such as rock climbing or cooking.
- Take a shibari class together
- Go skydiving or bungee jumping.
- Attend a music festival or concert together.
- Take a hot air balloon ride over a beautiful landscape.
- Go on a romantic dinner cruise.
- Explore a new city or country together.



01.			
02.			
03.			
04.			
05.			
06.			
07.			
08.			
09.			
10.			
	notes		

Mem	ories
DATE	
WHAT H	APPENED
THIS WAS SO SP	ECIAL BECAUSE:
I'LL NEVER FORGET	I AM GRATEFUL FOR

DATE WHAT HAPPENED WHAT MAKES THIS SUCH A SPECIAL MILESTONE FOR YOUR DYNAMIC: WHAT ARE YOU GRATEFUL FOR TODAY:

LETTERS to my DOMINANT/SUBMISSIVE

Memories	
DATE	
WHAT HAPPENED	
THIS WAS SO SPECIAL BECAUSE:	
I'LL NEVER FORGET	I AM GRATEFUL FOR

LETTERS to my DOMINANT/SUBMISSIVE

DATE WHAT HAPPENED WHAT MAKES THIS SUCH A SPECIAL MILESTONE FOR YOUR DYNAMIC: WHAT ARE YOU GRATEFUL FOR TODAY:

LETTERS to my DOMINANT JOURNAL

FROM CHILDREN TO A HOME - USE THIS PAGE TO WRITE DOWN EVERYTHING YOU CREATED AND ACCOMPLISHED TOGETHER:

LETTERS to my DOMINANT JOURNAL

LIFE ISN'T ALWAYS EASY BUT YOU ARE STRONGER TOGETHER. MAKE A LIST OF

CHALLENGES YOU FACED AND OVERCAME TOGETHER AND ADD TO IT OVER TIME.

AFFIRMATIONS for your DYNAMIC



"I AM COMMITTED TO BUILDING A STRONG AND LOVING RELATIONSHIP WITH MY DOMINANT/SUBMISSIVE"





"I CHOOSE TO PRIORITIZE AND NURTURE MY DYNAMIC EVERY DAY."





"I AM GRATEFUL FOR THE LOVE AND SUPPORT OF MY DOMINANT/SUBMISSIVE"





"I TRUST AND RESPECT MY DOMINANT /SUBMISSIVE, AND I AM COMMITTED TO HONESTY AND OPEN COMMUNICATION IN OUR DYNAMIC."





"I AM WILLING TO WORK THROUGH CHALLENGES AND CONFLICTS WITH MY DOMINANT/SUBMISSIVE TO STRENGTHEN OUR BOND."





"I AM COMMITTED TO SHOWING LOVE AND APPRECIATION FOR MY DOMINANT/SUBMISSIVE EVERY DAY."





"I AM GRATEFUL FOR
THE UNIQUE QUALITIES
AND STRENGTHS THAT
MY DOMINANT
/SUBMISSIVE BRINGS TO
OUR DYNAMIC."





"I AM COMMITTED TO SUPPORTING MY DOMINANT/SUBMISSIVE IN THEIR GOALS AND DREAMS."





"I AM GRATEFUL FOR
THE OPPORTUNITY TO
GROW AND LEARN WITH
MY DOMINANT
/SUBMISSIVE."





"I AM COMMITTED TO BEING A LOVING AND SUPPORTIVE DOMINANT/SUBMISSIVE"





"I AM GRATEFUL FOR
THE STRONG
FOUNDATION OF LOVE
AND TRUST THAT WE
HAVE BUILT IN OUR
DYNAMIC."





"I CHOOSE TO CELEBRATE THE SMALL VICTORIES AND JOYS IN OUR DYNAMIC EVERY DAY."





"I AM GRATEFUL FOR
THE LOVE AND
PARTNERSHIP THAT I
SHARE WITH MY
DOMINANT/SUBMISSIVE"





"I AM COMMITTED TO ALWAYS BEING THERE FOR MY DOMINANT/SUBMISSIVE AND TO BEING THEIR ROCK WHEN THEY NEED SUPPORT."



"I CHOOSE TO BE KIND AND UNDERSTANDING TOWARDS MY DOMINANT/SUBMISSIVE, EVEN WHEN WE ARE FACING CHALLENGES."





"I AM GRATEFUL FOR
THE LOVE AND
HAPPINESS THAT MY
DOMINANT/SUBMISSIVE
BRINGS INTO MY LIFE."





"I AM COMMITTED TO BEING A TEAM WITH MY DOMINANT/SUBMISSIVE AND TO FACING LIFE'S CHALLENGES TOGETHER."





"I AM COMMITTED TO ALWAYS PUTTING EFFORT INTO OUR DYNAMIC AND TO NEVER TAKING IT FOR GRANTED."





"I AM GRATEFUL FOR THE LOVE AND SUPPORT THAT I RECEIVE FROM MY DOMINANT/SUBMISSIVE, AND I AM COMMITTED TO GIVING THAT LOVE AND SUPPORT BACK IN RETURN."





"I CHOOSE TO BE
UNDERSTANDING AND
PATIENT WITH MY
DOMINANT/SUBMISSIVE, AND
TO REMEMBER THAT WE ARE
BOTH HUMAN AND MAKE
MISTAKES."





This journal guide has been created for the altlife.community and those in the BDSM/kink community. However, whether you are in a dynamic or not, the prompts and affirmations contained in this guide can be used for any relationship.

The key foundations for all and any healthy relationships include ongoing transparent communication and consent. If you add in BDSM play then education and continue learning is also an important part of the relationship.



MEET THE AUTHOR

AnnaKink (Owner of Altlife.Community)

I am the founder and owner of altlife.community and a submissive in a 24/7 dynamic with my long term partner.

