

From First Vibes to Real Connection

**Guided Journal for the single
& dating community**

By: Tier'a Berry

Welcome & Gratitude

Welcome, Beautiful Soul.

Thank you for joining us at our Speed Dating Experience at Boogie Down Grind. Whether you came curious, hopeful, open, or just ready for something new—we're grateful you showed up.

Our hope is simple:

That you met your person... or at least met a few possibilities that reminded you love still exists.

That you laughed.

That you felt seen.

That you left feeling more connected—to others and to yourself.

For our couples, we hope this experience sparked deeper conversations, playful curiosity, and renewed closeness.

This ebook is a gentle companion for after the event—because dating doesn't end when the music fades. It continues in reflection, intention, boundaries, and self-awareness.

Take what resonates. Leave what doesn't.

You are allowed to date at your own pace.

With love & intention,
Tier'a & Kim

How to Use This Book

- Read in order or jump around
- Always have your journal available to journal reflections
- Journal where guided
- Revisit after each date
- Use solo or with a partner

THE DATING RESET

Are You Ready to Date?

Signs you may be ready:

- *You're not dating to fill a void*
- *You can enjoy your own company*
- *You're open, not desperate*
- *You're willing to communicate honestly*

Gentle truth: readiness is not perfection.

Being Emotionally Available

- *Availability ≠ always accessible*
- *You can desire love without rushing*
- *You don't have to overexplain your boundaries*

Reflection prompt:

What does emotional availability look like for me right now?

Dating With Intention

- *Dating for fun vs dating for alignment*
- *Knowing what season you're in*
- *Communicating expectations early*

DATING DOs & DON'Ts

Dating DOs

Do:

- Be honest about what you want
- Listen more than you perform
- Check in with your body
- Take breaks when needed

Dating DON'Ts

DONT:

- Ignore discomfort
- Chase potential
- Overshare trauma too early
- Abandon yourself for chemistry



RED FLAGS & GREEN FLAGS



Red Flags to Pay Attention To

- *Inconsistent communication*
- *Love bombing*
- *Disrespecting boundaries*
- *Avoiding accountability*
- *Rushing intimacy*

Green Flags to Pay Attention To

- Consistency
- Curiosity about you
- Emotional regulation
- Clear communication
- Respect for your pace (Lol, after meeting at a speed date event)

SAFETY & CARE

Suggested Dating Safety Tips

- *Meet in public places*
- *Share location with a trusted person*
- *Trust your instincts*
- *You owe no one access*

Safety Resources (U.S.)

- 988 Suicide & Crisis Lifeline – Call/Text 988
- National Domestic Violence Hotline – 1-800-799-SAFE
- RAINN Sexual Assault Hotline – 800-656-HOPE

If you are outside the U.S., seek local resources.

On the Scene Again

Journal prompts for the soul
waiting to align with ““The One””.

Or

Couples exploring together again.

JOURNALING FOR CLARITY

Journal Prompts

Time to get your journal or copy and paste into your notes.
Choose what prompts stand out for you.

1. *What does a healthy relationship look like to me?*

2. *What patterns am I ready to release?*

3. *What kind of partner am I becoming?*

4. *What boundaries feel most important right now?*

5. *How do I want to feel in love?*

JOURNALING FOR CLARITY

Journal Prompts

Time to get your journal or copy and paste into your notes.

6. What am I afraid of when dating?

7. What excites me about connection?

8. What does emotional safety mean to me?

9. How do I communicate needs?

10. What am I learning about myself through dating?

JOURNALING FOR CLARITY

Journal Prompts

Time to get your journal or copy and paste into your notes.

11. What qualities matter most long-term?

12. How do I handle conflict?

13. Where do I need to soften?

14. Where do I need to stand firm?

15. What does aligned love feel like in my body?

After Date • 1-Pager

After-Date Reflection Sheet

Date:

Location:

Person:

- **How I felt before:**

- **How I felt after:**

- **Energy level:**

- **Green flags noticed:**

- **Red flags noticed:**

- **What I'd like next (or not):**

Dating Each Other Again

For the lovers looking to restart the fire.

- Staying curious
- Asking new questions
- Creating novelty

Love Languages

Couples Reflection Prompts

1. What surprised me about my partner?

2. How can I show love better?

3. What does quality time look like for us now?

Love Languages

Love Languages are for Men & Women

Love languages apply to everyone, regardless of gender. While some people might lean towards certain expressions based on cultural or social factors, love languages are fundamentally about individual preferences and experiences. Men and women can express and receive love in all five languages, and understanding this can lead to better communication and emotional intimacy in relationships.

Content covered in Journaling Workshop.
Inquire within.

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What Are Love Languages?

Love languages refer to the different ways individuals express and receive love. The concept was popularized by Dr. Gary Chapman in his book, "The 5 Love Languages."

Love Languages

The 5 love languages are:

Words of Affirmation

Acts of Service

Receiving Gifts

Quality Time

Physical Touch

What is your Love Language?

1. Words of Affirmation:

Expressing love through spoken or written words of encouragement, praise, or appreciation.

2. Acts of Service:

Showing love by doing helpful things for others, such as cooking, cleaning, or running errands.

3. Receiving Gifts:

Giving and receiving tangible symbols of love, which can be as simple as a small token or as elaborate as a thoughtfully chosen gift.

4. Quality Time:

Spending meaningful time together, focusing on shared experiences and conversations.

5. Physical Touch:

Expressing love through physical gestures like hugs, kisses, or holding hands.

Why Are Love Languages Important?

Understanding love languages is crucial for several reasons:

- ***Improves Communication:*** Awareness of each other's love languages can enhance communication and prevent misunderstandings.
- ***Enhances Relationship Satisfaction:*** Tailoring expressions of love to fit others' love languages can lead to higher satisfaction in relationships.
- ***Increases Emotional Awareness:*** Knowing one's love language helps individuals express their needs clearly and recognize when they feel loved or neglected.
- ***Fosters Deeper Connections:*** Cultivating love languages can foster more profound emotional connections between partners, friends, and family members.

Love Languages

Journaling Prompts About Love Languages

1. What is my primary love language, and how do I express it in my relationships?

2. Reflect on a time when I felt unloved. How could understanding my love language have changed that experience?

3. How can I better express love to my partner or friends based on their love language?

Love Languages

Love Language Reflection

1. Mine:

2. Theirs:

3. How we give and receive:

Affirmations for Dating

Affirm

- *I trust myself.*
- *I attract aligned connections.*
- *I honor my boundaries.*
- *I move at my own pace.*

Reminder

- You are not behind
- Dating is data, not judgment
- Rest is allowed

Date Ideas

Community & Culture

- Cultural Festivals: Check for local events or festivals that may be free to attend.
- Community Events: Look for free events in your area, like concerts or workshops.
- Art Walks: Explore local galleries and street art.
- Visit a Library: Explore books together and find a cozy spot to read.

Grounded & Intentional

- *Picnic in the Park: Pack some snacks and enjoy a meal outdoors.*
- *Coffee Shop Date: Grab a coffee and chat at a local café.*
- ***Mentally Thrilling Museum date where you each choose one piece that represents your life right now***
- ***Card game café with intentional conversation decks***
- ***“Life timeline” walk—share chapters instead of resumes***
- ***Podcast listening date + discussion***
- ***Vision board mini-date (future without pressure)***

Gentle Reminders

- *I trust myself.*
- *I attract aligned connections.*
- *I honor my boundaries.*
- *I move at my own pace.*

Thank you

- *I trust myself.*
- *I attract aligned connections.*
- *I honor my boundaries.*
- *I move at my own pace.*

Who is Tier'a Berry

**Owner & Creator of
Tier'a's Voyage Llc**

Tier'a Berry is a writer, facilitator, and community builder rooted in healing, reflection, and intentional connection. With over 20 years of experience holding space for growth, Tier'a creates experiences that blend honesty, warmth, and self-awareness. Her work centers on helping people reconnect with themselves, communicate with clarity, and build relationships grounded in purpose, compassion, and truth.

Find out more at www.sweettswrite.com

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