

Dating with Intention

Building Healthy Beginnings with Clarity and Values



Healthy dating begins not with urgency, but with clarity, discernment, and care.

Focus: dating, discernment, values, pacing, and red flags

Purpose: helps readers date with greater self-awareness, clarity, and relational wisdom

Luminous Pathways International

Why This Matters

Dating can be exciting, hopeful, and vulnerable all at once. It also invites questions about values, compatibility, emotional health, timing, and boundaries. Many people move too quickly or ignore important signals because they long for connection.

This workbook helps you approach dating with greater intention so that attraction is balanced by wisdom and hope is balanced by discernment.

What This Workbook Helps You Do	What This Workbook Is Not
Clarify values, notice patterns, and make wiser decisions in the early stages of relationship building.	This is not about becoming rigid or cynical. It is about dating with honesty, maturity, and care.

Healthy dating begins not with urgency, but with clarity, discernment, and care.

Three truths to carry with you

1. Attraction matters, but values matter too.
2. Pacing helps reveal character.
3. Ignoring red flags rarely makes them disappear.

Core Relationship Insights

Use the ideas below as anchors while you work through this resource.

Know your values	Move at a healthy pace
The clearer you are about your values, the easier it is to recognize alignment or misalignment.	Rushing can create intensity without real understanding.
Observe patterns	Protect your peace
Pay attention to consistency, emotional maturity, and how someone treats others.	Boundaries are just as valuable in dating as they are in long-term relationships.

Try This This Week

■ Clarify my values and non-negotiables.
■ Notice how the relationship pace feels.
■ Pay attention to consistency over charm.
■ Recognize one possible red flag or concern.
■ Ask whether this relationship supports health and peace.

Personal Reflection Workbook

Take a little time to answer these questions honestly and gently.

What qualities matter most to me in a dating relationship?

What patterns do I tend to repeat when I am interested in someone?

How do I know when I am moving too quickly?

What boundary would help me date more intentionally?

Action Steps

Choose one or two practical steps you can begin this week.

Values List	Discernment Check-In
Write your core values, relational hopes, and healthy boundaries before letting chemistry drive the pace.	After dates or interactions, ask: How did I feel? Did I feel safe, seen, and at peace?

One step I will take this week is:

What will help me follow through?

A few simple examples

- Clarify my values and non-negotiables.
- Notice how the relationship pace feels.
- Pay attention to consistency over charm.
- Recognize one possible red flag or concern.
- Ask whether this relationship supports health and peace.

Journaling Prompts & Closing Reflection

Use these prompts for continued reflection, prayer, or conversation.

What have I learned from past dating experiences?

What kind of relationship do I actually want to build?

How can I balance openness with discernment?

Closing Reflection / Prayer: May I approach dating with clarity, courage, and a grounded sense of what is healthy and life-giving.

Try This Before the Next Workbook:

Choose one small practice from this resource and return to it for one week.

Coming Next:
Keeping Romance Alive