

# CARE OUTLOUD REFLECTION GUIDE

**Episode 1: This Is What I Know About Love**  
A companion for contemplation and courage



## REFLECT

**What do you know about love—not just as a feeling, but as a practice?**

- Think about your professional life, your activism, your relationships.
- When have you led with love, even when it felt risky or uncomfortable?

**Have you ever experienced love as a stabilizing force?**

- Think of a moment when presence, kindness, or attunement grounded you or someone else. - What made it powerful?

**Where in your life do you feel called to show up more fully with love right now?**

- Is there a conversation you've been avoiding? A place that needs more care? A system that needs reimagining?

## REFRAME

**What if love isn't soft—it's strong?**

What shifts in your professional identity, your activism, or your community work if love is seen as a tool for justice, regulation, and resilience?

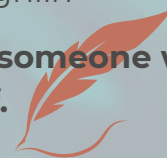
**What if love is the most rigorous metric of success we have?**

What would change about how you measure your impact?

## Journal Prompt

"Love is not just a feeling. It's presence. It's protection. It's a fierce kind of noticing that says: You matter." – Mary Coughlin

**Write a short letter to someone in your past or present—someone who made you feel that you mattered. Or... write it to yourself.**



## ACT

Choose one action this week that says: "I'm still here. I still care."

**Some ideas:**

- Check in on someone who's struggling.
- Speak truth in a space where silence has become too comfortable.
- Add more intention to a small, daily caregiving moment.

**Optional:** Share your reflection or action on social media with **#CareOutLoud**