



What I want in a loving relationship

If clarity is enlightenment, what are my ultimate relationship MUSTS?

- Emotionally?
- Spiritually?
- Physically?
- Career orientation?
- Mental?
- Money?

(List all of your ultimate requirements.)

How do I need to be to attract that person into my life?

- Emotionally?
- Spiritually?
- Physically?
- Career orientation?
- Mental?
- Money?

What areas do I need to improve or change to become that person?

If you are having trouble working out what you want and need from a partner, then try this exercise.

Make a list of all the things you don't want in a relationship or in other words, what would the relationship from hell look like? When you look at it from this perspective, it makes it easier to work out what your ultimate relationship musts really are.

“The purpose of relationship is to magnify our experience.”

Anthony Robbins