

LOVE. We all want to find that special someone in life, or deepen the relationship we currently have. No matter where you are in that process, it's important to really get clear about what you desire in a partnership, and how you currently show up for it. Really open yourself up, drop into your heart and answer the questions below with honesty and vulnerability.

What three words can describe where you currently are on the scale?

- 1. _____
- 2. _____
- 3. _____

On a scale of 1-10, (10 being HOLY COW amazings, 0 being a complete flat line) rate this area of your life, as it occurs for you RIGHT NOW.

What would a "10" in this area look like for you?

- 1. _____
- 2. _____
- 3. _____

BE HONEST. (We won't tell anyone.)

RELATIONSHIP

What traits would your ideal partner possess?

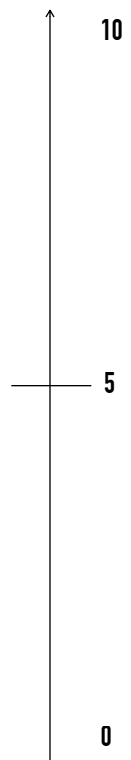
- 1. _____
- 2. _____
- 3. _____

Do YOU possess the traits listed above?

- 1. YES / NO
- 2. YES / NO
- 3. YES / NO

What specific outcomes would you like to accomplish in this area?

- 1. _____
- 2. _____
- 3. _____



Why is it critical that you make a shift in this area? What are you fed up with?

What negative beliefs do you have about this area of your life?

1. _____
2. _____
3. _____

What would you say is the biggest thing standing in your way in this area?

What are the prices you pay for standing in your own way?

1. _____
2. _____
3. _____

Describe a time that you've had success in this area before:

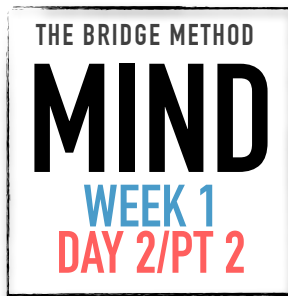
Who were you being when you achieved the success above? (ex: Courageous, Loving, Vulnerable, Dedicated, Risk-Taking, Leader, Committed, etc)

What IMMEDIATE actions could you take to move closer to a "10" in this area?

1. _____
2. _____
3. _____

YOUR STEP OF GREATNESS: Complete ONE of the IMMEDIATE actions listed above in the next 24 hours.

No one is ready for an ideal partnership until they believe they can have it.



FAMILY. We all have one. And sometimes they drive us crazy. But bottom line is, every single one of them is a human being in process. They're all doing the best they can, based on their level of understanding. We can't always change or choose our family, but we can change and choose how we respond to them. No matter where your relationship currently stands with your family, there's always room to better your best.

On a scale of 1-10, (10 being HOLY COW amazings, 0 being a complete flat line) rate this area of your life, as it occurs for you RIGHT NOW.

BE HONEST.
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What three words can describe where you currently are on the scale?

- 1. _____
- 2. _____
- 3. _____

What would a "10" in this area look like for you?

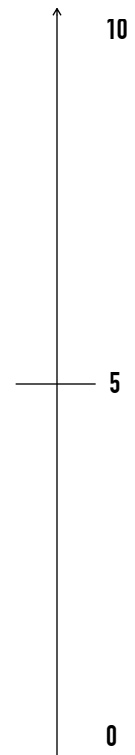
- 1. _____
- 2. _____
- 3. _____

What specific outcomes would you like to accomplish in this area?

- 1. _____
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Why is it critical that you make a shift in this area? What are you fed up with?

FAMILY



What negative beliefs do you have about this area of your life?

1. _____
2. _____
3. _____

What would you say is the biggest thing standing in your way in this area?

What are the prices you pay for standing in your own way?

1. _____
2. _____
3. _____

Describe a time that you've had success in this area before:

Who were you being when you achieved the success above? (ex: Courageous, Loving, Vulnerable, Dedicated, Risk-Taking, Leader, Committed, etc)

Who in your family is hurting because you are withholding your love?

What IMMEDIATE actions could you take to move closer to a "10" in this area?

1. _____
2. _____
3. _____

YOUR STEP OF GREATNESS: Complete ONE of the IMMEDIATE actions listed above in the next 24 hours.

*You can't
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but you
can
change
how you
are with
them.*