



EXERCISE 2F: WHAT'S YOUR EMOTIONAL PATTERN

Questions for Reflection and Journaling**

When looking at column C above, what person(s) did you feel these emotions within your childhood or teen years?

When looking at column E above, what person(s) did you feel these emotions within your childhood or teen years?

When reflecting on your current relationship with this person(s) is it the way you would like it to be? If not, what is unresolved?

** Please note if this was a physical, sexual or emotionally abusive relationship, it is recommended you discuss this with a therapist.

EXERCISE 2F: continued

If not resolved, and from a place of detached curiosity, what do you think are the primary reasons this person harmed you, whether intentionally or unintentionally? Was it their:

- ◆ Fear?
- ◆ Dishonesty?
- ◆ Selfishness?
- ◆ lack of awareness?

If you were to look at this as a detached adult, is it possible they did the best they could at their stage of emotional/spiritual development? If so, how could that change the way you see them?

From a place of detached curiosity, what responsibility** can you take in this discord without punishing yourself? Was it partly due to your own:

- ◆ Fear?
- ◆ Dishonesty?
- ◆ Selfishness?
- ◆ Lack of awareness?

WORKSHEET CONTINUED NEXT PAGE



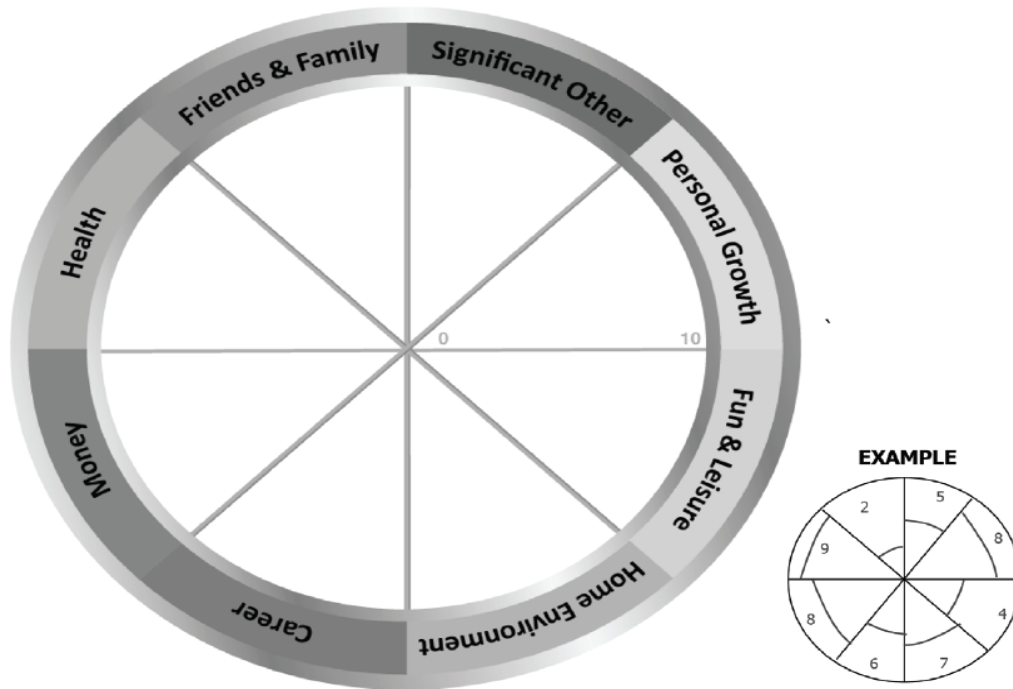
Exercise 3B: WHAT AM I LOOKING FOR IN A SOUL MATE RELATIONSHIP?

<p>Top 5 Things I Don't Want in a Relationship</p> <p>(The opposite of these will help clarify what you want)</p>	<ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____
<p>Top 10 Things I MOST Want in a relationship</p> <p>(Circle the 5 you need MOST to be happy in relationship)</p>	<ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____



EXERCISE 3D: WHEEL OF LIFE EXERCISE

STEP 1: Complete Your Wheel of Life



Review the 8 wheel Categories - think briefly what a satisfying life might look like for you in each area BEFORE you attract your ideal soul mate(s). You want to begin creating that life to attract a more evolved soul mate.

Next, draw a line across each segment that represents your satisfaction score for each area.

- ◆ Imagine the center of the wheel is 0 and the outer edge is 10
- ◆ Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- ◆ Now draw a line and write the score alongside (see example above)

IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it should be!

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EXERCISE 3D: continued

STEP 2: Reflect on Your Wheel and Any Imbalances

Now, looking at the wheel here are some great questions to ask yourself as you look at each section of the wheel:

1. Imagine yourself a year from now with the same score. How would you feel?
2. How do you currently spend time in this area? How would you like to spend time in these areas?
3. What would make that a score of 10 and what would that look like?
4. Which of these categories would you most like to improve?
5. How could you make space for these changes in your life?
6. What help and support might you need from others to make changes and be more satisfied with your life?
7. What change do you want to make first? (rather than what you think you should make first?)
8. If there was one key action you could take that would begin to bring everything into balance, what would it be?

STEP 3: Take Action – Even if it's Just a Baby Step!

1. Based on your reflections in Step 2, identify one action for each area that you can take in the near future.
2. Rather than take the "all or nothing" approach to taking action, which sets most people up for failure, just pick 1 to 3 actions you can take over the next three months. You can revisit the wheel later in the quarter to identify new steps, if desired. Give yourself reasonable deadlines for achieving these steps.
3. If you are very busy or stressed, just identify the smallest step you can take now to get started and revisit the wheel at realistic intervals on your own or with a coach or mentor and identify new baby steps. The key is to move forward, with even the smallest baby steps. Your confidence and optimism will increase with each step.
4. Map out when you will take these actions on your calendar or task tracker to make sure you don't lose momentum.

EXERCISE 3D: continued

STEP 4: Create Your Vision Statement

Now that you've identified initial—and realistic—steps forward, let's enhance your vision for the year to keep you motivated! Create a vision statement that states your intention and grounds you in the feeling of success. Create a Vision Statement and post it somewhere you will see it every day. You can add inspiring photos around it to support the vision.

"I am in the process of attracting all that I need to be, do, know and have, to create my ideal life. I love knowing that taking these inspired actions, and focusing more on my vision, are all I need to do. The universe will do the rest. Here's some space to draft your vision statement:
