

Relationship Secrets

Unlock Your Gifts



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Grab a journal or sheet of paper and jot down your answers.

You can also make notes of anything else that comes up for you...

The Relationship Quiz!

Unlock Your Gifts

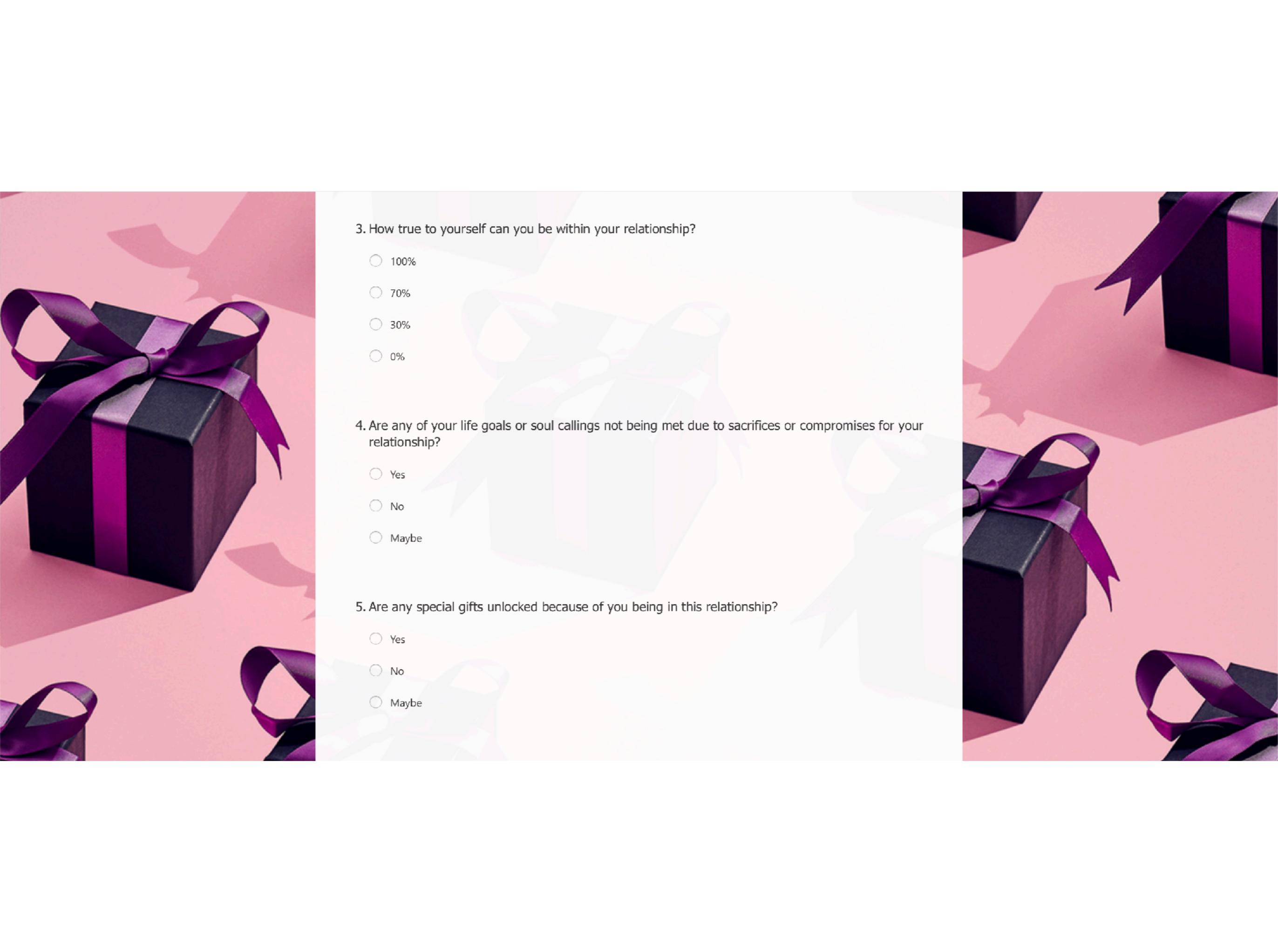
1. What is your current relationship status?

- Committed
- Dating
- It's complicated

2. How do you feel within your relationship in this very moment right now?

- Blissfully Happy
- Frustrated
- Understood, but needing some changes to be made
- Willing to work on things

Caption



3. How true to yourself can you be within your relationship?

- 100%
- 70%
- 30%
- 0%

4. Are any of your life goals or soul callings not being met due to sacrifices or compromises for your relationship?

- Yes
- No
- Maybe

5. Are any special gifts unlocked because of you being in this relationship?

- Yes
- No
- Maybe

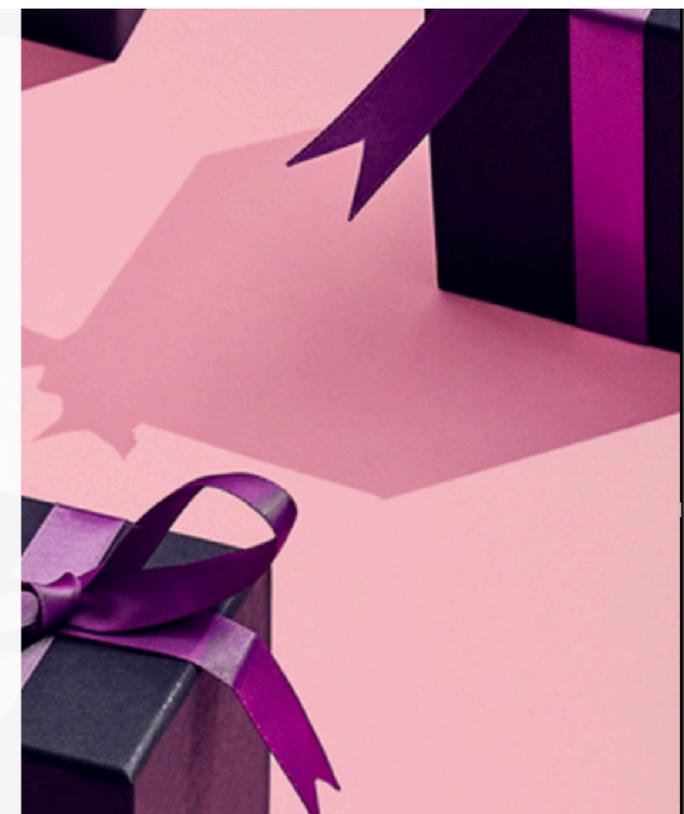


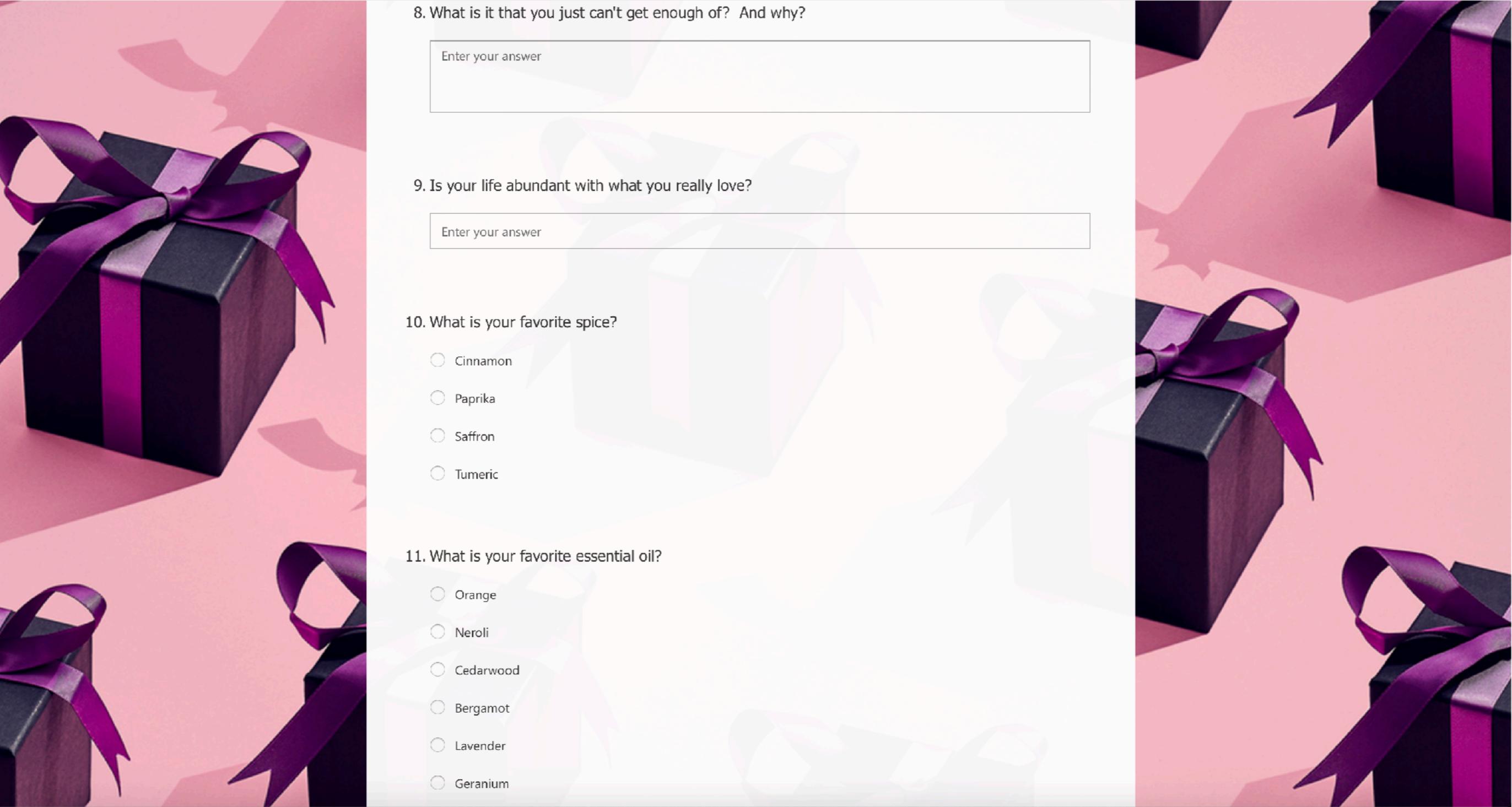
6. How do you maintain your personal peace?

- I am able to ask for what I need, and I do receive it.
- I don't know how to ask for what I need.
- I ask for what I need, but it is not an option for me to have it within this relationship.

7. What can you give to your partner without taking too much away from yourself?

- Some of your devoted time
- Some time for them to have to themselves
- Something that is meaningful to them (even though it might not be meaningful to you).





8. What is it that you just can't get enough of? And why?

Enter your answer

9. Is your life abundant with what you really love?

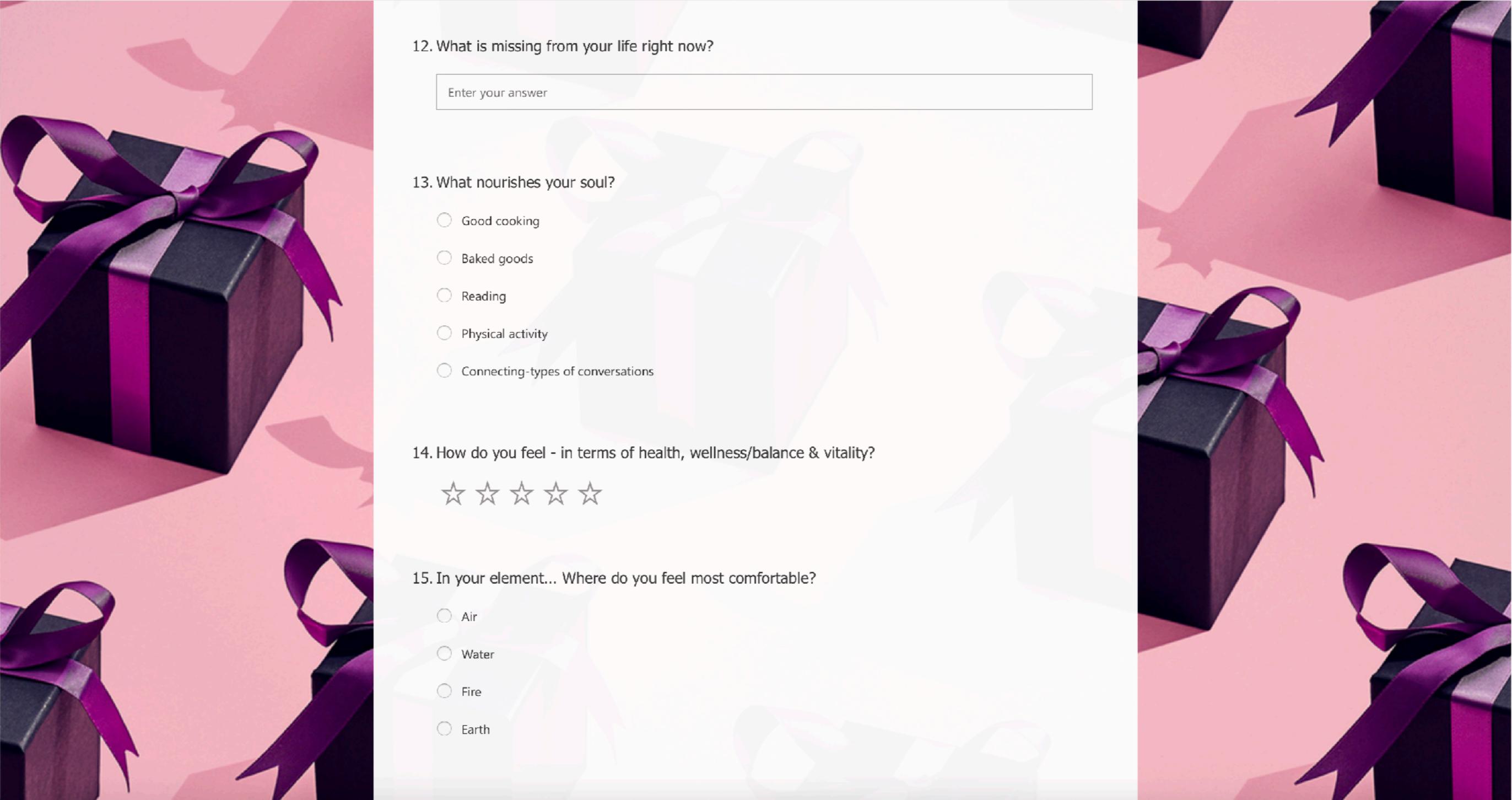
Enter your answer

10. What is your favorite spice?

- Cinnamon
- Paprika
- Saffron
- Turmeric

11. What is your favorite essential oil?

- Orange
- Neroli
- Cedarwood
- Bergamot
- Lavender
- Geranium



12. What is missing from your life right now?

Enter your answer

13. What nourishes your soul?

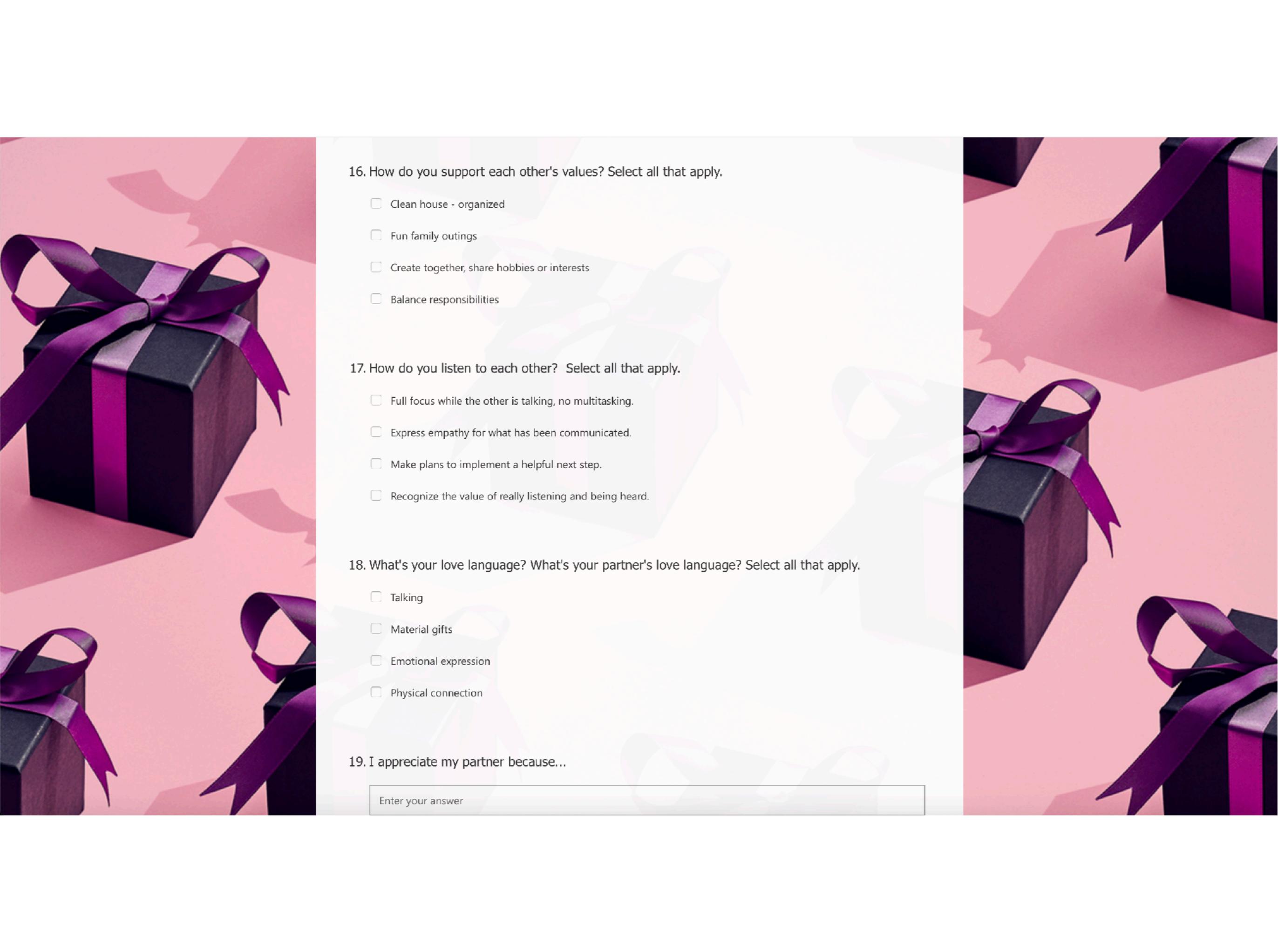
- Good cooking
- Baked goods
- Reading
- Physical activity
- Connecting-types of conversations

14. How do you feel - in terms of health, wellness/balance & vitality?



15. In your element... Where do you feel most comfortable?

- Air
- Water
- Fire
- Earth



16. How do you support each other's values? Select all that apply.

- Clean house - organized
- Fun family outings
- Create together, share hobbies or interests
- Balance responsibilities

17. How do you listen to each other? Select all that apply.

- Full focus while the other is talking, no multitasking.
- Express empathy for what has been communicated.
- Make plans to implement a helpful next step.
- Recognize the value of really listening and being heard.

18. What's your love language? What's your partner's love language? Select all that apply.

- Talking
- Material gifts
- Emotional expression
- Physical connection

19. I appreciate my partner because...

Enter your answer



20. Do you go outside of your comfort zone to compromise with your partner?

Yes

Is it still within your own personal choice, healthy personal boundaries?

No

Would you, if you knew you could still maintain your own healthy boundaries in the process?

Maybe

Talking things all the way through might help you make a decision where you feel at peace.



Journal Your Thoughts Here

Inspired by your answers to the Quiz, what thoughts, questions, emotions do you have regarding your relationship?

1) YOUR THOUGHTS:

2) YOUR QUESTIONS:

3) YOUR EMOTIONS:

4) ACTIONS YOU'D LIKE TO TAKE:

RELATIONSHIP RECIPE

Servings | Prep Time | Total Time

2 | 10 min | 15 min
It's the Journey | Your Investment

INGREDIENTS

What you want

What you want to give

What you need

What you want to share

Your dream

Your wish

Your hope

Your trust

Health/ wellness/balance/ vitality

Appreciation/ gratitude

Patience, tolerance, understanding

Personal spark of joy - What moves you?

Spill the tea - trust & honesty.

DIRECTIONS

Search for ingredients – as within, so without.

Co-create with positive intentions.

Trust the process.

SHOPPING LIST

Item 1 (crown chakra)

Your Spiritual Truth

Item 2 (heart chakra)

Soul calling

Item 3 (root chakra)

Abundance, Safety, Security

Item 4 (sacral chakra)

What you wish to co-create

Item 5 (throat chakra)

Your voice in the world

Item 6 (solar plexus chakra)

Your strength, your gifts

Item 7 (third eye chakra)

Your vision for your future



BALANCE	YOUR PARTNER	KIDS	RELATIVES	FRIENDS
BALANCE YOURSELF WITH:	Communication	Communication	Communication	Communication
BALANCE YOURSELF WITH:	Personal Truth, Self Care			
BALANCE YOURSELF WITH:	Giving, receiving, & personal boundaries			
BALANCE YOURSELF WITH:	Love language, caring for each other			