



Exercise: Becoming an Ideal Partner

Am I a match for my ideal partner?

Go back through your Love List and next to each item rate yourself on a scale of 1-10 how much you embody that quality.

For example:

Has impeccable personal hygiene - 8

Is financially independent - 5

Is physically active - 4

Wants to have children - 10

Look over your list and write down anything you rated yourself less than an 8.

These are some qualities you can develop in yourself to become a better match with your ideal partner.