



Exercise: Create Your Love List

This exercise will help you get clear and specific on what qualities you want in your partner and relationship. You have lots of room so don't hold back. This list is only for you and for gaining clarity.

MY LOVE LIST

About My Mate

The physical traits I desire in my partner are...

I'd describe my partner mentally & emotionally as...

Love **SPARK**TM

The lifestyle I desire my mate to have is...

I'd like my partner to have the following spiritual beliefs...

I'd describe my partners sexual & intimate style as...
