



Exercise: Love SPARK - Putting it all together

Rate yourself on a scale of 1-10 for each of the following areas of the Love SPARK steps, remembering it's an ongoing process and as long as you're moving towards what you want, you're making progress.

Love SPARK™

1. I am clear and complete on my ideal love list?

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

2. I can visualize & feel connected to the intention you set:

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

3. How well am I a match to my ideal partner?

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

4. I've decluttered and put into practice Feng Shui for Mr. Right?

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

5. I've let go of my beliefs getting in the way of attracting my guy?

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

6. My masculine & feminine sides are well balanced in my work and personal life?

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Love SPARK™

7. I embrace my femininity fully & express it in a way I like?

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

8. I receive easily and comfortably, asking for help when appropriate?

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

9. I allow others to see my vulnerability and do so with ease?

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

10. I am comfortable with surrender and practice it in my daily life?

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

11. I know how my intuition talks to me and regularly follow it?

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

12. I believe and trust everything is working out for me & my highest good?

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

How'd you do?

Where do you have your lowest score? Commit to focus on that activity for a week or until you feel like you've integrated the skill.