



## Exercise: Mental House Cleaning

Old beliefs, unhealthy patterns and negative thoughts can potentially keep your ideal man away. Let's mentally clean house and clear out the limiting beliefs that aren't helping your love life.

Journal your answers to the following questions and write down everything that comes to mind:

What do I think and believe about men or relationships in general?

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What do I think and believe about being in a relationship with a great guy?

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If there was a pattern to my past relationships what would it be?

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Is there a similar way in how my relationships start or end?

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If there was a pattern to the type of guy I attract what would it be?

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## Exercise: Clearing Limiting Beliefs

Walk yourself through the process below.

1. What's a belief or pattern you have about romantic relationships?

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2. What's that belief or pattern keeping you from?

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3. What's the desire or need at the heart of my belief?

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4. Is it okay to let yourself \_\_\_\_\_?

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5. By not letting yourself \_\_\_\_\_ how do you feel?

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6. Feel into that feeling as vibrantly as you can.

7. What do you need to let this go?

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8. Can you give \_\_\_\_\_ to yourself?

## **Action Step**

What were my key takeaways? - How do I sabotage myself in relationships?

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