



Exercise: Setting Your Intention

Now that you've created your Love List, get quiet and meditate on the qualities you want in your mate. Meditate until you get to the essence of what you want.

Create a condensed version of your ideal Love List (get to the essence of what your relationship with this man will be like once you've met him) and write it as your love intention below.

My LOVE Intention is...

Action steps:

Meditate on this love intention for about 15 minutes with as much intensity, detail and positive emotion as possible. Imagine as if your ideal man is standing right in front of you. Really feel into the excitement and how it feels to meet this amazing man of your dreams.

Next, make a declaration of your intention in a way that feels good to you.

Examples:

- Write your intention on the side of a candle and say it out loud as you light the candle.
- Write it in your journal and declare it out loud.