

Creating the Relationship I Deserve

Dear Universe I would love your help in supporting me to create...



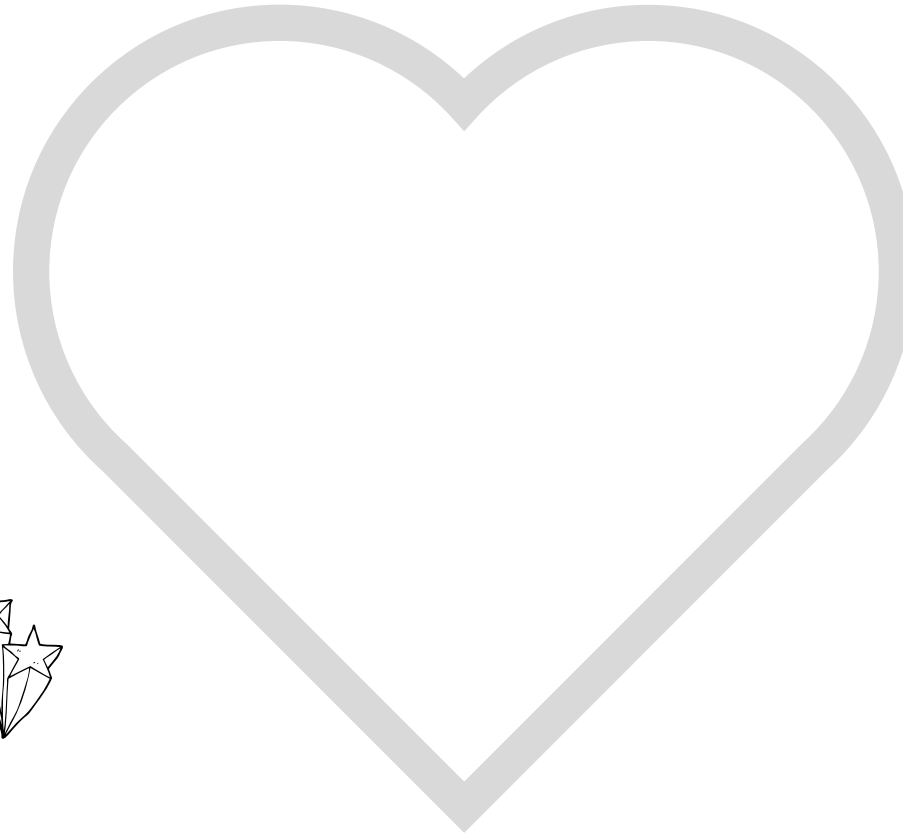
Who do I want to be?



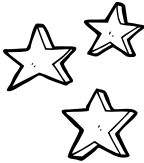
What do I want?

I am so happy & grateful now that.....

When have I felt / do I feel the most alive?



How do I want To Feel?



How can I help myself feel alive more often?



My Affirmations:



And So It Is!

Creating the Relationship I Deserve - PDF Worksheet Instructions

Some ideas to help you:

- 1. Gather coloured pens, pencils, glitter and all things pretty.**
- 2. Print out your worksheet and the instructions** so you have them to hand. You can decorate, colour or make your worksheet as creative as you wish, have fun with the process!
- 3. Hide your self away** under a cosy duvet, in your favourite tea shop, or on the bus!
- 4. Start with the question 'Dear Universe....'**, enlist the help & support of the magical power of the universe before you answer the other questions, in this way you are setting a positive intention.
- 5. Take some deep breaths** and imagine connecting with your inner being, the part of you who knows no problems, lack or a life without love. Put your hand on your heart if this helps and even shut your eyes.
- 6. Go to the question "How do I want to feel?"** Even if you don't now what it is exactly that you want in any area of life, you will always know how you want to feel. Let this be a starting point.
- 7. Who do I want to be?** This means what personality characteristics and qualities do you want to have in your ideal relationship scenario? How do you want to show up?
- 8. When do I or when have I felt the most alive?** Or the most excited or loved. Where were you? What were you doing? If you cannot think of a time, try to imagine a place where you would feel alive, what would you be doing etc?

9. How can I feel alive/excited/loved more often? What can you do for yourself that will help you to regularly get in touch with your good feelings? E.g. get outside in nature, meditate, yoga, dance, improve your diet, take regular baths, rub cream into your body, take a massage. What would you like to commit to and what is your first step?

10. Affirmations: Here, think of all the reasons why your inner critic would tell you you cannot create the relationship you deserve e.g. you are not lovable, worthy, outgoing, interesting, intelligent. For each one then ask yourself e.g. "Why am I interesting?" And find an example of why you are interesting (because you are). You can now have "I am interesting" as one of your affirmations. Think of as many as you can but particularly those that feel good when you say them out loud.

11. Finish off with "What do I want?" E.g. I am so happy & grateful that I now have a wonderfully connected & loving relationship with my partner where I feel that I can be myself fully and get the understanding I deserve....." Write in the present tense as if all of what you want is actually happening.

12. Complete your worksheet by saying "And so it is" this statement sends out your intention to the universe that you are ready to create all of this as well as receive it.

13. Regularly connect to your positive feelings in whatever way you can.

If you are committed to creating the relationship you deserve, **my online course 'Embracing Magic In Love'** will help you align more fully with what you want, so that you can bring this into your reality with more ease and less struggle

You can find out more at <http://inspired-4-life.com/>