

MANIFESTING YOUR SOULMATE



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IMAGINE THAT YOU ARE IN YOUR DREAM RELATIONSHIP WITH YOUR SOULMATE... LIST 3 THINGS YOU ARE DOING TOGETHER AND HOW EACH ONE MAKES YOU FEEL

1.

2.

3.

WHAT ARE THE THINGS THAT YOU LOVE TO DO MOST? WHAT INSPIRES YOU? WHAT MAKES YOU SMILE?

NOW IMAGINE YOURSELF DOING ALL OF THESE WITH YOUR DREAM HUMAN BY YOUR SIDE. MEDITATE ON THAT FEELING FOR A BIT. JOT DOWN WHAT THOUGHTS/ AHA MOMENTS ARE COMING UP FOR YOU:

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FILL IN EACH BOX WITH A TRAIT OR CHARACTERISTIC THAT YOUR SOULMATE HAS:

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TAKE A MOMENT AND THINK ABOUT THE 3 PEOPLE IN YOUR LIFE WHO YOU HAVE THE CLOSEST RELATIONSHIP WITH. WHAT IS IT ABOUT THESE RELATIONSHIPS THAT YOU LOVE THE MOST? HOW DO YOU FEEL WHEN YOU ARE AROUND THEM? WHAT CHARACTERISTICS DO YOU WANT YOUR DREAM PARTNER TO HAVE THAT THESE 3 PEOPLE (/RELATIONSHIPS) HAVE OR BRING OUT IN YOU?

1.

2.

3.

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LIST YOUR 4 NON-NEGOTIABLES IN YOUR DREAM PARTNER.
WHAT ARE THE ABSOLUTELY MOST IMPORTANT CHARACTERISTICS OR
TRAITS YOU WANT YOUR PARTNER TO EMBODY?

1.

2.

3.

4.

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FREE-WRITE PAGE:

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