



Successful Dating

How To Attract The Right Partner

ALIGNMENT OF SELF

Do this exercise when you have some quiet time and really think about your answers.

- Think about where you live, where you work, where you socialise, the people around you, the places you go and your general environment. Are you happy with that or are there changes you would like to make?

- Are you doing the things in your life that you want to do or are there things you would love to do but don't seem to find the space or time or budget? Are there things you do that you don't like doing but feel you have to or should or can't stop?

- What skills, talents, abilities, qualifications and experience do you have? What are all the things you are capable of? Are there other skills, qualifications or things that you really need or want to acquire?

- What is important to you? Is it success, love, achievement, adventure, commitment or fairness? What else? What beliefs do you have about these things? Do you believe you can achieve these things or do you have self limiting beliefs (such as 'I can't because...')?

- Who are you? How would you describe yourself? What are the roles you play in your family and at work? What other things define you as a person (status, religion, race, sports, affiliations and anything else that is important to you)? Which of these roles or groups or situations define you? If you were to describe yourself, which of these would you feel is important to mention and in which order would you put them?

- What is the purpose of your life? What is your life about? What do you want to be remembered for? What do you want as your epitaph?