

My Path To A Healthy Love Relationship Worksheet

1.) How would I benefit from being in a healthy love relationship?

2.) To me, a healthy relationship means:

3.) What qualities do I need to develop to be ready for a healthy relationship?

4.) What are possible roadblocks?

5.) What am I improving to become attractive to my perfect mate?

6.) Who/what do I want to become in the future, what are my dreams?

7.)	What do I bring to a healthy relationship?	What do I look for in my partner?
A.) Physical/Material		
B.) Intellect		
C.) Interests		
D.) Values/Lifestyle		
E.) Psychological/Emotional		
F.) Creativity/Passions		
G.) Spirituality Essence		
H.) Sexuality		

8.) What is my short dating profile?

9.) How do I attract my perfect mate?

10.) What qualities do I need to develop to sustain a healthy relationship?