

## 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?