

# The Up Your Game + GET WHAT YOU WANT (CARD)

## Get the life + love you want. Now.

Life is about partnerships. Partnerships between friends. Between lovers. Between employers and employees. Let's talk about what you want from these partnerships and what you can bring to the table.

1. What is your partnership **purpose**? What is the end-result you have in mind? (\*remember to think of partnership in terms the dynamic you have with your career, lover, family, a project etc.)

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2. What do you want to **receive** from this partnership? Think about what you really need. Ex: Financial freedom, respect or empathetic listening

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3. What can you **give** in this partnership? Think about your strengths. Ex: Loyalty, strong work ethic or home cooked meals.

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4. What are your **deal breakers**? Be deeply truthful here. Examples of deal breakers: the having of children, religion, office hours required, marriage, pay scale, lifestyle choices like drinking or smoking.

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NOTES:

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UP YOUR GAME + GET  
WHAT YOU WANT CARD  
QUICK INSTRUCTIONS:

1. cut on vertical dotted line
2. fold into quarters along horizontal dotted lines

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**Dr. DANIELLE DOWLING**  
Practical tools for freedom fighting,  
self-realization + accessing your *power*