

So many of the things we are looking for in a man (partner) are the undeveloped parts inside of us.

I don't want this to be you.

Know the depths of your own power.

Take back that power then get to be matched with a partner that has all his own attributes.

What are you looking for in a partner that you could develop yourself?

What qualities within yourself would you need to bring out in order to attract your ideal partner?

Are there any action steps you need to take in order to manifest that within yourself now?

What is attractive to you, and in what ways do you find yourself attractive? If there is any resistance that comes up around this, write about it. If there are any action steps you can take to challenge yourself in this area write them down. It is important that our power to be anchored in self love.

Why would someone be lucky to be in a relationship with you?

Receiving is a very empowered feminine quality. In your ideal relationship, what would receiving look like to you? In what ways would you want an empowered man to give and serve you? (Do not confuse open receptivity with giving your power away. Many women will not receive from men because they fear it makes them weak. This is not true. As long as you are not using him as a crutch or allowing him to enable you from embodying your own full power, receiving is a generous gift to both you and them.)

MAKING YOURSELF A PRIORITY

“Beliefs define our existence. Language ultimately defines belief. Belief is changed through linguistic determination.”

—*Conscious Language—The Logos Of Now*

Write down 10 affirmations that will allow you to step into your empowered feminine more.

Start these new positive affirmations with the following words:

I AM

I CAN

I WILL

I CHOOSE

I HAVE

I LOVE

I CREATE

I ENJOY

Repeat them each morning for the next 21 days. Emoting your affirmations connects with your subconscious mind. Look in the mirror while you are saying them and if ANY resistance comes up, journal about it.

For example, take a look at how powerful this exercise is:

- 1 Say out loud: *"I want Love."*
- 2 Say out loud: *"I have Love."*
- 3 Say out loud: *"I want Love."*
- 4 Say out loud: *"I have Love."*

- 1 Say out loud: *"I want Love."*
- 2 Say out loud: *"I AM Love."*
- 3 Say out loud: *"I want Love."*
- 4 Say out loud: *"I AM Love."*

- 1 Say out loud: *"I want Love."*
- 2 Say out loud: *"I love Love."*
- 3 Say out loud: *"I want Love."*
- 4 Say out loud: *"I love Love."*

How do you feel with the second statement in each series? Do you *feel* different having being and loving love? If so, the feeling change is the beginning of your belief change. Beliefs are totally changeable, upgradeable, transformable, transmutable! We are co-creators and beliefs are up to us!

Know your partner even better!

Here are some thoughts from Dr. John Gottman's book, *The Seven Principles for Making Marriage Work*, for you and your partner to explore together:

- I can name my partner's best friends.
- I can tell you what stresses my partner is currently facing.
- I can list my partner's three favorite movies.
- I know the three most special times in my partner's life.
- Periodically, I ask my partner about what is going on in his or her world right now.
- I can tell you about my partner's basic philosophy on life.
- I know how my partner likes to be soothed.
- I know what my partner likes to do in their time off.
- I know what my partner fears most.
- I know my partner's birthday by heart.
- I know my partner's favorite get away place.
- I know two of my partner's aspirations or wishes.
- I know foods my partner hates or is allergic to.
- I know what present my partner would like best.
- I know what kind of books my partner likes to read most.
- I know what kind of improvements my partner wants to make in their life.

Want to get in the habit of thinking positively about your partner?

Try this exercise from Dr. John Gottman:

Monday:

- Thought: I am genuinely fond of my partner
- Task: List one characteristic you find endearing or lovable

Tuesday:

- Thought: I can easily speak of the good times in our relationship
- Task: Pick one good time and write a sentence about it

Wednesday:

- Thought: I can easily remember romantic, special times in our relationship
- Task: Picks one such time and think about it.

Thursday:

- Thought: I am physically attracted to my partner
- Task: Think of one way you are physically attracted to your partner

Friday:

- Thought: My partner has specific qualities that make me proud
- Task: Write down one characteristic that makes you proud

Saturday:

- Thought: I feel a genuine sense of “we” as opposed to “I” in this relationship
- Task: Think of one thing that you both have in common

Sunday:

- Thought: We have the same general beliefs and values
- Task: Describe one belief we share

By the end of the week you will likely find your perspective on your partner much sunnier!