

Module 3 | Week 1



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- [Fear Meditation](#)

Soul Work:

Getting What You Desire (& Deserve) in *Love and Romance* Danielle-Dowling.com

The 4 Step Process for Getting Clear On What You Want In a Relationship:

Getting what you want starts with *knowing what you want*.

Sounds obvious, right? It isn't! Many of us waste months or even years on jobs, friendships, and relationships that aren't right for us, just because we haven't been honest with ourselves about what we're looking for. Once you get clear on your expectations, it's about a million times easier to stand by them and express them to others.

What is your dating/relationship purpose?

What do you need/want to give in a relationship?

1

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What do you absolutely need to get?

What are your deal-breakers?

Dropping Scarcity and Strategy in Love:

It is challenging to honor our truths because we instinctively operate from a place of scarcity. We are afraid that no one is going to like us!

So we mold, adapt, twist ourselves into a pretzel **to be what we think they want**. Below are two ways that will help you have more courage to honestly live the truth of everything we have discussed.

1. Drop The Scarcity Mentality:
There is one thing we are not short of and that's people.
There are over 3 billion people in the United States. One of them will like you.
Let's say half of them are the opposite sex. That leaves 150 million people.

2

Download the [Getting What You Desire \(& Deserve\) in Love and Romance Worksheet](#).

Module 3 | Week 2



- [Module 3 // Video 2](#)
- [Abundance Meditation](#)

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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?

1

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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?

2

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