

Mindfulness, Money & Men



WEEK 7





- [Week 7 Video](#)
- [Fear Meditation](#)



Soul Work

(AKA HOMEWORK) FOR THE WEEK

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

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 million 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](#).