

# Mindfulness, Money & Men



WEEK 8





- [Week 8 Video](#)
- [Abundance Meditation](#)





# Soul Work

(AKA HOMEWORK) FOR THE WEEK

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?**

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