

Journal Prompts Worksheet

Step 1: Define What You Want

What kind of relationship do you want?

- To be married
- A relationship
- Lover
- Dating
- Friendship
- Other _____

Define the kind of relationship you want. What does being in a marriage, relationship, partnership, lover, dating or friendship mean to you? *Think about what's important to you. It's good to have clarity on what this means to you, so that you can share it with your future love.*

Step 2: Define Who You Want

List all the adjectives that you can use to describe your partner.

Think about physical traits, emotional traits, finances, career, spiritual, health and wellness, family, fun, giving back, lifestyle, hobbies/activities. This is brainstorming session, so write everything down that comes to your mind. This exercise should take you a minimum of 15 minutes, but may take you a few days to make a complete list.

In a perfect world, what does your partner look like?

Where do they work and live?

What do they do for fun?

What do they value?

Adjectives to Describe your Partner

*Examples to get you
started.*

Intelligent

Funny

Has a job

Owens a home

Has a good relationship
with their parents

Likes to travel

Plays golf

Doesn't drink or smoke

Nice smile

What are your dealbreakers, if any?

Now, review the above list and put a star next to the higher priority words that you have already written down on the previous page.

These are the traits and characteristics that mean the most to you.

In looking at your list from Step 2 on the previous page, do you notice any themes or categories? Begin re-writing these like-words into 3 or 4 of the boxes below. Some groupings may only make sense to you and that's okay. If you're a perfectionist, this step is not meant to be precise. Do the best you can to put the starred words in a box below along with any other relevant words.

For each of the above groupings, pick a word that describes the category the best. It can be a totally new word that better summarizes the group, or it can be one that you have listed in the box. Circle this word making it your category header.

Add your category header words to the blank spaces in this sentence below. Then, add the answer from Step 1 at the end of the sentence.

I want a _____, _____, _____,

_____ (insert your answer from Step 1 here).

Congratulations, this is your love contract!

A love contract is the criteria by which you can identify the right person for you to continue talking, dating, etc.

Step 3: Do Your Research

What are other couples saying or doing that you can apply to yourself?

How do they communicate?

What are their behaviors that you like and want to implement?

If online dating, have you looked at how other women or men are presenting themselves?

What kind of photos are they using? What does their profiles say? Is there anything that you can apply to your profile? *This exercise can help you put words onto your own thoughts as well as you might even learn something about yourself you weren't even consciously aware of.*

Take inventory: What areas in your life do or don't support what you want? Where are you out of alignment with your love goals? What behaviors, if any, are you doing that are not helping you? *This exercise is meant to bring awareness to anything you are doing to self-sabotage. Self-sabotage is when we actively or passively take steps to prevent ourselves from reaching our goals.*

Step 4: Learning from Your Past

Journal exercise: Examine your past relationship(s). *In this exercise, you can focus on one relationship or several. This exercise is about you understanding what happened in your past and what you have learned from it. Here are some questions to get you thinking. You can answer them all or the ones that stand out most to you.*

Were there repeating patterns? What didn't work and what did about your past relationships?

There are many reasons why relationships fail. **Were you not a good match? Was it bad timing? Did you see the red flags? Did you have common interests or mutual respect? Were you pulling or pushing in the relationship?**

What did you learn from this relationship? How are you better because of this relationship? What did you realize about yourself because of this relationship? Do you need to re-examine your non-negotiables?





How do I know that I have found closure for this relationship? What can I do to get closure?

Letting go: Write a letter to your past self. Tell yourself all the things you wish you would have known about yourself and about your partner. Tell yourself what you would have done differently. *Don't worry about having perfect grammar or sentence structure. It's more important to get your thoughts down on paper.*

Step 5: Locate Your True Love

Make a list of all the places your loving partner might go to, participate in, and enjoy. Review all the activities or sports that they might go to and add them to this list. Think outside of the box and list any place that may be relevant based on the person you have described. Don't be afraid to reach out to your friends or family for support on this.

Step 6: Take Action

Add details (dates/times) to your list from Step 5. Buy the tickets. Book the trip. Save it on your calendar. Commit to these activities over the course of a specific amount of time. Add dates and events in the calendar below or on your personal planner. *I recommend looking at the next 3 months at a minimum.*

Month 1:

Month 2:

Month 3:

Step 7: Evaluate Your Results

What are your results? What did you do that worked and you'll keep doing? What did not work that you need to stop doing? What aren't you doing that you need to start doing? Keep track of how many dates you go on, what you do, who you go out with, and how you felt afterwards. Journal after your date.

How many dates, events, or activities did you attend?

How often did you message someone if online dating?

Who did you go out with?

How did you feel after the date? Did you like the person? Will you go out with them again?

Are you smiling and making eye contact?

Did they show interest to you?