



MAMAS CON GANAS

HOW TO MANIFEST THE LOVE OF YOUR LIFE

Exercise by Jose Antonio Valencia @joseantonio.valencia

STEP 1: DESCRIBE YOUR IDEAL PARTNER/ SPOUSE (Consider character traits, values, qualities, health habits, finances, spirituality, family...)

STEP 2: MAKE A CHECKLIST DESCRIBING THE IDEAL PARTNER YOUR IDEAL PARTNER IS LOOKING FOR (Consider character traits, values, qualities, health habits, finances, spirituality, family...)

STEP 3: PERFORM A SELF-ASSESSMENT

(Go back to step 2 and put a check or x mark on the traits you wrote down depending on whether you exhibit these qualities or not.) After you're done ask yourself: Is this the person I want to become regardless of the person I want to attract? If yes, then use this as a blueprint for what you have to work on. If no, go back to Step 1.

STEP 4: DESCRIBE YOUR IDEAL RELATIONSHIP (Why are these two people so good together? Why is this a power couple? What great things can these two people achieve together? Describe their positive impact on their family, community and world...)