Exercise #1: Revealing the “Jewels” in Your Treasure Chest
(Remember, you are the prize!)

The critical voices in our heads are all too talented at constantly chattering about what’s wrong with us, but now we are going to turn our attention to all the fabulous, wonderful, magnetic qualities we have.

Identify at least 8 - 10 of your best qualities from the list below and on the next page.

Write down these qualities on a notecard to review daily, to remind yourself of how amazing you truly are.

<table>
<thead>
<tr>
<th>Accountable</th>
<th>Adaptable</th>
<th>Adventurous</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alert</td>
<td>Ambitious</td>
<td>Appropriate</td>
</tr>
<tr>
<td>Assertive</td>
<td>Astute</td>
<td>Attentive</td>
</tr>
<tr>
<td>Authentic</td>
<td>Aware</td>
<td>Brave</td>
</tr>
<tr>
<td>Calm</td>
<td>Candid</td>
<td>Capable</td>
</tr>
<tr>
<td>Certain</td>
<td>Charismatic</td>
<td>Clear</td>
</tr>
<tr>
<td>Collaborative</td>
<td>Committed</td>
<td>Communicator</td>
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<td>---------------------</td>
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<td>--------------</td>
</tr>
<tr>
<td>Compassion</td>
<td>Comradeship</td>
<td>Connected</td>
</tr>
<tr>
<td>Conscious</td>
<td>Considerate</td>
<td>Consistent</td>
</tr>
<tr>
<td>Contributes</td>
<td>Cooperative</td>
<td>Courageous</td>
</tr>
<tr>
<td>Creative</td>
<td>Curious</td>
<td>Dedicated</td>
</tr>
<tr>
<td>Determined</td>
<td>Diplomatic</td>
<td>Directive</td>
</tr>
<tr>
<td>Disciplined</td>
<td>Dynamic</td>
<td>Easygoing</td>
</tr>
<tr>
<td>Effective</td>
<td>Efficient</td>
<td>Empathetic</td>
</tr>
<tr>
<td>Empowers</td>
<td>Energetic</td>
<td>Enthusiastic</td>
</tr>
<tr>
<td>Ethical</td>
<td>Excited</td>
<td>Expressive</td>
</tr>
<tr>
<td>Facilitates</td>
<td>Fairness</td>
<td>Faithful</td>
</tr>
<tr>
<td>Fearless</td>
<td>Flexible</td>
<td>Friendly</td>
</tr>
<tr>
<td>Generative</td>
<td>Generosity</td>
<td>Gratitude</td>
</tr>
<tr>
<td>Happy</td>
<td>Hard Working</td>
<td>Honest</td>
</tr>
<tr>
<td>Honorable</td>
<td>Humorous</td>
<td>Imaginative</td>
</tr>
<tr>
<td>Immaculate</td>
<td>Independent</td>
<td>Initiates</td>
</tr>
<tr>
<td>Innovative</td>
<td>Inquiring</td>
<td>Inquiring</td>
</tr>
<tr>
<td>Integrates</td>
<td>Integrity</td>
<td>Intuitive</td>
</tr>
<tr>
<td>Intentional</td>
<td>Interested</td>
<td>Intimate</td>
</tr>
<tr>
<td>Joyful</td>
<td>Knowledgeable</td>
<td>Leading</td>
</tr>
<tr>
<td>Listener</td>
<td>Lively</td>
<td>Logical</td>
</tr>
<tr>
<td>Loving</td>
<td>Loyal</td>
<td>Manages Time</td>
</tr>
<tr>
<td>Networker</td>
<td>Nurturing</td>
<td>Open-Minded</td>
</tr>
<tr>
<td>Optimism</td>
<td>Organized</td>
<td>Patient</td>
</tr>
<tr>
<td>Peaceful</td>
<td>Planner</td>
<td>Playful</td>
</tr>
<tr>
<td>Poised</td>
<td>Polite</td>
<td>Powerful</td>
</tr>
<tr>
<td>Practical</td>
<td>Presents self well</td>
<td>Proactive</td>
</tr>
<tr>
<td>Problem-solver</td>
<td>Productive</td>
<td>Punctual</td>
</tr>
<tr>
<td>Reliable</td>
<td>Resourceful</td>
<td>Responsible</td>
</tr>
<tr>
<td>Self-confident</td>
<td>Self-generating</td>
<td>Self-reliant</td>
</tr>
</tbody>
</table>
**MODULE 1: CLARIFY YOUR VISION FOR LOVE HANDOUT**

<table>
<thead>
<tr>
<th>Sense of Humor</th>
<th>Sensual</th>
<th>Serves Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sincere</td>
<td>Skillful</td>
<td>Spiritual</td>
</tr>
<tr>
<td>Spontaneous</td>
<td>Stable</td>
<td>Strong</td>
</tr>
<tr>
<td>Successful</td>
<td>Supportive</td>
<td>Tactful</td>
</tr>
<tr>
<td>Trusting</td>
<td>Trustworthy</td>
<td>Truthful</td>
</tr>
<tr>
<td>Versatile</td>
<td>Vibrant</td>
<td>Warm</td>
</tr>
<tr>
<td>Willing</td>
<td>Wise</td>
<td>Zealous</td>
</tr>
</tbody>
</table>

**Bonus Practice:** Interview your closest friends and ask them to reflect back to you what they most value and receive from being in relationship with you.

**Exercise 2: Clarifying Your Vision**

1. Get a blank piece of paper, draw a vertical lie down the middle, and on one side write, “Desired Traits” and on the other side, “Never Again Traits.”
2. Reflect on the most significant romances you’ve experienced and then write down 5 -10 items on each side.
   (If you haven’t experienced many romantic relationships, you can think about the close relationships you’ve shared with family or friends)

**For example:**

After you’ve created the list above, circle your TOP 3 on each side.

Reflect on each item on the lists above and ask, “How essential is this trait to my long-term happiness?”

<table>
<thead>
<tr>
<th>Desired traits</th>
<th>Never Again Traits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leads healthy lifestyle</td>
<td>No addicts, smokers or couch potato</td>
</tr>
<tr>
<td>Honest and emotionally available</td>
<td>No liars</td>
</tr>
<tr>
<td>Family oriented</td>
<td>Not possessive or jealous</td>
</tr>
<tr>
<td>Loves exotic travel</td>
<td>No fear of flying</td>
</tr>
<tr>
<td>Interested in spirituality</td>
<td>No egomaniacs or narcissists</td>
</tr>
<tr>
<td>English as a first language</td>
<td>Poor communication skills</td>
</tr>
</tbody>
</table>
From this reflection, create a list of your Top 3 “Must-Haves” and “Top-3 Deal Breakers”.

Your top THREE MUST-HAVEs are those qualities that are ESSENTIAL for your happiness and fulfilment.

**My Top THREE “MUST-HAVES” Are:**

___________________________________________________________________________________________________
___________________________________________________________________________________________________
___________________________________________________________________________________________________

Your TOP THREE DEAL-BREAKERS are those things you’re NEVER WILLING to experience again in a relationship.

**My Top THREE “DEAL-BREAKERS” Are:**

___________________________________________________________________________________________________
___________________________________________________________________________________________________
___________________________________________________________________________________________________

**Love Manifesting Power Practice: Be Who You Wish to Attract**

Reflect on where you need to improve in terms of expressing the same desired traits you wish in another, as well as making changes if you are expressing any of the “Never Again traits.”

**Exercise 3: Core Values**

Your core values are the foundation for making decisions and setting the course for your life.

Circle 2-3 Key Values in Each Category:

- **Integrity**
  - Dignity
  - Transparency

- **Accountability**
  - Honesty
  - Trust

- **Candor**
  - Honor

- **Commitment**
  - Responsibility

- **Dependability**
  - Sincerity
MODULE 1: CLARIFY YOUR VISION FOR LOVE HANDOUT

**Feelings**
- Acceptance
- Comfort
- Compassion
- Contentment
- Empathy
- Grace
- Gratitude
- Happiness
- Hope
- Inspiring
- Irreverent
- Joy
- Kindness
- Love
- Optimism
- Passion
- Peace
- Poise
- Respect
- Reverence
- Satisfaction
- Serenity
- Thankful
- Tranquility
- Welcoming

**Spirituality**
- Adaptability
- Altruism
- Balance
- Charity
- Communication
- Community
- Connection
- Consciousness
- Contribution
- Cooperation
- Courtesy
- Devotion
- Equality
- Ethical
- Fairness
- Family
- Fidelity
- Friendship
- Generosity
- Giving
- Goodness
- Harmony
- Humility
- Loyalty
- Maturity
- Meaning
- Selfless
- Sensitivity
- Service
- Sharing
- Spirit
- Stewardship
- Support
- Sustainability
- Teamwork
- Tolerance
- Unity

**Achievement**
- Accomplishment
- Capable
- Challenge
- Competence
- Credibility
- Determination
- Development
- Drive
- Effectiveness
- Empower
- Endurance
- Excellence
- Famous
- Greatness
- Growth
- Hard work
- Improvement
- Influence
- Intensity
- Leadership
- Mastery
- Motivation
- Performance
- Persistence
- Potential
- Power
- Productivity
- Professionalism
- Prosperity
- Recognition
- Results-oriented
- Risk
- Significance
- Skill
- Skillfulness
- Status
- Success
- Talent
- Victory
- Wealth
- Winning

**Feelings**
- Acceptance
- Comfort
- Compassion
- Contentment
- Empathy
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- Gratitude
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- Hope
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- Irreverent
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- Effectiveness
- Empower
- Endurance
- Excellence
- Famous
- Greatness
- Growth
- Hard work
- Improvement
- Influence
- Intensity
- Leadership
- Mastery
- Motivation
- Performance
- Persistence
- Potential
- Power
- Productivity
- Professionalism
- Prosperity
- Recognition
- Results-oriented
- Risk
- Significance
- Skill
- Skillfulness
- Status
- Success
- Talent
- Victory
- Wealth
- Winning
MODULE 1: CLARIFY YOUR VISION FOR LOVE HANDOUT

**Creativity**
- Discovery
- Exploration
- Expressive
- Imagination

**Enjoyment**
- Playfulness
- Recreation
- Spontaneous
- Surprise
- Presence

**Intelligence**
- Genius
- Insightful
- Knowledge
- Learning
- Logic
- Openness

**Power**
- Dedication
- Discipline
- Ferocious
- Fortitude
- Persistence

**Freedom**
- Independence
- Individuality
- Liberty

**Courage**
- Bravery
- Conviction
- Fearless
- Valor

**Health**
- Energy
- Vitality
- Wellbeing
- Longevity

**Order**
- Accuracy
- Careful
- Certainty
- Cleanliness

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**Creativity**
- Innovation
- Inquisitive
- Intuitive
- Openness

**Enjoyment**
- Alertness
- Attentive
- Awareness
- Calm
- Clear

**Intelligence**
- Realistic
- Reason
- Reflective
- Smart
- Thoughtful
- Understanding

**Power**
- Power
- Restraint
- Rigor
- Self-reliance
- Temperance

**Freedom**
- Independence
- Individuality
- Liberty

**Courage**
- Bravery
- Conviction
- Fearless
- Valor

**Health**
- Energy
- Vitality
- Wellbeing
- Longevity

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<table>
<thead>
<tr>
<th>Consistency</th>
<th>Justice</th>
<th>Security</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control</td>
<td>Lawful</td>
<td>Stability</td>
</tr>
<tr>
<td>Decisive</td>
<td>Moderation</td>
<td>Structure</td>
</tr>
<tr>
<td>Economy</td>
<td>Organization</td>
<td></td>
</tr>
</tbody>
</table>

**Exercise 4: Vision for Your Shared Life Together**

Here are three important questions for journaling and reflection

1. *Which relationship structure works best for you?*
   - Married
   - Fully Committed & Living Together
   - Fully Committed & Living Apart
   - Any Structure You Can Negotiate (including polyamory that also includes the above structures)

2. *What’s your vision for children/family members as part of your shared life together?*

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3. What’s your vision for the kind of lifestyle you want to have?

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What are your expectations about what a partner might contribute financially to your lifestyle?

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ABOUT YOUR INSTRUCTORS

ARIELLE FORD AND CLAIRE ZAMMIT, PH.D.

Arielle Ford has spent the past 30 years becoming a master manifestor and living and promoting consciousness through all forms of media. She is the author of the international bestseller, The Soulmate Secret: Manifest The Love of Your Life with The Law of Attraction, as well as the award-winning Wabi Sabi Love and the recent Turn Your Mate into Your Soulmate. Arielle has been called “The Cupid of Consciousness” and “The Fairy Godmother of Love.” Arielle is also the creator of The Soulmate Secret Online Course, which is offered by Evolving Wisdom. She lives in La Jolla, CA with her husband and Soulmate, Brian Hilliard, and their feline friends.

Claire Zammit, Ph.D. is a transformational teacher, leader, and creator of the Feminine Power courses and advanced coaching, facilitation & leadership certification trainings, serving hundreds of thousands of women from more than 100 countries. Claire’s mission is to empower women to fully express their gifts and talents by sharing the Feminine Power teachings that she credits as the source of her own fulfillment, success and impact.

She is also the co-founder and president of the transformational learning company Evolving Wisdom that was recognized by Inc Magazine as one of the top 100 fastest growing companies in America. Claire is a member of the Transformational Leadership Council & Evolutionary Leaders Forum.