

Manifest Your Life Partner Visualization Worksheet

by Vishnu's Virtues



List 10 characteristics you most appreciate about your (future) partner (i.e. compassionate, courageous, kind, easy-going, supportive, kind):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What are the qualities your partner values? (i.e. honesty, adventure, freedom, love, communication, friendship, community, loyalty, compassion, generosity, reliability. For a list of values, click [here](#)):

What I love about my partner is that he/she... (write out a list of behavior/actions that your partner does that helps you feel ecstatic about him/her):

How would you like to feel when you're with your partner?

My partner works in this field (optional): _____

My partner believes:

My partner has these interests and hobbies:

My future partner wants me to know... (What is the message your future partner wants you to know before you've met):

Anything else you'd like to write down to describe your future ideal partner:

How will I show up for my partner in my relationship? (Describe the kind of person you desire to be - your characteristics, qualities and behavior):

What fears and inner blocks are preventing you from becoming the person you want to be? How will you practice working through these fears and inner blocks?
