



*Manifest Your Soulmate*  
**5-Day Immersion**  
**HOME PLAY EXERCISES**

**KAREN MCPHAIL**  
*Soulmate Manifestation Coach*



## **The Manifest Your Soulmate 5 Day Immersion**

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*This text is exclusively for participants of The Manifest Your Soulmate 5-Day Immersion program. The only way to get the full context of the techniques and effectiveness of the program is to join the official experience.*

# Day 1: Identifying “Who” You Desire To Call In As Your Soulmate

## Step 1:

Brainstorm the Character Traits and Values you Desire Your Soulmate to Have:

Write down in the brainstorming area as many character traits, values or qualities you desire your soulmate to possess. There needs to be at least 6, but I'm hoping for a list that way exceeds 6.

## Step 2:

Look at everything you wrote down in your brainstorming dump. Take a colored pen or highlighter and circle/highlight the 6 most important traits or values you desire in your soulmate.

You can also combine “like traits” into one. **For example:** you might have honest/trustworthy, and family values/good father/great with my kids as two of the most important character traits or values. Feel free to combine similar traits or values like I did in the above example coming up with 6 that stood out as most important to you.

### Step 3:

Once you have your 6, enter each one in the 6 boxes that are provided for you below then cut the boxes into strips so there are 6 strips.

Now, look at all 6 and say, "if my soulmate could only have one of these qualities or traits, what would be the most important one" --this goes in the box that is labelled #1 (you can glue the strip there or type, or write it in your #1 box. Continue to do this for each number so until your list of the 6 most important characteristics, values and qualities are in number order of importance with #1 being your most important, and your #6 being your least important out of your top 6.)



## **BRAINSTORM / BRAINDUMP:**

Without thinking too much about it, just start writing down as many character traits, qualities, and values you would most desire your soulmate to possess.

## **BRAINSTORM / BRAINDUMP (Additional Page)**



**#1**

**#2**

**#3**

**#4**

**#5**

**#6**