

Day 4: Becoming the Soulmate We Desire To Attract

Directions:

Go back to Day 1's List of 6 Exercise.

Step 1:

For today's exercise, you will be using your List of 6 that you created from Day 1. Take the time to do an analysis of the following question against your list.

It's time for a real honest check in...how are YOU embodying and living the Characteristics/Values you desire your soulmate to have and bring to the table?

Step 2:

Take the one thing on your list that you know you need to work on.

For example:

If I have as my #2 A man that is health conscious and fit, but I am 30 pounds over weight, I don't watch what I take into my body, and I haven't gone to the gym in 5 years...I am in no way embodying what I desire to attract into my life from my soulmate and there is clearly work I need to do in order to align with this desire.

Step 3:

Describe and commit to what you are going to do to start aligning and embodying with the characteristic, value, or trait you need to work on on the following page.

I encourage you to continue this exercise with other things you know in your heart you need to work on from your List of 6 repeating this exercise over the next few weeks. ***The Soulmate Solution*** is all about this type of accountability and support.

