

Awareness Practice: Being Soulfully Single and Open for Love

We invite you to explore your relationship history and current situation in the following Awareness Practice. We've listed some questions and prompts for you to respond to. See what emerges as you answer. If you feel drawn to doing so, share your answers with others or add questions of your own. The objective is for you to increase your awareness of yourself in and out of the relationships in your life.

If you're currently single, begin here:

- ☆ Does the description of "Soulfully Single" resonate with you?
- ★ If so, what appeals to you about it? If not, why not? Is there a description that fits you better?
- 🌀 What does your relationship status mean to you?
- ★ What do you love about being single?
- 🌀 What is less desirable about being single?
- ★ List ways that you love and care for yourself.
- 🌀 Are there any ways you would like to be more loving to yourself?

If you're in a loving relationship with another person:

- ★ What do you appreciate about being in this relationship?
- 🌀 In what ways is it less than satisfying?
- ★ How would you describe your relationship?
- ★ What are some of your favorite qualities about your significant other?
- 🌀 What does your significant other appreciate most about you?
- ☆ What self-loving practices do you do that nourish your relationship?
- 🌀 What do the two of you do to support the relationship climate?
- ☆ In what ways do you celebrate and appreciate each other?
- 🌀 In what ways could you celebrate and appreciate each other more?

You can reflect on your responses to these questions as you explore the processes for expansion and change throughout the book.

To explore and expand your relationship awareness go to: SucculentWildLove.com/Soulfully