

## Awareness Practice: Soulmate Exploration

**If you are currently single and interested in experiencing a soulmate/sole-mate relationship, start here:**

1. List any reasons you're hesitant about being in a partnership, if you are. (Many of these will likely be addressed in the chapters that follow.)
2. Fill in these blanks if they fit for you:
  - ☆ If I had a soulmate, I would need to \_\_\_\_\_.
  - ★ I might not want to \_\_\_\_\_.
  - ☯ I think I would enjoy \_\_\_\_\_.
  - ★ I definitely wouldn't like \_\_\_\_\_.
  - ★ The kind of soulmates I've admired seem to have qualities like \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
3. Ask yourself these questions:
  - ☆ What would an ideal soulmate relationship look like on a day-to-day basis?
  - ☯ What kinds of things would we do and not do together?
  - ☯ In what ways do I imagine that this kind of relationship would benefit me in my life?
  - ☯ In what ways am I my own soulmate now?
  - ☆ What is my fantasy about having a soulmate?
  - ★ What just sounds so good?
  - ☯ Do I have any fears about having a soulmate?
  - ☯ What doesn't sound good at all?

**If you are currently in a relationship and would like to explore making changes for it to be even more satisfying, start here:**

1. Ask yourself these questions:
  - ☆ Are there any areas in my relationship that I'd like to be different — anything from sleeping arrangements to activities to how we manage our living environment?

- 🌀 Are there areas that I've just kind of accepted as "how it is"?
- 🌀 If you've identified any areas for change, ask yourself: In what ways could I change by myself — without my partner needing to do anything — to make the conditions more desirable for me?
- 🌀 How does my partner completely or partially satisfy me? (List the ways.)
- ★ What new things could I explore or try with my partner, going *beyond* "date night"?
- ★ What *new* activities or ways to be together intrigue me? (These could be as simple as taking a class together, trying a new kind of sport, or having a deep, revealing talk about your desires and fears.)
- 🌀 If your relationship is generally satisfying, ask yourself: What small adjustments would make it even *more* satisfying?

2. Your primary long-term relationship is with yourself. No matter how much you love or are loved by your partner, nothing will replace you loving you. With that in mind, ask yourself these questions:

- ★ What changes within myself might I like to make?
- ★ What would I like more of?
- 🌀 Less of?
- ★ In what ways do I speak to myself kindly?
- ★ In what ways do I nourish *me*?

For more support & inspiration about what kind of relationship you'd like to create or re-create, go to:

[SucculentWildLove.com/Soulmate](http://SucculentWildLove.com/Soulmate)