

HOW TO MANIFEST A RELATIONSHIP



TREAT YOURSELF WITH LOVE AND RESPECT

Do you treat yourself with love?

Do you treat yourself with respect?

Do you treat yourself the way you want other people to treat you?

You cannot expect anyone to treat you with love and respect if you don't treat yourself that way.

Do you enjoy your own company?

You cannot expect anyone to enjoy your company if you don't enjoy your own company.

WHY I LOVE MYSELF

Think about all your good qualities and features and list them below.

As you focus on those positive things, the law of attraction will show you even more positive qualities and features. You attract what you think about.

MY GOOD QUALITIES	MY GOOD FEATURES

GRATITUDE LIST

List 30 things that you are grateful for.

POSITIVE AFFIRMATIONS

Write 6 positive affirmations below. See [how to write affirmations](#).

Read these affirmations every day.

THINGS THAT MAKE ME HAPPY

List 30 things that make you happy.

MY SELF CARE SCHEDULE

Schedule at least one thing that makes you happy each day for the next 30 days.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

MY PERFECT PARTNER

Define your perfect partner. Make a detailed list of all of his/her qualities.

QUALITIES THAT I NEED IN A PARTNER	QUALITIES THAT I WANT IN A PARTNER

VISUALIZE YOUR PERFECT PARTNER

Spend a few minutes each day visualizing your perfect partner. You can set an alarm clock for the same time each day so that you don't forget.

Write the words that come to your mind when you think of him.

ALIGN YOUR THOUGHTS, WORDS AND ACTIONS

Make sure that your thoughts, words, actions and surroundings convey your desire to attract a relationship.

Our thoughts lead to the words we speak, the feelings we feel, and the actions we take. Sometimes we are not even aware of our thoughts but we can understand them by looking at our actions.

Think about what you have asked for and make sure that your actions reflect what you desire to receive. Act as if you are receiving it. Do exactly what you would do if you were receiving it today and take actions in your life to reflect this. This will send out powerful signals of expectation to the Universe.

Do you have physical space for your perfect partner at home or do you act like a single person?

List the actions you can take to prepare your life for your perfect partner.

PUT YOURSELF OUT THERE

Make a list of the actions you can take to meet someone. For example, dating sites, ask friends if they have someone to introduce you to, sign up for an exercise class and the exercise will be an added bonus, sign up for a course or an activity that interests you, get photos taken for your dating profile.
