

Ideal Partner Visualization

Write down the qualities of your ideal partner for each of the categories.

Try to be as specific as you can if some of the answers weren't clear in your visualization just write down what you think you would like in an ideal partner.

The following descriptions are provided as examples just to give you guidance on the types of answers that fit each category.

Physical appearance

How does your ideal partner look like and dress?

(examples: stylish casual sophisticated physically fit attractive athletic professional)

Personal qualities

What personal qualities does your ideal partner possess?

(examples: kind warm outgoing reserved
powerful fulfilled enthusiastic self-aware honest self-
confident accomplished, Joyful, Dependable energetic
intelligent creative strong)

Behaviors

Describe how your ideal partner behaves.

(examples: treats others with respect, consideration
and kindness, honestly communicates
thoughts and feelings, follows through on commitments,
maintains a healthy diet and lifestyle.)

Passions

What does your ideal partner care deeply about?

(examples: helping others, social justice, work life balance, spirituality or religion, health and wellness, personal growth, the environment)

Interests

What are your ideal Partners interests and leisure activities?

(examples travel antiques kayaking ballroom dancing music cooking movies)

Home and living environment

Describe your ideal Partners home and environment.

Does he own his own home or rent?

(examples rents an apartment in the city filled with art and modern furniture uncluttered)

and elegant owns a house in a small town filled with family photographs and books comfy and homey with overstuffed sofas wicker everywhere and a beautiful garden.

Profession

What kind of work does your ideal partner do? Is he/she employed? Does she have her own business or is she retired?

(Examples: self-employed with a flexible work schedule, a successful executive working in a large corporation, Works in a non-profit mission-driven organization and has a 9 to 5 work schedule or retired with plenty of time to travel.

Financial and lifestyle

What is the annual income of your ideal partner?

What kind of Lifestyle does he have?

(Examples: earns \$250,000 per year, drives a new Mercedes eats out at fine restaurants three times a week rents a beach house at the Hamptons for four weeks every summer or earn \$75,000 per year drives a motorcycle enjoys cooking and eating in spends three weeks backpacking in South America every Spring.

Other

List any other life circumstances of your ideal life partner that surfaced during your visualization exercise or that are important to you.

(Examples: has a Labrador Retriever, has a large loving extended family that lives nearby, shares close relationships with a small circle of friends, has an active social life.

Identifying the gaps

Look carefully at your ideal partner attributes list with an eye toward determining the differences between your life and the life of your ideal partner.

Whatever you're looking for in an ideal partner is a piece of your puzzle. A key to understanding what you're seeking in your own life. Instead of looking for a partner to complete you, you're engaged in the process of completing yourself.

To complete this exercise, look at all the information you uncovered about your ideal partner.

You may find that your ideal life partner is similar to you in many respects.

But at this point, you're going to focus on identifying the differences.

Circle all the personal qualities, behaviors, passions, interests and life circumstances of your ideal partner that you do not currently possess in your life.

The attributes you've circled represent the gaps between the life you seek and the life you are living today.

On a new page in your Journal write “my ideal partner gaps” at the top. Under that heading, list all of the attributes you circled, the gaps between your current life attributes and those of your ideal partner.

These are the “gaps” that you must work to create for yourself FIRST.

Healing your trauma will make it easy to heal and/or create those gaps.

Save this exercise and email to me when you're finished!