



Daily Practice Worksheet

Today's Date: _____

Do these practices with intention to invite in the love life of your dreams. Throughout the day, use these tools to create the energy and mindset of success and love.

CHOOSE TO BELIEVE

Write down your goal date and say

I Choose to Believe because the past doesn't equal the future

I will be married by: _____

ENGAGE IN RADICAL SELF LOVE

Parent Yourself and Heal Your Inner Child by doing the Meet to Marry Mirror Self Love Exercise every morning after you brush your teeth and every evening before you go to sleep. Look into your own eyes (the eyes of your inner child--your soul) and say what you wanted to hear from your parents. Allow yourself to feel your feelings.

Example:

I love you as you are
True love is waiting for you
You are so precious to me
What you want is my priority
You are always safe with me

CHOOSE HEALTHY THINKING

Say 3 mantras 3 X a day to guide your healthy thinking.
Consider programming them into your phone as reminders.

Example: To thyself be true

- 1.
- 2.
- 3.

My Old Disempowering story (the lie) that causes me to suffer is:

DECLARE YOUR FUTURE

Memorize and recite your New Empowering Statement 3X daily

I am [fill in your 5 personality traits--your essence]

I'm attracting my husband/wife who makes me feel [fill in your Top 5 Emotional Needs]. Together we are [fill in your vision for your life with your true love] (i.e., what you're building).

CHALLENGE YOUR THINKING

When something is bothering you daily:

- What is happening?
- What are you telling yourself about it?
- How does this make you feel?
- Challenge what you're telling yourself with reality based thinking.
- How do you feel now that you've challenged your thinking?

Look at your Meet to Marry Dream Board daily to visualize your new life manifesting. Smile. The universe has your back.

Marriage Vision Journal:

Before you go to sleep, spend 5-10 minutes writing in your Marriage Vision Journal about the future you envision, how it will feel to be with your true love and what you're excited it. **Picture it! Write it! Manifest it!**

Practice Gratitude

Stay uplifted and joyful and enter what you're grateful for and thank the Universe, G-d or your higher power for bringing your true love to you.

Celebrate Your Wins

Enter things you've done now and in the past that you're proud of, situations you handled in a powerful way and healthy boundaries you've created and enter them into your Meet To Marry journal!

Be Gentle With Yourself

Forgive yourself for anything you've been harsh on yourself about and enter them into your journal and say: I lovingly accept myself as I am and continue to develop as the growing human being that I am.

Visualize Your True Love and Your Future Life

Do the Meet To Marry meditation to visualize the experience of your true love and your life with that person. Doing so allows you to feel the experience even before you meet that person.

STAY CONNECTED

Read the Meet to Marry Dating Tips Daily

Use Your Dating Plan Tracker to stay in structure with amazing dates and events to look forward to! Share and connect with your Meet to Marry community.

Listen to resources and read recommended books in the Meet to Marry members area.