



The 4 Stages to Finding and Keeping Soul Level Love

Reflection Worksheet

1. List a few of the random thoughts that go through your head as to why you feel you can't find a man.

1. _____
2. _____
3. _____
4. _____
5. _____

2. WRITE A BIG YES I WILL HERE to declare that you are ready and in the right place to find love.

3. List the 3 Connections in having Soul Level Love:

1. _____
2. Emotional
3. _____

4. What are some examples of possible beliefs you may have about men or your interactions with them?



5. What are the 4 Stages of Finding and Keeping Soul Level Love?

1. _____
2. _____
3. _____
4. Trust Yourself in love

6. Thinking that we 'know it all' can keep us from having the kind of love we desire.

___TRUE ___FALSE

7. After feeling you have made mistake after mistake in looking for love, you will be learning to tap into YOUR INTUITION in order to trust yourself in love.

___TRUE ___FALSE

8. What kind of man and what kind of love are you desiring in your life?

9. What LOVE BLOCK have you identified through watching this video?



Answer Key:

3. Physical, Emotional, Spiritual
5. Unlearn Love; Let Him See you; Let the Past go; Trust Yourself in love
6. TRUE
7. TRUE