

Ideal Mate

The following exercise will help you articulate the qualities you desire in your ideal mate. Please do not read ahead. Do each part of the exercise and then move on to the next part.

1. Describe **Your Ideal Mate** – all traits, habits, qualities, appearance - everything you can think of that would be important to you.
 - Since it is likely you have come up with a long list of traits it is important to know no one will have all the traits you described, once you have all of the characteristics highlight your 5 MUSTS - these are the qualities your ideal mate MUST HAVE.
2. Then describe **The Mate From Hell** - Write about a person you couldn't stand to be with. What traits would they have? What qualities can you not stand?
 - Once you have all the adjectives highlight your 5 items your mate MUST NOT HAVE - these are your deal-breakers, you could not sustain a long-term happy life if your mate had any of these qualities.
3. Then describe **the type of person YOU would have to BE to attract your IDEAL mate** - describe the values, characteristics, conduct and habits you would need in order to attract the mate you described.
 - Since we cannot be all things to all people once you have all of the adjectives highlight the 5 characteristics that show off your BEST SELF.
4. If you are in a relationship rate your partner on a scale of 0-5 (0 being does not have any of these traits - 5 describes him perfectly) for MUST and MUST NOTS and then rate yourself on your MUST BE.

(This exercise can be found in Tony Robbins Ultimate Edge Day 3 - The Power of Relationships)



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