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My 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.

- A. Describe **Your Ideal Mate** – all the 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 realize that no one will have all the traits you described. Once you have all of the characteristics you desire, list your **5 MUSTS** - these are the qualities your ideal made **MUST HAVE**.

5 MUST HAVE TRAITS

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



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B. 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 characteristics that you can't stand, list the 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.

5 MUST NOT HAVE TRAITS

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

C. 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 list the **5 traits** that show off your **BEST SELF**.



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5 TRAITS THAT SHOW OFF MY BEST SELF

1. _____

2. _____

3. _____

4. _____

5. _____

D. 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/her perfectly) for **MUST** and **MUST NOT HAVES**. Then rate yourself on your **BEST SELF**.

On a scale of **0-5** (0 being does not have any of these traits - 5 describes him/her perfectly) for **MUST HAVES**

1 2 3 4 5

On a scale of **0-5** (0 being does not have any of these traits - 5 describes him/her perfectly) for **MUST NOT HAVES**

1 2 3 4 5

On a scale of **0-5** (0 being does not have any of these traits - 5 describes me perfectly) for **BEST SELF**

1 2 3 4 5

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



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Laura Treonze, serves as Chief Life Strategist with **LMT Consulting**, which helps individuals and companies create massive success through self-awareness.

LMT Consulting was founded on the core belief that behavioral understanding is the key to personal and professional success. By uncovering natural behavioral styles we help growth-minded individuals build plans that focus on their personal strengths. We provide the tools to help people understand how to show up as their best self in all situations so they can manage their energy instead of their time, direct conversations instead of reacting to

them, and communicate with everyone at a higher level. Unlike traditional business coaching, we know personal lives play a huge role in how people show up professionally. Our coaching programs are specifically designed to help you understand and articulate what you really want so you can create your ideal work-family balance.

LMT Consulting executive and life coaching has transformed and redefined the way non-profits, small teams and corporations “do” business. Our coaching is proven to boost individual confidence, increase self-awareness, improve group understanding, reduce conflict, improve team-building, and enhance commitment in all aspects of life.

It became apparent that the work **LMT Consulting** was doing to help companies, teams and business leaders with behavioral understanding was needed outside of the office and taken to a more personal level. Many of the issues that cause people to seek executive coaching also apply to parents and their interactions with their children. **LMT Consulting** is dedicated to empowering families to live healthier, happier, more resourceful, and resilient lives by increasing self awareness of the strengths of every member of the family, understanding how children process information and how to communicate more effectively with each other through its innovative “*The Social Behavior of Families*” Training.

At **LMT Consulting** “*Our mission is to help people do and be more than they thought physically, mentally, spiritually and financially possible while building businesses and lives worth talking about.*”

Reach out to us today and start on the exciting path of behavioral understanding, awareness and development! Isn't it time for you to *build a business and life worth talking about?*

To learn more about our services, please go to www.lmtworthtalkingabout.com

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