

WORKBOOK

DESIGNING
YOUR IDEAL
MATE

HOW TO WRITE OUT YOUR GOALS
TO ATTRACT A MATE.

A GUIDE FOR SELF IMPROVEMENT

- I. LOVE
- II. PHYSICAL
- III. ACTIVITIES
- IV. FINANCIAL
- V. COMMUNICATION
- VI. PERSONALITY
- VII. SPIRITUAL ——— — — — —



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GUIDELINES ON HOW TO USE THIS WORKBOOK:

- 1) ~~Cross out what you don't want.~~
- 2) Underline what is very important to you.
- 3) Write *notes to yourself.*
- 4) Cross out ~~words~~ that you don't like.
- 5) Cross out the whole page if you don't like it.
- 6) Put a ★ by what you want to think about in more detail.
- 7) Circle what you would like to work on.
- 8) Make this workbook very personal.

• • This book is ABOUT YOUR GOALS. WHEN YOU READ ABOUT OTHERS AND THEIR GOALS, IT WILL HELP YOU TO BE CLEAR ABOUT YOURS. BY BEING VERY CLEAR, WHAT YOU WANT IS MOST IMPORTANT. THIS GIVES YOU A GUIDE TO WHAT YOU MUST WORK ON YOURSELF SO THAT YOU WILL ATTRACT A MORE COMPATIBLE MATE. YOU ATTRACT WHAT YOU ARE. LOOK AT YOUR ADDICTIONS IF YOU DON'T LIKE WHAT YOU ARE ATTRACTING. BY CHANGING YOURSELF YOU WILL CHANGE YOUR WORLD. BY COMPLETING THIS BOOK, YOU WILL HAVE A BETTER IDEA OF WHAT YOU HAVE TO DO TO WORK ON YOURSELF OR WHAT IS BLOCKING YOU FROM A RELATIONSHIP.

CHAPTER I: LOVE

DEVOTION

SHE/HE

- * is devoted to me and family.
- * makes me feel good about myself.
- * has same ideas of what a good relationship is.
- * remembers birthdays, anniversaries, special occasions, etc.
- * likes being with me and family.
- * friends don't take precedence over family.
- * loves children.
- * is willing to sacrifice for our families.
- * is in agreement on the behaviour of children.
- * is in agreement on the discipline of children.
- * has moral ideas.
- * is never worried that the mate would have an affair.
- * accepts equal responsibility for problems in the relationship.
- * agrees on all legal affairs.
- * is willing to go to counseling if needed.
- * is willing to make a date just to talk.

PASSION

SHE/HE

- * loves me passionately.
- * loves me unconditionally.
- * is proud of me.
- * enjoys growing and changing together.
- * understands our lives' goals and personal missions.
- * always makes me feel cherished.

ROMANCE

SHE/HE

- * enjoys romance on a daily basis -- small gestures, touching, a smile and warm heart feelings.
- * is romantic at the least expected times.
- * enjoys things like making a heart: ♥ hole in your lover's toast while making breakfast [This idea is from 1001 More Ways to Be Romantic, Gregory J.P. Godek (1-800-626-4330)].

TOUCHING

SHE/HE

- * likes to touch and be touched.
- * likes to be touched while sleeping.
- * likes to cuddle.
- * doesn't limit touching to sexual situations.
- * must like to hold hands.
- * likes to give and receive body massage and foot reflexology.

SEX

SHE/HE

- * enjoys sex.
- * loves my body.
- * is satisfied sexually.
- * has the same desires.
- * talks about our wants and needs.
- * is a good kisser.
- * is fun and spontaneous.
- * gives attention to the matter of childbearing.
- * agrees on method of contraception.
- * stays young, and enjoys sex through the age of 90's.
- * understands the importance of a slow hand for petting and foreplay.
- * is sensual.
- * doesn't come up with excuses.
- * likes to shower together
- * discusses sex easily.
- * has sexy hands.
- * likes watching erotic films together.
- * enjoys making the bed together.
- * agrees on testing for HIV.
- * knows what the "clitoris" is and how to spell it.

COMMITMENT

SHE/HE

- * loves me!
- * wants to marry me.
- * is not just looking for an affair but is ready for a commitment.
- * has worked through fears of the past.
- * might be interested in marriage some day.
- * will be happy with just a committed relationship.
- * is a good friend first and foremost.
- * wants only a fun relationship with no commitment.
- * would like to have a platonic, non-sexual relationship.

NAME

SHE/HE

- * has a nice, memorable name.
- * has a name that's easy to spell.
- * has a name that she/he is proud of.

CHAPTER II: PHYSICAL

APPEARANCE

SHE/HE

- * is tall, dark, and handsome
- * doesn't care how tall I am.
- * he is about 6 feet tall.
- * she is about 5 feet short.
- * he is taller than I am.
- * has red hair.
- * has hair.

SELF IMAGE

SHE/HE

- * has good posture and self image.
- * loves her/his body.
- * she has nice cleavage
- * is happy with own body weight and image.
- * has longevity in his family genes.
- * he has hairy legs.
- * he has hairy chest.

GROOMING

SHE/HE

- * is well groomed.
- * cuts toenails.
- * manicures fingernails.
- * gets hair cut.
- * bathes regularly and often.
- * gets facials and removes blackheads.
- * cares about self but is not fanatical.
- * squeezes the toothpaste right.
- * smells good.

EYES

SHE/HE

- * has loving, tender eyes.
- * has twinkle in eyes.
- * has nice bedroom eyes.
- * has excellent vision, which is a reflection of good health.
- * has blue eyes.

STYLE

SHE/HE

- * is stylish.
- * spends time selecting clothes, jewelry, and hair styles.
- * is proud of self.
- * reads magazines to keep up on style.
- * helps me to be in style.

AGE

SHE/HE

- * is about 45-55 years olds.
- * is 20-25 years old.
- * is younger than I.
- * is older than I.

RACE

SHE/HE

- * is of the same race.
- * desires the same nationality as self.
- * has family that is supportive of nationality.
- * has no preference.

HEALTH

SHE/HE

- * has excellent health and strong body.
- * has the same beliefs of caring for oneself, not depending on doctors to just prescribe a pill, but taking responsibility to find out the cause of any health problem.
- * goes to chiropractor or doctor if needed.
- * uses herbs, vitamins, minerals, juice, and foods for maintaining good health.
- * agrees about foods.
- * likes to shop together and separately.
- * understands PMS.
- * understands menopause.
- * understands body rhythms.
- * is a good sport if not feeling well.

SMILE

SHE/HE

- * has a big smile and great teeth.
- * takes care of teeth, goes to dentist regularly.
- * keeps mouth and teeth clean.
- * has big smile and is not afraid to use it.
- * has no spinach hiding between the spaces!

CHAPTER III: ACTIVITIES

COOKING

SHE/HE

- * likes to cook for me and with me.
- * enjoys meal planning.
- * likes to eat in restaurants.
- * is a vegetarian.
- * insists on good food.
- * likes gourmet food.
- * likes to have old fashioned family traditional dinners.
- * likes to surprise me with dinner candles & wine.
- * enjoys company.

CLEANLINESS

SHE/HE

- * cleans up naturally.
- * cleans up naturally and together.
- * doesn't leave a mess for others to clean up.
- * is very clean with kitchen equipment, dishes, etc.
- * is very clean in cleaning and preparing food.
- * will take out the garbage.
- * has clean hands.

DOMESTIC AFFAIRS

SHE/HE

- * enjoys domestic affairs.
- * has the ability to fix things.
- * can do housework together or alone.
- * can help with the laundry.
- * does windows.
- * is always willing to talk and take action.
- * never shows hostility about condition of house.
- * cleans up what she/he doesn't like.
- * is always considerate of where the toilet seat is.

DANCING

SHE/HE

- * loves to dance and does so excellently.
- * can dance all kinds of dances.
- * is not pushy but a good leader.
- * enjoys taking dancing lessons.
- * allows me to dance with other partners.
- * keeps up on all the new dances; gets into step as dances change.
- * has good rhythm.

LAUGHING

SHE/HE

- * enjoys laughing.
- * understands that laughing relieves stress.
- * is a great emotional support.
- * is a great emotional support in grief.
- * makes others laugh.
- * can laugh at self.

PLAYING

SHE/HE

- * enjoys playing with me and the kids.
- * has a good sense of humor.
- * always gives me attention.
- * enjoys playing in the hot tub.
- * enjoys teasing each other playfully.

TRAVEL

SHE/HE

- * loves to travel alone, together, and with the children and/or friends.
- * arranges a one or two-day trip together with me once a month.
- * makes time for travel.
- * Likes to buy souvenirs for our home.
- * shares my favorite TV programs:
 - "Lifestyles of the Rich and Famous"
 - "Star Trek"
 - etc.
 - etc.
 - etc.

CHAPTER IV: FINANCIAL

WEALTH

SHE/HE

- * is wealthy and enjoys it.
- * is secure in beliefs that she/he can have whatever she/he wants.
- * has enough wealth to enjoy managing and taking risks with money, like real life monopoly.
- * enjoys the finer things, such as houses, cars, jewelry, clothes, and luxurious vacations.
- * agrees on investments.
- * has money, savings, investments, and is willing to share with me as I am with him.
- * agrees to have a pre-nuptial agreement.
- * is wealthy in his mind.
- * is conscientious about paying bills.
- * is debt free or could be.
- * has common sense about spending money.

GOALS

SHE/HE

- * works towards goals.
- * writes down goals.
- * has individual as well as shared goals.
- * will meet my needs and I hers/his.
- * shares the ultimate goal as having God and love as the center of our lives.

HOME

SHE/HE

- * prefers a mansion.
- * prefers a mountain cabin.
- * prefers a rented home or apartment.
- * prefers a neighborhood track home.
- * enjoys having a pool.
- * enjoys having a hot tub.
- * would hire a maid and gardener if needed.
- * likes to do gardening.
- * likes to entertain family and friends at home.
- * wants to have a house purchased by us. having an ex's decorations is not a new beginning.
- * enjoys shopping together for our home, furniture and landscaping.
- * enjoys decorating together.

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FINANCIAL SECURITY

SHE/HE

- * is financially secure.
- * agrees on what financial security is.
- * has a regular paycheck.
- * has a steady job.
- * has enough income to cover expenses and enjoy luxuries.
- * has enough income to be independent and free.
- * allows me financial freedom.
- * is now retired.
- * is self-employed or semi-retired.
- * is an entrepreneur.
- * is a politician; we agree on political issues.
- * is in the military.
- * is a teacher.
- * is a civil servant.

POSSESSIONS

SHE/HE

- * respects property and possessions.
- * not only has nice things, but also takes good care of them.
- * is not attached to material things.
- * is congruent.
- * is self-controlled.
- * is optimistic.
- * treats his car with passion and respect.
- * is an excellent driver, very alert.
- * loves antiques and old cars.
- * is passionate with belongings.

PROJECTS

SHE/HE

- * works together and on separate projects.
- * never says "You should do this. You should not do that..."
- * grants me independence of time, money, etc.
- * understands left and right brain activities.
- * understands male and female roles. (Getting to "I Do" - Dr. Pat Allen, William Morrow, New York (714) 723-0338) *

WORK

SHE/HE

- * is proud of my work.
- * brings out the best in me.
- * brings out a sense of humor in me.
- * talks about work.
- * also has separate projects.
- * recognizes and accepts the demands that our jobs make on each other.
- * is as smart or smarter than I.
- * challenges me mentally.
- * is creative -- marches to his/her own drum.
- * is a service to others.
- * is flexible.

CHAPTER V: COMMUNICATION

COMMUNICATION

SHE/HE

- * can talk to me not only on a one-on-one basis but also in groups. I can express myself in a group without feeling like I have to be quiet or censor myself because she/he may disagree with me or be offended.
- * respects my ideas.
- * enjoys talking in bed.
- * enjoys studying together, reading and sharing the news and the newspaper, current events, and community involvement.
- * says what he feels when he feels it.
- * can be totally honest with me.
- * chooses words carefully to help me understand him/her and his/her perspective rather than trying to "win".
- * understands that my desire to hear about his day reflects my interest in sharing and not an invasion of privacy.
- * does little things to make me special.
- * knows the time for communication.
- * is cheerful.
- * is always available by phone.
- * works in a place where I can call anytime.
- * works locally, not in China or Japan.
- * can do things at the last minute -- movie, dinner, walking, etc.
- * frequently makes plans ahead of time.

JEALOUSY

SHE/HE

- * is not jealous.
- * is honest about sharing other relationships.
- * is secure enough to trust.
- * doesn't question my love.
- * is not feeling threatened by my accomplishments and will support me in my highest and best.
- * isn't jealous of time that is spent with friends.
- * takes time to ask questions to avoid getting angry.
- * never embarrasses me.
- * has many friends - "yours, mine, and ours".

BODY LANGUAGE

SHE/HE

- * understands me and my body language.
- * is sensitive to my feelings and my unspoken needs.
- * grants me the right to have my feelings - be they happy or sad.
- * respects my need for solitude and quiet times.
- * never bores me.
- * is spontaneous.

PAIN

SHE/HE

- * is always there to share my pain.
- * supports me both in good and bad times.
- * always says the right thing.
- * does not place judgement on me.
- * holds me if I feel lonely.
- * holds me if I need support.
- * knows how to handle crises.

TRUST

SHE/HE

- * understands that our relationship is based on trust.
- * is free in our relationship and has enough faith in me to "tell me like it is".
- * is trusted to tell me what she/he feels.
- * is trusted to tell me the truth.

VERSATILITY

SHE/HE

- * is versatile
- * is equally comfortable camping or going to a 5 star hotel.
- * is personally self-organized.

SENSITIVITY

SHE/HE

- * settles disagreements without yelling.
- * avoids accusations.
- * is appropriate with anger.
- * researches where the anger is really coming from.
- * will scratch my back.
- * he is a gentleman.
- * she is a lady.

GIFTS

SHE/HE

- * enjoys giving to me, my children, and my grandchildren.
- * gives me gifts.
- * whispers in my ear.
- * takes me out to dinner.
- * hugs me.
- * knows what I prefer.
- * understands love strategies [Anthony Robbins Unlimited Power, page 143. (1-800-554-0619)]

STABILITY

SHE/HE

- * has a good relationship with his parents and children.
- * has released persons from his past and is released from them.
- * does not have abuse in his family.
- * has not been sexually abused.
- * has worked out sexual problems.
- * has had a loving childhood.
- * is a nurturing parent and spouse.
- * understands and accepts any handicaps of mate.
- * does not take "please do not do that!" with offence.
- * values my family.

PARENTING

SHE/HE

- * is (will be) a wonderful, trusted mother/father.
- * agrees on child discipline and rewards.
- * is consistent with his/her parenting style.
- * does not nag.
- * is straight forward.
- * is dynamic.
- * is practical.
- * is a good listener.

CHAPTER VI: PERSONALITY

WISDOM

SHE/HE

- * has a brilliant mind.
- * is wise.
- * is admired by many.
- * understands her/his spiritual journey.
- * is willing to ask directions.
- * understands the love we need to put on this planet.

FRIENDSHIP

SHE/HE

- * is a happy, loyal, trusted friend.
- * shares secrets with me.
- * does not talk too much.
- * knows when not to talk.
- * enjoys sharing silence.
- * has many friends.

RESPECT

SHE/HE

- * is respected.
- * has character.
- * has self acceptance.
- * is well spoken -- uses good grammar and has good command of the English language.
- * has good social skills.
- * has respect in the community.
- * is respected by colleagues.
- * is knowledgeable and intelligent.

APPRECIATION

SHE/HE

- * is thankful.
- * knows God/Universe is his Source.
- * shows appreciation for things that are done for him.
- * is a good tipper.
- * brings me flowers.

PLAYFUL

SHE/HE

- * is playful.
- * likes me to nitate sex.
- * acts older than his/her age.
- * acts younger than his/her age.
- * is compatible in hobbies.
- * likes picnicing in the park.
- * caters to the child within.
- * loves to act childlike.
- * loves ice cream cones.
- * likes sports and games:
swimming
walking
golf
tennis
etc.
etc.
etc.

FRIENDLY

SHE/HE

- * is friendly with strangers.
- * talks to salespeople, waitresses, etc.
- * knows his/her world is beautiful.

HONESTY

SHE/HE

- * is honest.
- * word can be trusted.
- * pays bills on time.
- * is generous.
- * is willing to compromise.
- * has made amends with his past.

SELF-CONTROL

SHE/HE

- * is not controlled by habits or conditions.
- * has common sense.
- * has control of all situations.
- * is emotionally stable.
- * is not controlled by:
 - television
 - gambling
 - smoking
 - drugs
 - alcohol
 - temper
 - food
 - sex
 - religion
 - etc.

CHAPTER VII: SPIRITUAL

CHURCH

SHE/HE

- * enjoys church.
- * agrees on the same religion.
- * likes to discuss religion.
- * studys the Bible and other workshops.
- * loves God.
- * loves life.
- * understands that God is our partner in our marriage.

PRAYER

SHE/HE

- * likes prayer and meditation.
- * likes food blessings.
- * understands the law of prayer and understands miracles.
- * understands the power of the spoken word.
- * understands the power of light.
- * understands the power of working with angels.

SPIRITUAL MATTERS

SHE/HE

- * is in tune with the Universe.
- * is aware of the importance of balancing this planet.
- * meditates.
- * likes to read about new things.
- * loves nature and animals.
- * is compatible in spiritual matters
- * is a Christian.
- * is aware and knowledgeable about the Bible.
- * is interested in numerology, astrology, etc., anything that will help in communication.
- * loves self-improvement books and tapes.
- * likes to attend (give) workshops.
- * is a free-thinker.
- * understands Spiritual subjects:

God
love
angels
gnomes
unicorns
devils and demons
etc.
etc.
etc.

I will be ready to meet this person by:

- DATE: _____ *(In God's time)*
- TODAY'S DATE: _____
- SIGNATURE: _____

"Often the decree of completion is all that has stood between you and an answered prayer." PAGE 187, **THE DYNAMIC LAWS OF PRAYER**, by CATHERINE PONDER (619) 346-5820