



PERSONAL WORKSHEET

*In seeking your twin flame,
the only real desire you ought to have is to bring them
the gift of your love, your self, your own spiritual attainment
as well as your outer accomplishments.*

Use the following questions to reflect upon yourself and what you do and do not have to give.

1. What gift, what bouquet of flowers, are you ready to bring to your twin flame today?



2. Now write down what you know you're *not* capable of giving.
It could be something like not knowing how to cook a meal, keep a schedule, or be patient. Ask yourself questions like: Am I moody?
Do I get along with others, or even myself?

3. Now look at your list of gifts and shortcomings and get on the receiving end of them. Pretend you're the other person. Consider whether or not you are what they are looking for. Are you wonderful enough for them to stop when they come to you or do they pass you by?
It's the principle of "like attracts like."
Are you the magnet?



4. Think about the virtues and qualities that you would like in your partner. Make a list and compare it to the list of what you have to offer. (You may already be in a relationship or be considering one. Your lists may show that you can't provide a major aspect of that person's needs, or that they are not going to be able to provide something you need. Be honest and think about that.) _____



5. This exercise is food for thought. Take some time in the coming weeks to ponder what you've put down. If you discovered some missing qualities and virtues, find ways to cultivate them in your life.

