



EXTRAORDINARY LOVE
INTENSIVE

Participant Workbook

My Intention for this Weekend



Why am I here this weekend?



What breakthrough do I want to create for myself this weekend?



What difference will this make in my life and, specifically, my love life?



My Intention for this weekend is...

So that...

*Currently, the Challenges in My Love Life
Are...*

1.

2.

3.

Day 1 Assignment

My Biggest Take Aways from today's session are...

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____

What I realized today that I was not aware of before is...

♥ _____

♥ _____

♥ _____

What I learned and discovered today will benefit my love life in the following ways...

♥ _____

♥ _____

♥ _____

Journaling Exercise

1. The top 3 things I am most afraid others, including the men I date, will find out about me are...

- a. _____

- b. _____

- c. _____

2. What I can see is covering up my Irresistible Essence is...

- a. _____

- b. _____

- c. _____

3. The decisions I have made up about myself and my ability to attract a loving, passionate, and exciting relationship with a great man as a result of my past are...

- a. _____

- b. _____

- c. _____

Day 2 Assignment

My Biggest Take Aways from today's session are...

- ♥ _____

- ♥ _____

- ♥ _____

- ♥ _____

- ♥ _____

- ♥ _____

- ♥ _____

What I realized today that I was not aware of before is...

- ♥ _____

- ♥ _____

- ♥ _____

What I learned and discovered today will benefit my love life in the following ways...

- ♥ _____

- ♥ _____

- ♥ _____

Journaling Exercise

1. The actions I have taken that are inconsistent and not aligned to what I say is important to me are...

a. _____

b. _____

c. _____

2. What I can see is missing in my relationship to myself is...

a. _____

b. _____

c. _____

3. If I had what I can see is missing in my relationship to myself, the difference it would make for me is that I would (be..., feel... have...) ...

a. _____

b. _____

c. _____

4. What I can see is missing in my relationship to men is (Connect this to what you most want to experience in your relationship with the right man) ...

- a. _____

- b. _____

- c. _____

5. If I had what I can see is missing in my relationship to men, the difference it would make for my love life is...

- a. _____

- b. _____

- c. _____

6. What I am ready to take responsibility for regarding my past is...

- a. _____

- b. _____

- c. _____

7. What I am ready to take responsibility for regarding my future is...

- a. _____

- b. _____

- c. _____

8. What I am willing to let go of is...

- a. _____

- b. _____

- c. _____

9. What I am committed to is...

Notes

Day 3 Assignment

1. *Create a 2-minute (max) video and post it up on the Heart's Desire Sister's Circle Facebook Page sharing what your Biggest Take Away from the Extraordinary Love Intensive is and the difference it will make in your life moving forward.*
2. Complete the Evaluation Form and submit before midnight Eastern Time.
3. Complete Journaling Exercise on the next page.

Journaling Exercise

My Biggest Take Aways from today's session are...

- ♥ _____

- ♥ _____

- ♥ _____

- ♥ _____

- ♥ _____

- ♥ _____

- ♥ _____

What I realized today that I was not aware of before is...

- ♥ _____

- ♥ _____

- ♥ _____

What I learned and discovered today will benefit my love life in the following ways...

- ♥ _____

- ♥ _____

- ♥ _____
