

DREAM LOVE RELATIONSHIP VISION BOARD WORKSHOP

Resource

Attraction can make us *think or feel things like....*

Crush / Butterflies / Blush / Warm / Excited / Aroused / Desire to be with / Desire to kiss / Desire to touch / Desire to talk with / Desire to have intercourse / Happy / Admire / constantly think about them / comfortable being vulnerable around them / talk about them / mirror them / flirt / smile a lot / energetic / giddy / heart race / legs weak / feel safe /

Examples of things people find attractive....

Physical Attributions

Great hair
 Nice eyes
Warm smile
 Clean teeth
 Cute dimples
 Handsome
 Pretty
 Soft lips
 Sharp jawline
 High cheek bones
 Long neck
Strong arms
 Cuddly torso
 Confident posture
 Great calves
 Strong thighs
 Feminine shape
Solid stature
Unique personal style
Well groomed
 Fit body
 Smooth skin
 Feet
 Curves
 Curly hair

Character Traits (Values / Thoughts / Words / Actions)

Kindness
Positive energy
 Cheeky
 Clever / intelligence (IQ)
 Integrity
 Loyal
 Fun
Communication
 Vulnerability
 Humour
 Creativity
Musical talent
 Ambition
Healthy lifestyle
 Confidence
Family values
 Vegan
Environmentally conscious
 Risk taker
 Adventurous
 Story teller

Interpersonal Strengths

Friendly
 Inclusive
Romantic
 Good listener
Empathy
 Patience
 Flexibility
Open-minded
 Compassion
Caring
Protective
 Loving
Supportive
Reliable
Openly communicate
Honest
 Responsibility
 Dependability
Self-awareness

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Values

Abundance	Balance	Focus	Inner Harmony	Reverence	Renewal
Appreciation	Change	Status	Kindness	Genius	Selflessness
Candour	Competence	Thoughtful	Moderation	Honour	Understanding
Comfort	Creativity	Persistence	Playfulness	Inspiring	Growth
Contribution	Effectiveness	Altruism	Reason	Learning	Victory
Development	Excellence	Bravery	Rigour	Order	Grace
Enjoyment	Finances	Clarity	Wealth	Potential	Humour
Faith	Spirituality	Consciousness	Traditional	Reflective	Intuitive
Simplicity	Temperance	Dedication	Realistic	Self-Reliance	Love of Career
Structure	Meaning	Encouragement	Friendship/Relationship	Winning	Patience
Independence	Adventure	Expressive	Health	Trusting Your Gut	Productivity
Acceptance	Be True	Foresight	Innovation	Sharing	Reputation
Assertiveness	Charisma	Stewardship	Knowledge	Giving	Sensitivity
Capable	Concentration	Timeliness	Motivation	Hope	Uniqueness
Commitment	Credibility	Personal	Pleasure	Integrity	Happiness
Control	Efficiency	Development	Reciprocity	Liberty	Vigour
Devotion	Excitement	Ambition	Risk	Organisation	Gratitude
Entertain	Finesse	Brilliance	Welcoming	Power	Imagination
Fame	Spontaneous	Cleanliness	Tranquillity	Relationship	Invention
Sincerity	Thankful	Consistency	Restraint	Self-Respect	Loyalty
Success	Meaningful	Dependability	Fun	Wisdom	Peace
Individuality	Work	Endurance	Home	Trustworthiness	Professionalism
Accomplishment	Affection	Facilitation	Inquisitive	Significance	Respect
Attentiveness	Beauty	Forgiveness	Lawful	Giving People a Chance	Serenity
Career	Charity	Strength	Openness	Humanity	Unity
Common sense	Confidence	Tolerance	Poise	Intelligence	Hard work
Conviction	Curiosity	Purpose	Recognition	Logic	Greatness
Dignity	Empathy	Amusement	Satisfaction	Originality	Improvement
Enthusiasm	Experience	Calm	Wellness	Present	Involvement
Family	Fitness	Clever	Transparency	Religion	Mastery
Skillfulness	Stability	Contentment	Results-oriented	Wonder	Prosperity
Support	Thorough	Determination	Generosity	Truth	Responsibility
Influence	Performance	Energy	Honesty	Silence	Service
Accountability	Alertness	Fairness	Insightful	Goodness	Valour
Authenticity	Boldness	Fortitude	Leadership	Humility	Vision
Careful	Citizenship	Vitality	Optimism	Intensity	Pride in Your
Commonality	Connection	Toughness	Popularity	Love	Work
Cooperation	Decisiveness	Quality	Recreation	Passion	Security
Discipline	Empower	Freedom	Community	Kindness	Harmony
Entrepreneurial	Exploration	Feelings	Courtesy	Adaptability	Drive
Fearless	Authority	Solitude	Diversity	Awareness	Ethical
Smart	Caring	Sustainability	Equanimity	Challenge	Fidelity
Surprise	Communication	Justice	Ferocious	Compassion	Spirit
Joy/Play	Courage	Achievement	Speed	Creation	Teamwork
Accuracy	Discovery	Autonomy	Talent		Maturity
	Equality	Certainty			Advancement

Types of Relationships

Friends with benefits - no commitment

No Strings Attached (NSA) - just sexual (physical) intimacy. No emotional intimacy.

Casual - "just for now" relationship with no future. Temporary

Polyamorous / Open-relationship - partners may have romantic / sexual relations with others

Monogamous

- Independent - both partners can function independent of each other. Typically lots of hobbies & interests. Secure attachment style.
- Codependent - partners rely on each other significantly. Compromise. May lose identity in relationship. Requires healthy boundaries.
- Long-distance - partners live a significant distance away from each other