

# Manifesting Healthy Love – A Guided Worksheet

*This worksheet will help you cultivate self-love, set healthy relationship intentions, and recognize the love you truly deserve.*

## Step 1: Define Your Ideal Relationship

Take a moment to visualize what a healthy and fulfilling relationship looks like to you. Answer the following:

- What qualities do I want in a partner?  
(e.g., kindness, honesty, emotional availability)
- How do I want to feel in my ideal relationship?  
(e.g., safe, valued, respected)
- What shared values and goals matter to me?
- (e.g., communication, trust, personal growth)



**Write your ideal relationship statement:**

“In my ideal relationship, I feel \_\_\_\_\_ because my partner is \_\_\_\_\_ and we share \_\_\_\_\_. “

## Step 2: Cultivate Self-Love

To attract healthy love, it starts with how you treat yourself.



### Self-Love Affirmations:

Choose or create affirmations that reinforce your worthiness.

- *“I am deserving of deep, healthy, and fulfilling love.”*
- *“I am enough just as I am.”*
- *“I respect and honor my own needs.”*



### Self-Love Action Plan:

Write down three ways you will show yourself love this week.

- 1.
- 2.
- 3.

### Step 3: Recognizing Healthy Love vs. Unhealthy Patterns



#### Green Flags to Look For:

(Check the ones you value most)

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#### Red Flags to Avoid:

(Be mindful if you notice these patterns)

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## Step 4: Align Your Actions with Your Intentions

Think about how you can actively invite healthy love into your life.



Boundaries I will set in relationships:

1. \_\_\_\_\_

2. \_\_\_\_\_



Ways I can surround myself with healthy love (friends, activities, self-care):

1. \_\_\_\_\_

2. \_\_\_\_\_



What small action can I take today to move toward the love I deserve?

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### Final Reflection:

Close your eyes and take a deep breath. Imagine yourself in a relationship that feels warm, safe, and joyful. Know that you are worthy of this love, and it is already making its way to you. ❤️