

Envision your Ideal Relationship

In the present tense (as though it is already a reality), write a letter to yourself describing the amazing relationship you have with your partner. Describe how you:

- **Communicate**
- **Connect mentally and emotional**
- **Physically intimacy**
- **Decision making as a couple**
- **Spend your leisure time**
- **Your lifestyle**
- **Your personality or attitude**
- **Your interpersonal dynamics (i.e. How you treat each other)**
- **Spiritual practices**
- **Common values and activities you share**
- **Face challenges together**
- **Parent, if you have children.**

Share this with your partner.