

BECOMING THE ONE

workbook

A Guided Process for Calling in
Your Soulmate



Hello!

This guided practice is an invitation to become the version of you who already lives in the love you desire and magnetizes it effortlessly.

Through visioning, journaling, truth-telling, and reframing patterns, you'll create space for sacred union—starting from within.

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Becoming the One

Creating Space for Love

Using the prompts below journal where you at.

Get radically honest—not to judge, but to see clearly where you are and where you're being called to rise.

1. DEFINE YOUR IDEAL PARTNER & RELATIONSHIP

- What would your ideal relationship feel like?
- What qualities, values, and energy do you desire in a soulmate?

2. WHO WOULD YOU NEED TO BE TO LIVE IN THAT LOVE?

- What would you say yes to more fully?
- What boundaries would you honor?
- How would you show up if you were already in it?
- How would you speak, act, live differently?
- How would you treat yourself?

Becoming the One

Uncovering the Conflict

Your ideal relationship already exists—in potential. The only obstacle is the unhealed patterns, unexamined beliefs, and unclaimed parts of yourself.

3. WHAT IS BLOCKING YOU FROM LIVING THAT VERSION OF YOURSELF?

- What am I feeling or needing that I haven't fully honored?
- What truth about myself or my past am I afraid to face?
- Where have I betrayed, abandoned, or silenced myself?
- Where am I still living out an old pattern, story, or fear?

4. IDENTIFYING THE FEAR OR PATTERN

- When you imagine having this love, what fears arise?
 - Ex: "I'm afraid I'll lose myself again."
 - Ex: "I'm afraid I'll be judged, abandoned, not enough."
- Or what doubts surface?
 - Ex: "I don't deserve that kind of love."
 - Ex: "I'll end up alone anyway."

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5. IDENTIFYING THE SOURCE OF THE PATTERN

- When have I felt this fear or belief before?
- How did I abandon, betray, or silence myself first?
- What patterns have I repeated in past relationships?
 - Ex: giving power away, settling, hiding..
- What is the pattern, belief, or fear within me that is ready to be loved and released?"

.6. CLAIMING THE NEW EMBODIMENT:

- What truth will I honor now?
- What need will I meet within myself first?
- What boundary will I hold sacred?
- How will I live differently from this reclaimed wholeness?

7. ACTION STEPS:

- Create a ritual of claiming and affirming this new embodiment every day.
- Define an action you can take this week to live into this new version of you. Remember action creates the alchemy of embodiment. This isn't about hoping - it's about becoming.

Thank-you!

We are excited to continue working with you.

If you want to go deeper, get the full in depth truth container process as our gift :

<https://www.lovelutionaries.com/>

