



Get Clear About Your Love Goals 💕

Introduction

Goal-setting isn't just for your career or fitness journey—it's also a game-changer when it comes to your love life! Getting clear about what you truly want in a partner and relationship helps you date with intention, focus your energy on the right opportunities, and avoid settling for less than you deserve.

In **Get Clear on Your Love Goals**, you'll begin to uncover what you're looking for in love in 2025. By clarifying your desires, you'll align yourself with the kind of connection you genuinely want and deserve. This exercise is a powerful first step toward manifesting the love you've been dreaming of.

Step 1 - Reflect on Your Past Relationships

Take 2 minutes to consider the following questions - either write it down on a piece of paper or on your phone, or reflect in your mind on the following:

What worked well in your past relationships?

What didn't work or left you feeling unfulfilled?

What lessons have you learned about yourself from these experiences?

Step 2 - Envision Your Ideal Relationship

Now consider the following questions in 2–3 sentences each:

- **What shared Core Values and life goals are non-negotiable for you in a partner?**



- **How do you want your ideal relationship to make you feel?**

- **What kind of partnership are you seeking—supportive, adventurous, nurturing, or something else?**

Step 3 - Declare Your Intentions for Love

Write 1–2 love goals for the year ahead. Use the following structure:

- **For yourself:** “I want to show up as my best self in dating by

- **For your ideal partner:** “I am looking for a partner who

- **For your relationship:** “I want a relationship that is



Step 4 - Action Steps

Now that you are clear about how you want to show up in dating, what you want in your ideal partner and the sort of relationship you are looking for, you can commit to setting out actions you can take this week to align with your love goals.

For example:

- Updating your dating profile to reflect the Core Values you have set out above.
- Trying one new way to meet people aligned with what you are looking for (e.g., a fitness or art class, a wine tasting group other networking events).
- Going out to a local singles event.
- Saying 'Hi' and practicing being more open to more people when I'm picking up coffee or tea at my local cafe or at the local market.

I commit to completing the following three actions in the next week, to align with my love goals:

1. _____
2. _____
3. _____

Well done for completing Get Clear About Your Love Goals!

Congratulations! You've taken a meaningful step toward clarity in your love life. This is just the beginning — when you know what you're looking for, you're already ahead of the game.

Keep planning your love goals - you are on the right path!

Your Love Mentors,

Nicole & Sarah-Jane 💡💕💕