

DREAM LOVE RELATIONSHIP VISION BOARD WORKSHOP

Work Sheets

Learning Intention

Create a visual representation of your ideal parter for a love relationship.

Success Criteria / Learning Outcomes

1. Identify **values**, **characteristics** and personality **traits** that *you* historically find **attractive**

2. Describe the **benefits** of creating a **vision board**

3. Clarify the **type** of **relationship** you dream of

4. Assemble your own **vision board**

Ideal Partner

Q. What do you **think** / **feel** or how do you **act** when you're **attracted** to someone?

Q. What do you **think** you find **attractive**?

Physical Attributions

Character Traits (Values / Thoughts / Words / Actions)

Interpersonal Skills

Page 1

DREAM LOVE RELATIONSHIP VISION BOARD WORKSHOP

Worksheets

Q. What positive **qualities** are you historically attracted to?

[illegible]

My ideal partner

- Describe your ideal partner.
 - What are their **values, characteristics, qualities, behaviours**?
 - How do they make you **feel**?

DREAM LOVE RELATIONSHIP VISION BOARD WORKSHOP

Worksheets

Vision Board

Q. What's a **vision board**?

Q. What are **goals**?

Q. What's a **SMART goal**?

Always meet
the wrong ones

I'm dating people I'm somewhat
attracted to and aligned with

I'm meeting
the right ones



Q. What might someone **without** a goal (vision for the future) be experiencing?

For the next **THREE** questions, picture someone who doesn't want to be single anymore and doesn't have a SMART goal.

Q How might they be **thinking** or **feeling**?

Q. What is their **likely future**, given they have no goal (action plan)? What might they **experience**?

Q. What is their **likely future** if they were to try and fail? What might they **experience**?

DREAM LOVE RELATIONSHIP VISION BOARD WORKSHOP

Worksheets

Relationships

Q. What types of *romantic relationships* are there?

My dream relationship

Q. What type of romantic relationship do you **desire**, or **dream** of?

[illegible]

Well done. You're now ready to craft your dream love relationship vision board!