

**How To Find and Recognize Your True Love. Lesson 19.  
Additional Resources.**

# **I am ready for a healthy, loving relationship.**

The right relationship can make life more interesting and meaningful. **It is nice to have the support that a healthy and loving relationship can provide.** My relationships are important to my physical and emotional health.

My past relationships provide important lessons. I have learned much and feel prepared for success in a new relationship. I let go of my past relationships and look forward to a new one. My past is a stepping stone, rather than an anchor.

I deserve to have a healthy, loving relationship. **I have grown over the past few years and continue to grow each day.** I am an excellent partner for the right person.

I feel confident that I am meeting my match soon. My ideal partner is getting closer to me each day. I look forward to the day we finally meet. I am filled with anticipation and excitement for the future.

I am prepared to give my all to my relationship. **I understand that relationships require time, energy, and work.** A great relationship deserves my best effort.

I know the type of person I am looking for. The image is clear in my mind. I am confident I can recognize this person when they cross my path.

Today, I am ready for a healthy and loving relationship. I am more prepared each day to be a wonderful partner and friend. I deserve to be happy and to be loved.

## **Self-Reflection Questions:**

1. What are my best qualities?
2. What have I learned from my past relationships?
3. Am I giving myself the best opportunity to meet my future partner? What else could I be doing?