



Create Your Powerful 4D Vision To Attract The Love & Romance You Desire & Deserve

> **Barry Selby** Relationship Attraction Expert

Attract The Man You Want

## Welcome to



## 7. THE REST OF YOUR LIFE

Before you get nervous, this assignment may not be what you think. You will be leaning into the rest of your life, outside your relationship. Not the rest of your chronological life.

In my book (50 Ways To Love Your Lover, chapter 37 to be specific) I discuss how it is very important not to isolate yourself, to not trade your friends or your life for your relationship. This is vital to have a healthy relationship and a healthy life.

Now that you have described what life is like in your new relationship, it is in your best interest to also describe what life is like outside of, and in addition to, your new relationship.

Again, as in previous assignments, you will be writing this in present (and even in past) tense, writing from first person perspective. You would write it similar to this example (as a quick reminder) - "I am enjoying weekly hikes in the local mountains with my love, after we joined a very active and social hiking club in town."

Look at all areas of your life, including social activities, friendships, family, finances, career, spiritual path, health and fitness, travel, entertainment, etc., and explore how having this wonderful relationship informs these areas:

• How does being in this amazing romance add to the rest of your

life?

- How do you share him with your world, specifically? How do you share your world with him, specifically?
- How do you share him with your world, in general?
- What new activities, interests, exercise, exploration do you participate in because of and with this relationship?
- What existing activities, interests, exercise, exploration, passions, etc., or that you used to do, do you now participate in because of and with this relationship?
- Have you joined hiking clubs, gyms, climbing clubs, cycling teams, or other groups together? How is that?
- How does your family respond to him? Did they like him? If you set up your vision, you can have it anyway you want.
- How do you spend your vacations and travels with or without him? Where do you go? You can go anywhere in the world, remember.
- Do you visit places on your bucket list now you are together?
  Write about them.
- What does your social life look like now? Expand your social space and immerse yourself in a life of joy and celebration.
- Do you have both share everything, or do you have your own

social circle and he has his? Or do you have both together and separate?

- Do you share a common spiritual practice or religious path?
- How does your romantic relationship inform your religious/ spiritual relationship if you have one?
- Do you encourage and inspire each other's dreams and visions? How do you do that? How does it feel to receive that from him? You are each other's biggest cheerleader, aren't you? That's a strong hint, as suggested in Chapter 25 in my book, <u>50 Ways To</u> Love Your Lover.
- What new adventures do you immerse yourself in, now that you have this amazing relationship? What have you never done, or experienced, that you want to, now?
- What new aspects of your life do you embrace and enjoy, now that you are in partnership?

I invite you to really make quality time to explore these topics, and any others you come up with, to flesh out the experience of your new relationship into all of your life. This is a powerful declaration you are making, so invest in your success with this process.

You may discover new desires and activities you didn't know where stored inside. You may choose new things you never even dreamed of doing before. This is your adventure, and your exploration, so enjoy and immerse fully in it!

## AFFIRMATIONS

Here are your newest affirmations. Enjoy them. Use them with love and embrace the gifts they deliver.

## My joy and love is expressing in the world.

I love my relationship, and embrace how my life fits together with my love so easily.

I am so happy and free, exploring my life with new adventures with zeal and excitement.

My life is absolutely amazing and so fulfilling and I am grateful.



Barry Selby Relationship Attraction Expert <u>BarrySelby.com</u>