



# THE RELATIONSHIP CLARITY WORKBOOK

## 1. Defining My next Relationship

- What does a healthy and fulfilling relationship look like to me?

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- How do I want to feel in my relationship?

- What are three core values that matter most to me in a partnership?

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## 2. Must-Have Qualities in a Partner

- What personality traits are important to me in a partner?

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- How do I want my partner to treat me and others?

- What shared interests or goals would I like to have?



### 3. Non-Negotiables & Deal-Breakers

- What are my absolute non-negotiables in a relationship?

- What behaviors or traits would be unacceptable for me?

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- How will I hold myself accountable for maintaining my boundaries?

### 4. Communication & Connection

- How do I want to communicate with my partner?

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- What does emotional intimacy mean to me?

- How do I want to navigate conflict and disagreements?

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## 5. Future Vision & Relationship Goals

- What kind of life do I want to build with my future partner?

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- What personal growth goals do I have that my partner should support?

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- How do I want our relationship to evolve over time?

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## • 6. Self-Reflection: Becoming My Best Self

- What qualities do I bring to a relationship?

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- How can I continue to grow and become the partner I'd like to attract?



- What steps can I take to cultivate self-love and openness for a healthy relationship?

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**Reflection:** Review your answers and notice any patterns.  
What steps can you take today to align yourself with your vision for love?