

MINDFULNESS CHALLENGE, *Love Your Partner. Unconditionally*

What expectations do I have of my loved one?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____

If you need more lines, add them on the back. When you are done, ask yourself these questions:

1. Are these expectations realistic? If you answer no to any of these mark through them.
2. Who do these expectations benefit? (Me, or the one I love?) If you answer yourself, mark through those as well.

Commitment of Unconditional Love:
