

# MY IDEAL PERSON

Love List

**Learn how to avoid f-boys and time wasters!**



*The Ultimate Dating Cheat Sheet*



# WELCOME TO YOUR JOURNEY OF

## Intentional Dating



We spend crazy amounts of time on dating. We think about it, we talk about it, and we spend hours swiping for it.

We do all of this for what... average conversation and mediocre dates?! Not anymore, babe!

Your time and energy is valuable. These resources should be reserved for people and experiences worthy of you, dating is no exception.

**What you need is a dating cheat sheet!**

## CONGRATULATIONS!

By downloading The Love List, you've already taken a major step towards dating with purpose and confidence.

This isn't just a quick fix—it's a transformational tool to help you build clarity around what you truly want in a partner and empower you to say goodbye to time-wasters.

Through this cheat sheet, you'll create your personalised "Love List"—your ultimate guide for dating with intention.

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# WHAT TO EXPECT

Over the next four steps, you'll reflect deeply, uncover your true values, and define the traits that are non-negotiable for your ideal partner. Get ready to approach dating with a fresh mindset— one that puts you first.

You'll find easy to follow directions on how to complete each step within this download.

**PRINT THE FULL DOWNLOAD TO COMPLETE EACH STEP**

## STEP ONE

*Answering the prompts*

Your memory and imagination will run wild as you read through the prompts and jot down your answers.

## STEP TWO

*Creating your love list*

You'll look for the values, characteristics and traits in your answers, as you begin to create and build your love list.

*Go Directly to each step by clicking the box!*

## STEP THREE

*Obtain an objective view*

Picking a favourite friend, you'll be asking them to think about your values, characteristics and traits to help you see yourself objectively.

## STEP FOUR

*Review your love list*

Looking over the values, characteristics and traits of your ideal person, you'll review these against your personal list to complete your love list.



# **STEP ONE**

*Answering the prompts*





# LOVE LIST PROMPTS

*Your love list isn't a checklist!*

**TIME ESTIMATE:** 20–30 minutes

It's an opportunity to break down the traits, characteristics and values you seek in a romantic partner. Think about it like a dating cheat sheet. When you're clear on the kind of person you want to attract you'll focus your time and energy towards the right kinds of people. No more time wasters!

## HOW TO COMPLETE THE PROMPTS

### PRINT THE FULL DOWNLOAD TO COMPLETE EACH STEP

Find a quiet place with your favourite drink and get comfortable. Allow the prompts on the next few pages to provoke your feelings and thoughts. Start with the prompt that sparks an immediate reaction. Begin to write down your thoughts and feelings.

Don't overthink it, write down anything and everything that comes to mind, just let it all out! There are no right or wrong answers and you can use as many or as few words as you like.

If you're feeling overwhelmed try writing down your thoughts and feelings for one prompt, then come back to think about a new prompt later on. I'm a big fan of bite-sized chunks so setting a timer or simply thinking about one to two prompts per day can really help to remove the pressure and sense of overwhelm. Go at your own pace.

two prompts per day can really help to remove the pressure and sense of overwhelm. Go at your own pace.

Ideally, to get the most out of this exercise you want to write down your thoughts and feelings for all the prompts.

The more you write, the more you'll have to work with when you review your answers and analyse each one to create your love list.

That said, don't limit yourself to only answering the prompts provided, if a new scenario comes to mind write that down too!

These prompts are designed to get you started. Give yourself permission to think beyond the social norms. Now is the time to let your memory and imagination run wild. Think about all the things you didn't enjoy about your prior relationships, think about how you want to feel, and how you want to be treated in your next relationship.

You're doing this exercise to uncover your dream partner, the ideal person for you, so don't hold back!

## **PRO TIP**

As you go through these prompts, allow your mind to wander freely. The more open you are, the clearer your Love List will be.

## **BONUS INSIGHT**

Don't rush! The more you write, the more material you'll have to build your Love List. If a prompt brings up unexpected feelings, it's a sign you're on the right path!

# LOVE LIST PROMPTS

When I'm upset, my ideal person...

I'm struggling to learn a new skill, my ideal person...

We're planning a holiday! My ideal person wants to...



# LOVE LIST PROMPTS

When I feel insecure, my ideal person...

It's our anniversary, my ideal person...

When we have a difference of opinion my ideal person...

# LOVE LIST PROMPTS

My favourite song is playing so I get up to dance, my ideal person...

When my ideal person introduces me to their friends they...

When I'm angry or frustrated, my ideal person...

# LOVE LIST PROMPTS

I've had a fallout with a friend, my ideal person...

On a rainy day my ideal person likes to...

When my ideal person drinks alcohol they...



# LOVE LIST PROMPTS

I've found a new activity to try and it's not something my partner is usually into, my ideal person...

When I'm being a brat, my ideal person...



My ideal person shows me they care by...

# LOVE LIST PROMPTS

I'm a booktok fan, I've been reading a spicy book and I want to recreate a scene because it made me swoon! When I ask my ideal person to do this, they...

I've had a huge win! In that moment my ideal person...

It's my birthday, my ideal person...



## **STEP TWO**

*Creating your love list*





# CREATING YOUR LOVE LIST

*It's time to get those highlighters out!*

**TIME ESTIMATE:** 20-30 minutes

You'll find the tools you need to complete this step on the next few pages, these tools include:

- ☑ The definitions of values, characteristics and traits.
- ☑ A list of suggested words for values, characteristics and traits.
- ☑ A template to capture the values, characteristics and traits identified in your answers to the prompts.

## HOW TO CREATE YOUR LOVE LIST

### PRINT THE FULL DOWNLOAD TO COMPLETE EACH STEP

Now that you've reflected on what matters most, it's time to distil those thoughts into a clear list of values, characteristics, and traits.

These will form your "Love List"—a guiding light to ensure you're aligned with your true desires in a partner.

**Read through the definitions** to re-familiarise yourself with these words; It can help to have the lists of suggested words out on the table as you review the definitions. Keep these out when you're finished, you'll need these for the next step.

**Gather the pages with your answers to the prompts**, the love list template and your favourite highlighters or coloured pens.

**Begin to read the answers you've written down**, one prompt at a time, and highlight the values, characteristics and traits that appear in your words; use a different colour for each word type. These words are the attributes that resemble the things you're looking for in your ideal partner.

**Begin writing these words** onto the love list template to create a clean list.

Take as much time as you need to complete this step. It can be beneficial to work through this exercise in chunks as it allows your brain time to digest and mull over what's required subconsciously. Allowing yourself time in between each chunk can lead to clearer, deeper answers. You're creating a list that describes your ideal person, you don't want to rush the process.

## PRO TIP

Think of your Love List as a compass, not a checklist. It's meant to guide you toward someone who aligns with your core values, not a strict set of rules.

## GREAT WORK BABE!

When you've finished this step you **MUST** do something to reward yourself because you've just created the first version of your dating cheat sheet! That's worth celebrating!

The values, characteristics and traits you've added to your love list are the attributes you'll be looking for when dating.

Your love list will provide clarity when you're reviewing the profiles and conversations of the matches you get on the apps.

It will help you maintain a logical focus, making sure you're dialled into the attributes of your ideal person and not getting lost in the love bombing and dick sand.

## **WHAT IS DICK SAND?**

"Dick sand" is a reference from the movie How to Be Single starring Dakota Johnson, Leslie Mann and Rebel Wilson. It's one of my favourite romantic comedies! I highly recommend watching this one if you've never seen it because it always leaves me feeling positive and empowered!

**THIS IS A SPOILER  
SO IF YOU WANT TO WATCH THE MOVIE  
DON'T WATCH THE CLIP!**

Scan the QR code or click the link  
to watch a clip from the movie explaining  
what dick sand is, and how it happens!



**CLICK HERE**



# DEFINITIONS

## VALUES

The beliefs people have, especially about what is right and wrong and what is most important in life, that control their behaviour - Cambridge Dictionary.

Values are like a compass that guides you in distinguishing between what's considered "good" and "bad." They include things like honesty versus lying, or putting in effort versus taking shortcuts. Everyone places different levels of importance on these values, and they shape how you navigate through life in your own unique way.

## CHARACTERISTICS

A typical or noticeable feature of someone or something - Cambridge Dictionary.

## TRAITS

A characteristic, esp. of a personality: A trait is also a characteristic of an organism that is passed from parent to child - Cambridge Dictionary.

Character and Trait are two words used in the English language between which a number of differences can be identified. However, some people tend to confuse the terms and even consider a character and trait as synonyms. First it is vital to gain a basic understanding as to what is meant by the two terms. A Character refers to the distinctive qualities that make up an individual. A trait, on the other hand, is a feature of an individual who is inherent. This highlights the main difference between a character and a trait. While a character needs to be built by a person, a trait comes genealogically - [www.differencebetween.com](http://www.differencebetween.com) (Nedha, 2011).

STEP ONE

STEP TWO

STEP THREE

STEP FOUR

# VALUES

ABUNDANCE	FAITH	ORIGINALITY
ACCEPTANCE	FAITHFULNESS	PASSION
ACCOUNTABILITY	FIDELITY	PATIENCE
ADVENTURE	FINANCIAL SECURITY	PEACEFULNESS
AFFECTION	FORGIVENESS	PERSONAL-
APPRECIATION	FORTITUDE	DEVELOPMENT
AUTHENTICITY	GENEROSITY	PLAYFULNESS
AUTONOMY	GENTLENESS	POWER
BALANCE	GIFT-GIVING	PROSPERITY
BEAUTY	GRACEFULNESS	QUALITY TIME
BELONGING	GRATITUDE	RECIPROCITY
BOLDNESS	GROWTH	REFLECTIVE
CALMNESS	HARMONY	RELIABILITY
CARING	HEALTH & FITNESS	RELIGION
CHARITY	HONESTY	RESPECT
CLEAR COMMUNICATION	HUMILITY	ROMANCE
COMMUNITY	HUMOUR	SELF-LOVE
COMPASSION	KNOWLEDGE	SELF-MOTIVATION
CONFIDENCE	INDEPENDENCE	SELF-RELIANCE
CONSISTENCY	INFLUENCE	SINCERITY
COOPERATION	INSIGHTFULNESS	SPIRITUALITY
COURAGE	INTEGRITY	SPONTANEITY
CREATIVITY	INTIMACY	STABILITY
DECISIVENESS	INTUITION	SUCCESS
DEDICATION	JOY/FUN	TEAMWORK
DEEP CONNECTIONS	JUSTICE	THOUGHTFULNESS
DEPENDABILITY	KINDNESS	TOLERANCE
EMOTIONAL INTELLIGENCE	HONOR	TRAVEL
EMPATHY	LISTENING	TRUST
ENTREPRENEURIAL	LOYALTY	UNIQUENESS
EQUAL RELATIONSHIP	MODERATION	WARMTH
EXPERIENCE	MUTUAL SUPPORT	WEALTH
FAIRNESS	OPTIMISM	WISDOM

# CHARACTERISTICS

ADVENTUROUS	FORGIVING	POSITIVE
AMBITIOUS	FRANK	PRACTICAL
APPRECIATIVE	FRIENDLY	PROBLEM-SOLVER
ARTISTIC	GRATEFUL	PRODUCTIVE
ATTENTIVE	HELPFUL	PROGRESSIVE
BOLD	HONEST	PROMPT
BRAVE	HUMBLE	PROUD
CALM	HUMOROUS	PUNCTUAL
CHARMING	IMAGINATIVE	REALISTIC
CHEERFUL	INDEPENDENT	REASONABLE
CLEAN	INNOVATIVE	RELAXED
CLEVER	INQUISITIVE	RELIABLE
CONFIDENT	INTELLIGENT	RESILIENT
CONSCIENTIOUS	INTERESTING	RESOURCEFUL
CONSIDERATE	INVENTIVE	RESPECTFUL
CONSISTENT	JOYFUL	RESPONSIBLE
CONSTRUCTIVE	KINDNESS	ROMANTIC
CONVINCING	LEADERSHIP	SELF-AWARE
COOPERATIVE	LIKABLE	SELF-CONFIDENT
COURAGEOUS	LOGICAL	SELF-DISCIPLINED
COURTEOUS	LOYAL	SELF-RELIANT
CREATIVE	MATURE	SINCERE
CURIOUS	METHODICAL	TALENTED
DECISIVE	MODERN	TEAM PLAYER
DEPENDABLE	MODEST	TECHNOLOGICAL
DILIGENT	NEAT	THOUGHTFUL
EASY GOING	OBSERVANT	THRIFTY
EDUCATED	OPEN-MINDED	TRUSTWORTHY
EFFECTIVE	OPTIMISTIC	TRUTHFUL
EMPATHETIC	OUTGOING	UNSELFISH
ENTHUSIASTIC	PATIENT	WARM
ETHICAL	PERCEPTIVE	WHOLESOME
FASHIONABLE	POLITE	WISE

STEP ONE

STEP TWO

STEP THREE

STEP FOUR

# TRAITS

ADAPTABLE  
ADVENTUROUS  
APPRECIATIVE  
ARTICULATE  
ASPIRING  
ATHLETIC  
BALANCED  
CALM  
CAPTIVATING  
CARING  
CHARISMATIC  
CHARMING  
CLEAR-HEADED  
COMPASSIONATE  
CONFIDENT  
CONSIDERATE  
COURAGEOUS  
COURTEOUS  
CREATIVE  
CULTURED  
DECISIVE  
DEDICATED  
DEEP  
DISCIPLINED  
DISCREET  
DRAMATIC  
EDUCATED  
EFFICIENT  
ELEGANT  
EMPATHETIC  
ENTHUSIASTIC  
EXTRAORDINARY  
FAITHFUL

FOCUSED  
FEMININE  
FORGIVING  
FREETHINKING  
FRIENDLY  
FUN-LOVING  
GALLANT  
GENEROUS  
GENTLE  
GENUINE  
GOOD-NATURED  
GRACIOUS  
HARDWORKING  
HERIOT  
HONEST  
HUMBLE  
HUMOROUS  
IDEALISTIC  
IMAGINATIVE  
INDEPENDENT  
INNOVATIVE  
INSIGHTFUL  
INTELLIGENT  
KIND  
LOGICAL  
LOYAL  
MAGNANIMOUS  
MASCULINE  
MATURE  
MODEST  
OBJECTIVE  
OBSERVANT  
OPTIMISTIC

ORGANISED  
PASSIONATE  
PATIENT  
PATRIOTIC  
PEACEFUL  
PERCEPTIVE  
PERSONABLE  
PERSUASIVE  
PLAYFUL  
POLISHED  
PRACTICAL  
PROTECTIVE  
PUNCTUAL  
REFLECTIVE  
RELIABLE  
RESPECTFUL  
ROMANTIC  
SECURE  
SELFLESS  
SELF-REFLECTIVE  
SELF-RELIANT  
SELF-SUFFICIENT  
SENSITIVE  
SENTIMENTAL  
SERIOUS  
SEXY  
SKILLFUL  
SOPHISTICATED  
SPONTANEOUS  
TRUSTING  
WELL-READ  
WISE  
WITTY



## STEP FOUR

# MY IDEAL PERSON LOVE LIST

[illegible]



## **STEP THREE**

*Obtain an objective view*

# SELF-DISCOVERY AND REFLECTION

*It's time to be bold!*

We never see ourselves the way our friends see us, and we can be so self-sabotaging and self-critical.

To get the most realistic, honest love list possible you'll need an objective view of yourself and what you bring to the table.

This next step might feel daunting, but honestly, being willing to embrace the uncomfortable feeling in order to achieve a better relationship is absolutely worth it!

You're here because you know you deserve better!

Lean into this step, the self-discovery is worth it.

## HOW TO RECEIVE AN OBJECTIVE VIEW

**PRINT THE FULL DOWNLOAD TO COMPLETE EACH STEP**

*It's time to ask a friend you trust for their help!*

You'll be sending your friend a download that will explain why you're sending it, and how they can help you. They'll be documenting 10 to 15 words that best reflect you from each list of values, characteristics and traits.

They'll return the list to you with the end result being an objective view of you as a person, and what you bring to a relationship right now.

## HOW TO ASK YOUR FRIEND FOR HELP

Whether you're meeting in person or sending a text, you'll be able to easily ask for help by using the below opener:

"Hi babe! I'm doing an exercise to better understand how to get what I want out of dating and I need your help! Would you mind doing this activity for me, please? I need an objective view and I trust you to be honest. Here is the link..."

## ACCESSING THE DOWNLOAD

Scan the QR code or click the link to access the download. If you're sending the link, copy and paste the web address into an email or text.



The download explains why you've sent it and how this will help you. It also includes the tools they'll need to complete the activity.

[CLICK HERE](#)

## UNDERSTANDING THE ANSWERS

Firstly, thank your wonderful friend for taking the time to help you grow! Shout them a coffee, a cocktail etc. to show your appreciation; this is a great reason to book a catch-up!

If you're not sure why your friend has highlighted some of the words, don't be afraid to ask them about it, and enquire about their thoughts so you fully understand why they see you that way. They'll be ready for your questions, the explanation in the download confirms that you might ask about the words they've chosen. Remember, growth is uncomfortable, embrace the feeling and do it anyway.



## **STEP FOUR**

*Review your love list*

# PERFECTING YOUR LOVE LIST

*Now, it's time to bring it all together!*

The tools you'll need for this step:

- ☒ Your favourite highlighters and pens.
- ☒ The list your friend completed for you.
- ☒ Your ideal person love list, the cheat sheet.
- ☒ The commonalities and differences template.

## HOW TO REVIEW YOUR LISTS

### PRINT THE FULL DOWNLOAD TO COMPLETE EACH STEP

Your dating cheat sheet will guide your decisions, and help you decipher who is and is not worth your time.

This last step is really important. It will add the required balance to your love list to ensure you're evaluating your dates with a clear and open mind.

Looking at the love list you've created for your ideal person, and the list your friend created that reflects you, you're now going to observe the commonalities and differences.

Take your time with this step, allow your mind the space required to be truly reflective. Being able to observe the differences and ponder their positive or negative impact is the key to bringing balance to your love list.

Your view of the positive or negative impact is unique, there's no right or wrong way to complete this step, there's simply what is or is not right for you.

As you review both lists, write down the commonalities and differences in the provided template.

As a reminder, your love list is not a checklist. It's a tool to help you focus on what's important when getting to know someone. It's the safety net above the dick sand!

## **REVIEWING THE COMONALITIES**

Do you have a lot of similar values, characteristics and traits?

Well, this is the ideal scenario! Or is it?

If you both have pride as a characteristic, would this generate consistent conflict and cause you to butt heads a lot due to stubbornness?

There are many comparisons you can make just like the above example. The point is to consider if the similarities are a positive outcome. Consider if you could benefit from someone who brings different values, characteristics and traits to the relationship.

If you're naturally a shy person, perhaps you could benefit from being with someone who is bold and outgoing, someone like this could provide positive encouragement towards new experiences, and help you grow into a more confident version of yourself.

## **REVIEWING THE DIFFERENCES**

As the old saying goes, opposites attract! Is this a good thing though when we're talking about the values, characteristics and traits you're looking for in your ideal person? Sometimes this answer is obvious and sometimes it's not. It really comes down to how strongly you feel about it.

Here's an example...

### **VALUE | CHARACTERISTIC | TRAIT**

Faith

Humble

Adaptable

If it's important to you that your ideal person follows the same faith then this difference could be a dealbreaker.

If you would prefer to date someone who's humble and adaptable but the person you really like is proud and uncomfortable with change, this too could be a deal breaker, or, it might be a compromise. Perhaps they're also a wonderful communicator and they're self-reflective enough to know when they're leaning too far into these attributes, leaving them open to finding the middle ground with you when conflicts arise.

You'll need to get to know someone to uncover these additional attributes. Until then, simply take the time to observe the differences and determine if they would provide a positive experience in a relationship, remember, this is your ideal person we're talking about so set your expectations high!



# COMMONALITIES

VALUES	CHARACTERISTICS	TRAITS

# DIFFERENCES

VALUES	CHARACTERISTICS	TRAITS

**YOU KNOW YOU  
SHOULDN'T GO SHOPPING  
WHEN YOU'RE HUNGRY,  
SO DON'T GO MAN SHOPPING  
WHEN YOU'RE THIRSTY!**

**LET'S LEAVE THE**

**PESSIMISTS,  
MAMAS BOYS &  
NARCISSISTS**

**ON THE SHELF!**

— *Katherine Ryan*

## **REVIEWING YOUR LOVE LIST**

Place the list of commonalities and differences, side by side with your love list. Are there any values, characteristics and traits on the list of commonalities and differences, that should be added to your love list?

These additional attributes will be words that describe elements of a person that could positively impact you and your future relationships.

Are there any values, characteristics and traits that you want to remove from your love list?

Add and remove as many words as you like. Importantly, remind yourself that this is **your** love list. It's the tool you'll be using to focus on what's important to you.

Take as much time as you need. You don't have to complete this step in one go. My suggestion is to sit with your lists two to four times before settling on a final version.

The final version of your love list will change over time as you become clearer about the values, characteristics and traits that are important to you. These changes will come as you spend time with people who do or do not display the attributes you're looking for. These experiences will help you better understand what is and isn't important.

And now, you'll be more prepared than ever to date with intention because you'll have your love list cheat sheet guiding you towards your ideal person and relationship.

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**WHAT'S  
NEXT?**



# USING YOUR LOVE LIST WITH CONFIDENCE + INTENTION



You've completed The Love List | The Ultimate Dating Cheat Sheet  
—an incredible step toward dating with intention!

## NOW, IT'S TIME TO PUT IT INTO ACTION

Here's how to start using your Love List to guide every new connection,  
ensuring you stay aligned with your values and goals:

**Print and Keep It Handy** | Make copies of your completed Love List, or save it to your phone so it's easily accessible. Each time you chat with someone new—whether online or in person—refer back to your Love List to stay grounded and clear.

**Track the Red, Pink, and Green Flags** | Utilise the Rate Your Date templates or the Mindful Moments chapter of The Single Girl Playbook to track the red, pink and green flags you catch. Divide a page into sections for green flags (qualities that align with your values), pink flags (potential issues worth watching), and red flags (dealbreakers). As conversations progress, take note of which flags appear, helping you decide if this person is worth pursuing further.

**Reflect After Each Date or Interaction** | As you continue to meet new people, regularly review what you've noted. Use this as an opportunity to adjust your Love List, if needed. Pay special attention to the amber flags—if they seem to be stacking up, it might be time to pause and reflect on whether they're manageable or if they indicate deeper incompatibility.

# A NOTE FROM THE AUTHOR

Hey gorgeous,

Let's be real—dating today can feel like a minefield of mixed signals, “meh” connections, and endless swiping that leads nowhere. That's exactly why I created The Love List—because intentional dating shouldn't be confusing, exhausting, or a full-time job.

This isn't about playing games or shrinking yourself to be more "dateable." It's about clarity. It's about standards. It's about you—knowing what you want, what you bring to the table, and refusing to settle for anything that doesn't meet you there.

**I created The Love List as a starting point—a low-lift, high-impact tool to help you cut through the noise and date with purpose.**

But if you're ready to go deeper, to shift your entire dating mindset and reclaim your power with every yes and every no... I made something else for that too.

**The Single Girl Playbook: Dating Edition** is your no-BS guide to dating with confidence, clarity, and high standards.

And if you're in your self-work era—doing the healing, setting boundaries, building your best solo life—**The Self-Work Edition** will meet you right there.

Because dating smarter starts with knowing yourself first—your values, your voice, your non-negotiables. And that's exactly where we go next.

Let's raise the bar together!

—Lou

# TSGP

## *Dating Edition*

### WHAT'S INSIDE....

Explore 3 templates to Rate your Dates including:

- ✓ The Before Meeting Template
- ✓ The First Date Review Template
- ✓ The Date or Ditch Questionnaire

150+ plug-and-play text suggestions for real-life scenarios

60+ dating terms decoded

# HIGH VALUE WOMEN DATE WITH INTENTION





# READY TO TAKE WHAT YOU'VE BUILT... AND BRING IT INTO YOUR LOVE LIFE?

If this edition helped you reconnect with you, the Dating Edition is where you take that clarity and apply it out in the wild.

**READY TO LEVEL UP?**



**SCAN THE QR CODE**



Because dating with intention doesn't start with swiping –

It starts with knowing your worth, backing your standards, and refusing to entertain anything that doesn't align.

**You've done the work.**

Now let's help you date like it.

If you're ready to navigate dating with confidence, spot red flags faster, and only make space for the kind of connection that actually meets your energy – this is your next move.

The Dating Edition is waiting. Go get it, gorgeous.

Get your copy now

 [www.thesinglegirlplaybook.com.au](http://www.thesinglegirlplaybook.com.au)

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# TSGP

## Self-Work Edition

### WHAT'S INSIDE....

- ✓ Learn How To Plan Solo Dates
- ✓ Identify Your Core Values
- ✓ 20+ Goal Suggestions For Independent Women
- ✓ Templates To Plan Your Goals
- ✓ Explore 14 Examples Of Boundaries
- ✓ 10+ Scripts To Effectively Set Boundaries

**LOVE  
YOURSELF  
FIRST,  
ALWAYS!**





# WANT TO GO EVEN DEEPER?

If this edition helped you get clear on what you want in a partner  
the **Self-Work Edition** is where you get clear on you.

**READY TO LEVEL UP?**



**SCAN THE QR CODE**



Because dating with intention starts with knowing your values, your  
boundaries, your non-negotiables – and standing firm in them.

That kind of clarity?

**It's built in the self-work.**

If you're ready to feel even more grounded, confident, and connected to the  
woman you're becoming, it's time to take action.

The next chapter **starts with you.**

Get your copy now

 [www.thesinglegirlplaybook.com.au](http://www.thesinglegirlplaybook.com.au)

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