

DATE 05/04/09 DAY Thursday TIME 7:50 am

I am journaling today to cultivate habits of thought that will make me a magnet for love.

What do I like about myself, my life and the people in it today?

1. I love the community of women in my book club.
2. I love the flowers in my garden.
3. I love that I did a "Biggest Loser" workout this morning.

What did I notice that I like about the men I have recently encountered?

1. I love my golf instructor's legs.
2. I like the strong, warm handshake Father Bruce offers as we enter the church.
3. I like the way Bob is so focused when he is solving a problem.

If I had the relationship of my dreams right now, what would I enjoy about it?

1. Taking walks together.
2. Being excited when the phone rings.
3. Having someone to dress up for.

Where did I recently notice couples interacting in a way that I would enjoy in my ideal relationship?

1. My uncle teasing my aunt about her ordering techniques in the restaurant.
2. The couple I saw holding hands at Blockbuster.
3. Patrick and Jan playing Scrabble with a vengeance.

When have I recently acted in a way that would be a match for my ideal relationship?

1. I took care of myself by cooking and eating a healthy meal last night.
2. I asked Michael what was wrong instead of leaving him to sulk.
3. I told my boyfriend four things I really love about him.

Now go talk to at least one person about what you discovered today!