

# LOVING ON --- PURPOSE



A LOVER'S JOURNEY TO CLARITY & JOY  
IN RELATIONSHIPS.

MINI  
WORKBOOK

VOLUME NO. 1 • DATING

BY AVA ST. CLAIRE

# LOVING ON PURPOSE

## Mini - Workbook

For those dating and seeking companionship.

## Full Version

- o. Understanding myself
  - 1. Strengths & Challenges
  - 2. Traumas & Cycles
  - 3. Ancestral Patterns
  - 4. Values
  - 5. Feeling Supported
  - 6. Giving & Receiving
  - 7. Next Steps

## This Version:

- 4. Values
- 5. Feeling Supported
- 6. Giving & Receiving

To purchase the full version, go to [avastclaire.com/work](http://avastclaire.com/work).

# VALUES

## Your beliefs, standards, and ideals.

Understanding what you truly want requires reckless honesty with yourself. This is not a section to skimp or hide from yourself. Be bold about the true values when it comes to relationships.

Remember, nobody is watching. No one will read this unless you decide they should see it. This is not about what your values *should be*. This is about what they actually are *for you!*

This is important to keep in mind as you complete this section.

Your beliefs and standards will reveal a great deal of insight about what is working for you and what is holding you back when it comes to finding a partner.

# VALUES

---

## STANDARDS & IDEALS

---

Describe the minimum acceptable levels in each area. Be as descriptive as possible. Use images if it helps. "Expressing" a belief means that you are open and honest about this during the dating phases. Exhibiting a belief means you walk your talk in this area. For your potential partner, describe the kind of habits and mindset you *need* your partner to have in that area of life.

**For romance in relationships,**

My beliefs and habits are:

---

---

---

---

---

Do I currently express & exhibit these habits?

---

---

---

---

---

## VALUES | STANDARDS & IDEALS

---

For romance in relationships,

My partner's beliefs and habits are:

---

---

---

---

---

---

---

---

Does my partner *need to* express & exhibit these habits during the dating phase?

---

---

---

---

---

---

---

---

---

## VALUES | STANDARDS & IDEALS

---

For family in relationships,

My beliefs and habits are:

---

---

---

---

---

---

---

---

Do I currently express & exhibit these habits?

---

---

---

---

---

---

---

---

---

## VALUES | STANDARDS & IDEALS

---

For family in relationships,

My partner's beliefs and habits are:

---

---

---

---

---

---

---

---

Does my partner *need to* express & exhibit these habits during the dating phase?

---

---

---

---

---

---

---

---

---

## VALUES | STANDARDS & IDEALS

---

For health in relationships,

My beliefs and habits are:

---

---

---

---

---

---

---

---

Do I currently express & exhibit these habits?

---

---

---

---

---

---

---

---



---

## VALUES | STANDARDS & IDEALS

---

For health in relationships,

My partner's beliefs and habits are:

---

---

---

---

---

---

---

---

Does my partner *need to* express & exhibit these habits during the dating phase?

---

---

---

---

---

---

---

---

---

## VALUES | STANDARDS & IDEALS

---

For personal & spiritual development in relationships,

My beliefs and habits are:

---

---

---

---

---

---

---

---

Do I currently express & exhibit these habits?

---

---

---

---

---

---

---

---

---

## VALUES | STANDARDS & IDEALS

---

For personal & spiritual development in relationships,

My partner's beliefs and habits are:

---

---

---

---

---

---

---

---

---

Does my partner *need to* express & exhibit these habits during the dating phase?

---

---

---

---

---

---

---

---

---

---

## VALUES | STANDARDS & IDEALS

---

For business & career in relationships,

My beliefs and habits are:

---

---

---

---

---

---

---

---

Do I currently express & exhibit these habits?

---

---

---

---

---

---

---

---

---

## VALUES | STANDARDS & IDEALS

---

For business & career in relationships,

My partner's beliefs and habits are:

---

---

---

---

---

---

---

---

Does my partner need to express & exhibit these habits during the dating phase?

---

---

---

---

---

---

---

---

---

## VALUES | STANDARDS & IDEALS

---

For finances in relationships,

My beliefs and habits are:

---

---

---

---

---

---

---

---

Do I currently express & exhibit these habits?

---

---

---

---

---

---

---

---

---

---

---

## VALUES | STANDARDS & IDEALS

---

For finances in relationships,

My partner's beliefs and habits are:

---

---

---

---

---

---

---

---

Does my partner need to express & exhibit these habits during the dating phase?

---

---

---

---

---

---

---

---

---

## VALUES | STANDARDS & IDEALS

---

For fun & recreation in relationships,

My beliefs and habits are:

---

---

---

---

---

---

---

---

Do I currently express & exhibit these habits?

---

---

---

---

---

---

---

---



---

## VALUES | STANDARDS & IDEALS

---

For fun & recreation in relationships,

My partner's beliefs and habits are:

---

---

---

---

---

---

---

---

Does my partner need to express & exhibit these habits during the dating phase?

---

---

---

---

---

---

---

---

## VALUES | STANDARDS & IDEALS

In what area(s) do I exhibit, but not express my minimum needs?

- |                                  |   |   |
|----------------------------------|---|---|
| <input type="checkbox"/> Romance | <input type="checkbox"/> Personal/Spiritual | <input type="checkbox"/> Finances         |
| <input type="checkbox"/> Family  | <input type="checkbox"/> Business/Career    | <input type="checkbox"/> Fun & Recreation |
| <input type="checkbox"/> Health  |   |   |

In what area(s) do I express, but not exhibit my minimum needs?

- |                                  |   |   |
|----------------------------------|---|---|
| <input type="checkbox"/> Romance | <input type="checkbox"/> Personal/Spiritual | <input type="checkbox"/> Finances         |
| <input type="checkbox"/> Family  | <input type="checkbox"/> Business/Career    | <input type="checkbox"/> Fun & Recreation |
| <input type="checkbox"/> Health  |   |   |

Areas I need to improve to meet the min. standard I have for my partner:

- |                                  |   |   |
|----------------------------------|---|---|
| <input type="checkbox"/> Romance | <input type="checkbox"/> Personal/Spiritual | <input type="checkbox"/> Finances         |
| <input type="checkbox"/> Family  | <input type="checkbox"/> Business/Career    | <input type="checkbox"/> Fun & Recreation |
| <input type="checkbox"/> Health  |   |   |

Overall, these areas are out of congruence for me.

- |                                  |   |   |
|----------------------------------|---|---|
| <input type="checkbox"/> Romance | <input type="checkbox"/> Personal/Spiritual | <input type="checkbox"/> Finances         |
| <input type="checkbox"/> Family  | <input type="checkbox"/> Business/Career    | <input type="checkbox"/> Fun & Recreation |
| <input type="checkbox"/> Health  |   |   |

Overall, these areas are in alignment for me.

- |                                  |   |   |
|----------------------------------|---|---|
| <input type="checkbox"/> Romance | <input type="checkbox"/> Personal/Spiritual | <input type="checkbox"/> Finances         |
| <input type="checkbox"/> Family  | <input type="checkbox"/> Business/Career    | <input type="checkbox"/> Fun & Recreation |
| <input type="checkbox"/> Health  |   |   |

# FEELING SUPPORTED

## How you feel about living & loving

Purposeful loving requires that you feel supported in doing so. If you worry whether you are enough to be in a relationship, now is a really good time to get clear on why you believe you are not worthy of a healthy, caring connection.

The questions in this section will help you find spaces, places, people, and mindsets that take away from your ability to feel loved. Then we will discover where and when you feel loved and how to amplify that feeling.

Some of these questions will look easy at the beginning.

However, as you feel through them, difficult emotions may come up during the exercise. When this happens, it is important for you to take some deep breaths and *continue to work through it*. Do not stop. That challenging feeling is a growth edge. It will push you to find the truth.

Let's begin...

FEELING SUPPORTED

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

---

## FEELING SUPPORTED

---

Do you feel, no matter what, that you are supported by some force bigger than yourself? (This can be God or Goddess, Allah, the Universe, etc.) Why or why not?

---

---

---

---

---

---

---

---

---

---

Consider your home, the neighborhood, and the community in which you live. Do you feel supported in that environment? Are these set up for you to feel good about yourself?

---

---

---

---

---

---

---

---

---

---

---

## FEELING SUPPORTED

---

Consider the *people* in your home, neighborhood, or community. Do you feel supported in that environment? Why or why not?

---

---

---

---

---

---

---

---

---

---

Consider your work and your work environment. Do you feel supported in that environment? Why or why not?

---

---

---

---

---

---

---

---

---

---

---

## FEELING SUPPORTED

---

Consider your family, church, or other friend group you are part of. Are these people generally positive and supportive? Do you feel they provide appropriate nourishment for your highest and best self?

---

---

---

---

---

---

---

---

---

---

Finally, consider your social media. The groups you are part of, any online communities, and your news feeds. Do you find these people and content nourishing? Generally positive? Wise and informative?

---

---

---

---

---

---

---

---

---

---

---

## FEELING SUPPORTED

---

Look at your answers above in home, family, community, work environment, and the people in them. Take inventory of all the relationships and places you want to keep and nurture.

---

---

---

---

---

---

---

---

---

---

Now take inventory of all the relationships and environments that need to be adjusted or released.

---

---

---

---

---

---

---

---

---

---



---

## FEELING SUPPORTED

---

You've taken inventory of what you want to keep, adjust, and release. If you move forward with those actions, do you trust that you can provide for yourself:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Romantically        | <input type="checkbox"/> Emotionally                       | <input type="checkbox"/> Financially    |
| <input type="checkbox"/> Physically (Health) | <input type="checkbox"/> Spiritually                       | <input type="checkbox"/> Recreationally |
| <input type="checkbox"/> Vocationally (Work) | <input type="checkbox"/> Domestically (Home<br>& Children) |   |

The unticked boxes are like gold! it is likely those things that are

1. keeping you stuck in your current reality
2. motivating you to rush through the dating process.

The tension you feel between meeting your own needs and maintaining your status quo is where you are sacrificing yourself. And the anxiety or fear you may feel in relationships comes down to your spirit trying to *satisfy itself through another person*. This part of you is not yet aware it can do for itself; by moving away from what it doesn't want and moving toward love of self.

---

## FEELING SUPPORTED

---

Answer the following as honestly as possible:

- |   |   |
|---|---|
| <input type="checkbox"/> I feel that I know myself    | <input type="checkbox"/> I feel that truly love myself.   |
| <input type="checkbox"/> I feel that I trust myself   | <input type="checkbox"/> I am truly delighted with myself |
| <input type="checkbox"/> I feel that I respect myself | when I am alone.  |

If you were able to tick all the boxes, it is likely that you feel supported and loveable overall. Ultimately, you want to get to the point where you are absolutely delighted with yourself and your life.

While you do not have to wait for this to happen to be in a relationship. It makes it much easier to be in a high vibration and therefore, find a good match in the dating phase.

Write your final reflections on your gaps and the next steps you are ready to take to feel more supported.

---

---

---

---

---

---

---

# GIVING & RECEIVING

## Knowing your personal balance

Understanding what you truly want requires reckless honesty with yourself. This is not a section to skimp or hide your truth. Be bold about the true values when it comes to relationships.

Remember, nobody is watching. No one will read this unless you decide they should see it. This is not about what your values *should be*. This is about what they actually are *for you!*

This is important to keep in mind as you complete this section.

Your beliefs and standards will reveal a great deal of insight about what is working for you and what is holding you back when it comes to finding a partner.

[illegible]



## This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

---

## GIVING & RECEIVING (CONT'D)

---

Imagine you are given just a few more days to live.

What would you most want to do with your partner?

---

---

---

---

---

---

---

---

---

---

What would you be most grateful for having done with your partner at the end of your life?

---

---

---

---

---

---

---

---

---

---

What are your final, current reflections on what you are willing to give and ready to receive?

[illegible]