



# Meeting Your Match

*Cracking the code to successful relationships*

## ***My Life Continuum and Contract with Myself***

I, \_\_\_\_\_ commit to myself that I will accept the values, traits, behaviors and attitudes that match for me. I will assess and evaluate with great care those values, traits, behaviors and attitudes that fall on the Less/Not Preferable/Not My First Choice side of My Life Continuum. I will reject all those values, traits, behaviors and attitudes that fall in the Unacceptable/Non-Negotiable side of My Life Continuum.

I create the life and the love life that match for me now!

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



**LESS/NOT PREFERABLE  
NOT MY FIRST CHOICE**

**UNACCEPTABLE/  
NON-NEGOTIABLE**



**DESIRABLE**

**ESSENTIAL**

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***Meeting Your Match—Cracking the Code to Successful Relationships***  
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