

Plot Out Your Quantum Love Goals

First, what are your five Quantum Love Goals?
You can list them here if you wish:

In my relationship, I want to feel:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Now, to determine where you are in your Quantum Love Goals, do the following steps for each of your five core desired relationship feelings:

1. Answer each of the three questions (on the following pages) pertaining to how you feel in your relationship with regard to each core desired relationship feeling.
2. Find your EHFI for each of your core desired relationship feelings and plot it on the Quantum Lovemap. This will give you a clear picture of where you are and how far you have to go until your core desired feeling is a true reality for you.
3. Remember that the way you plot your EHFI is by thinking about how you feel at your least optimistic (the left end of the infinity symbol) and your most optimistic (right end of the infinity symbol) The midpoint between the two is the middle of the infinity symbol and your point of transition.
4. If you don't want to plot your EHFI, you can simply choose a point on the Quantum Lovemap to describe how you feel right now, or lately, and work from there.

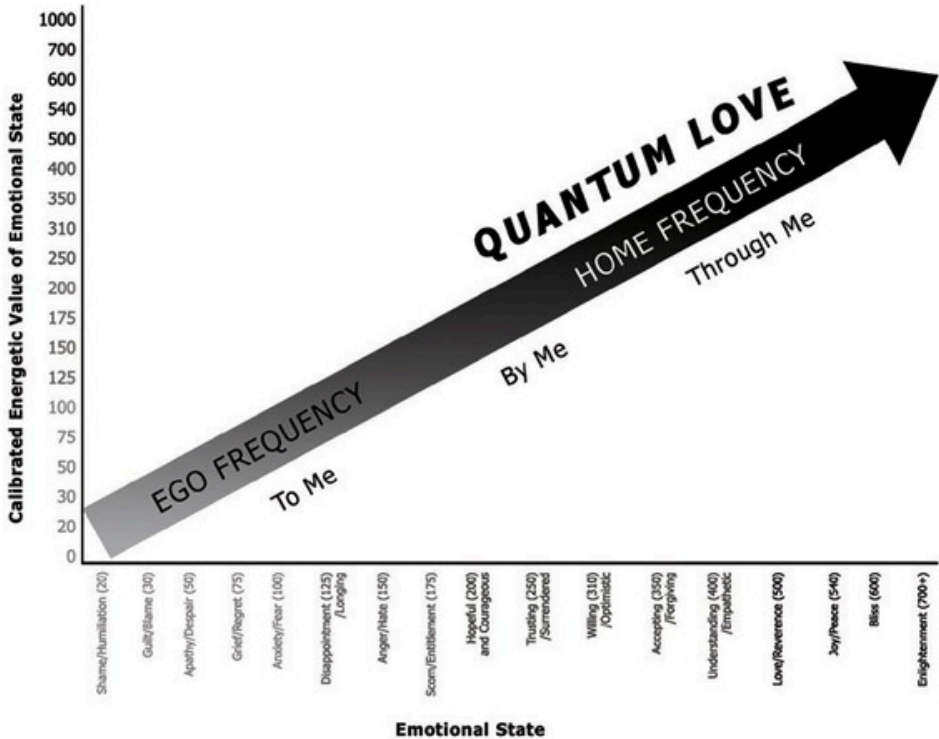
Core Desired Relationship Feeling #1:

I want to feel _____

Question 1: When I am at my most pessimistic, I feel

Question 2: When I am at my most optimistic, I feel

Question 3: Today (lately), I feel



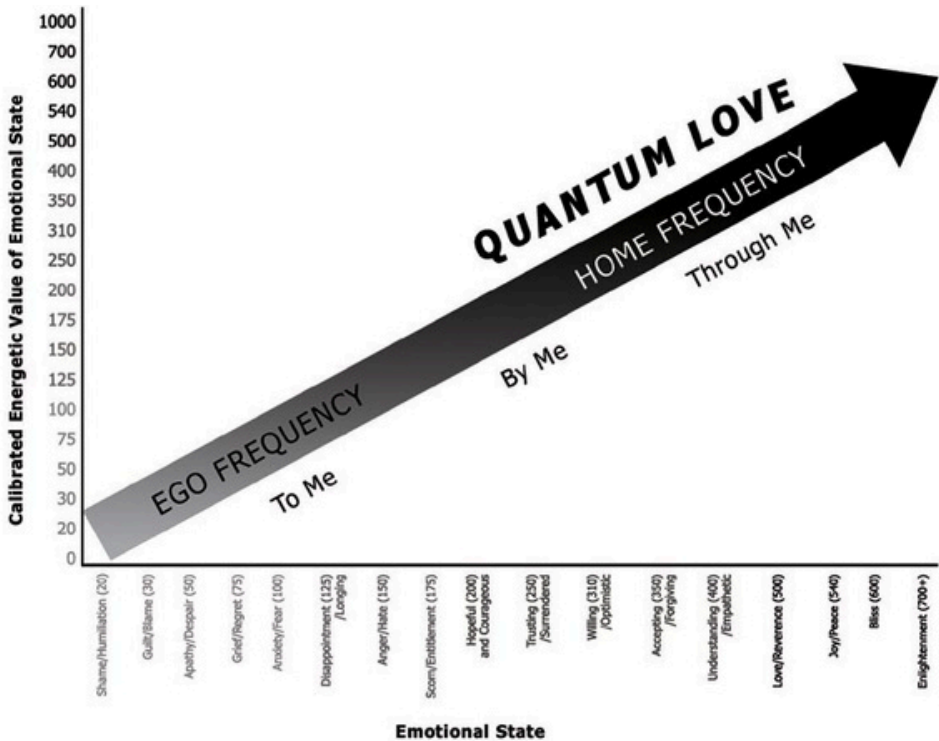
Core Desired Relationship Feeling #2:

I want to feel _____

Question 1: When I am at my most pessimistic, I feel

Question 2: When I am at my most optimistic, I feel

Question 3: Today (lately), I feel



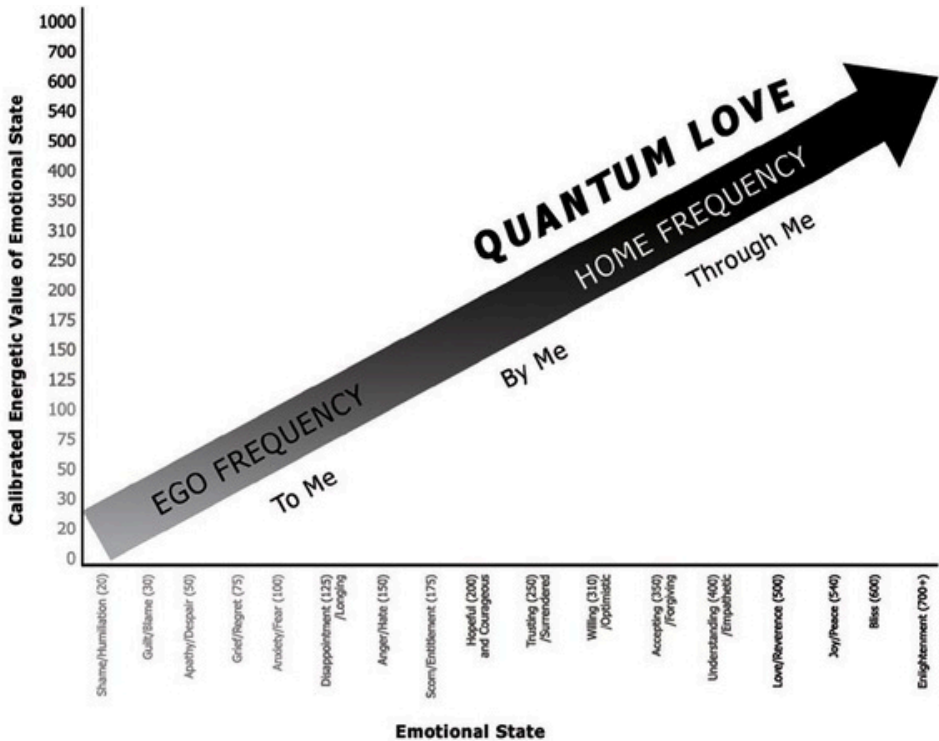
Core Desired Relationship Feeling #3:

I want to feel _____

Question 1: When I am at my most pessimistic, I feel

Question 2: When I am at my most optimistic, I feel

Question 3: Today (lately), I feel



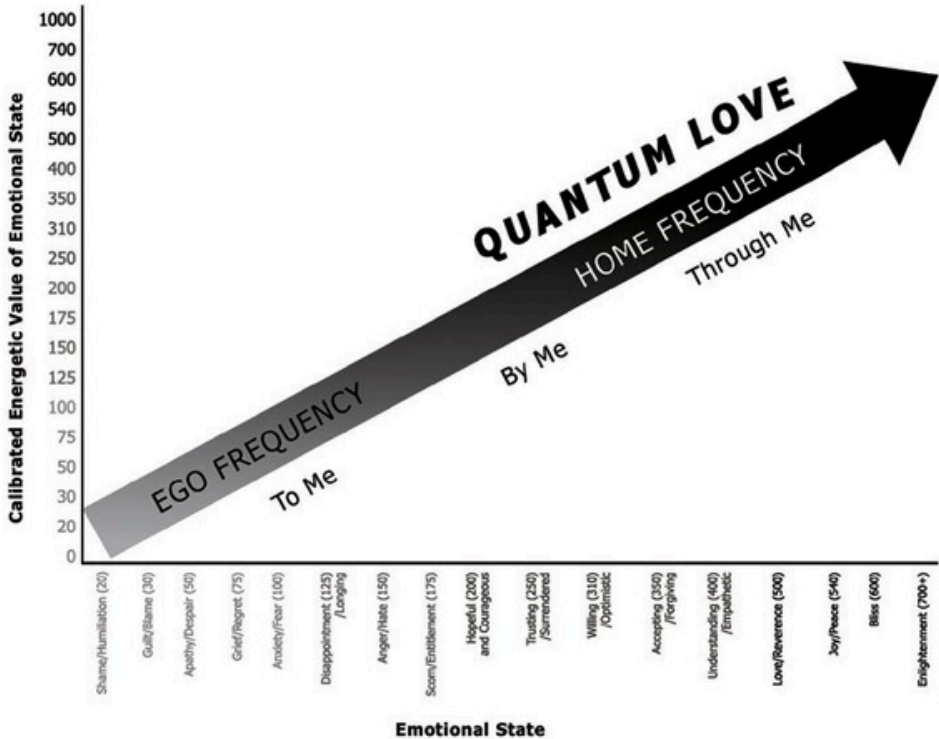
Core Desired Relationship Feeling #4:

I want to feel _____

Question 1: When I am at my most pessimistic, I feel

Question 2: When I am at my most optimistic, I feel

Question 3: Today (lately), I feel



Core Desired Relationship Feeling #5:

I want to feel _____

Question 1: When I am at my most pessimistic, I feel

Question 2: When I am at my most optimistic, I feel

Question 3: Today (lately), I feel

