PERSON OF FOCUS

PERSON OF FOCUS: JUDGE THIS PERSON. DON'T HOLD BACK. LET ALL THE "UGLY" JUDGEMENT OUT OF YOUR HEAD. ONE SENTENCE PER LINE BELOW. DON'T EDIT YOURSELF OR TRY TO BE APPROPRIATE OR KIND. GET IT ALL OUT.

Now, go back through the list and notice how many of these judgements also apply to you. Circle those that are true about you. Notice the most judgements of others are projections we have of ourselves.

DESCRIBE THE MANUAL YOU HAVE FOR THE PERSON OF FOCUS. WHAT ARE YOUR EXPECTATIONS OF THAT PERSON? WHAT DO YOU MOST WANT THAT PERSON TO DO, AND WHY? LET YOURSELF GO TO A PERFECT WORLD WHERE THAT PERSON DOES EXACTLY WHAT YOU WANT THEM TO DO AND WHEN YOU WANT IT. BE SPECIFIC, AND ALLOW YOURSELF TO BE OUTRAGEOUS.

What would you be thinking and feeling if that person did all these things perfectly? Notice that you can think and feel these things anyway.

onsistent ab	do they do? How do they act? What are they out? If you aren't trying to control them or
TERFERE, WHO	d are they in their actions?
	ne that person does these things and is this way? What you imagine drive that person's actions?

	LOVE FROM THE R EXCUSE WHE				ity is 100%, so
1A1 5 YOU	R EXCUSE WHE	N YOU DON	I LOVE THEN	1!	
	U SHOW UP IN LOVABILITY IS				
AT YOUR		100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
AT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
AT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
AT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
AT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
AT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
AT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
AT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
AT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
AT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
AT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
AT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
IAT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
HAT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU
HAT YOUR	LOVABILITY IS	100%? Do yo	OU TRY TO GE	T THEM TO L	OVE YOU

	TO WRITE IT ALL	, OUT.	
OW DO YOU WANT TO FEEL?	WHY?		

					_
					_
					_
					_
					_
					_
					_
					_
					_
What do you	WANT TO	OFFER THI	s person?		_
What do you	WANT TO	OFFER THI	s person?		_
What do you	WANT TO	OFFER THI	s person?		_
What do you	WANT TO	OFFER THI	s person?		_
What do you	WANT TO	OFFER THI	s person?		
What do you	WANT TO	OFFER THI	s person?		
VHAT DO YOU	WANT TO	OFFER THI	S PERSON?		_
WHAT DO YOU	WANT TO	OFFER THI	S PERSON?		_
What do you	WANT TO	OFFER THI	S PERSON?		
WHAT DO YOU	WANT TO	OFFER THI	S PERSON?		
What do you	WANT TO	OFFER THI	S PERSON?		
WHAT DO YOU	WANT TO	OFFER THI	S PERSON?		
WHAT DO YOU	WANT TO	OFFER THI	S PERSON?		

W DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		L ABOUT YOUR THOUGHTS ABOUT THEM AND YOURSELF ELATIONSHIP.
OW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
OW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
DW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
DW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
OW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
OW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
OW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
OW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
OW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
IOW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
OW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
OW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
IOW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
IOW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
IOW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
OW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
IOW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
IOW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
OW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
IOW DO YOU WANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?		
	OW DO YOU W	ant to think about yourself in this relationship?
	OW DO YOU W	ant to think about yourself in this relationship?
	OW DO YOU W	ant to think about yourself in this relationship?
	OW DO YOU W	ANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?
	OW DO YOU W	ant to think about yourself in this relationship?
	OW DO YOU W	ANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?
	OW DO YOU W	ANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?
	IOW DO YOU W	ANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?
	OW DO YOU W	VANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?
	OW DO YOU W	VANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?
	OW DO YOU W	ANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?
	OW DO YOU W	VANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?
	OW DO YOU W	VANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?
	OW DO YOU W	VANT TO THINK ABOUT YOURSELF IN THIS RELATIONSHIP?

LATIONSHIP?				
	ant to define an	id think abou ^t	Γ YOUR RELATION	ISHIP
	ant to define an	id think abou"	Γ YOUR RELATION	SHIP
	ant to define an	id think abou ^t	Γ YOUR RELATION	ISHIP
	ant to define an	id think abou ^t	Γ YOUR RELATION	ISHIP
	ant to define an	id think abou ⁻	Γ YOUR RELATION	ISHIP
	ant to define an	id think abou [*]	Γ YOUR RELATION	SHIP
	ant to define an	id think abou ^t	Γ YOUR RELATION	ISHIP
	ANT TO DEFINE AN	id think abou	Γ YOUR RELATION	ISHIP
	ANT TO DEFINE AN	ID THINK ABOU	Γ YOUR RELATION	ISHIP
	ANT TO DEFINE AN	id think abou ^r	Γ YOUR RELATION	ISHIP
	ANT TO DEFINE AN	ID THINK ABOU	Γ YOUR RELATION	ISHIP
	ANT TO DEFINE AN	ID THINK ABOU	Γ YOUR RELATION	ISHIP
	ANT TO DEFINE AN	ID THINK ABOU	Γ YOUR RELATION	ISHIP
	ANT TO DEFINE AN	ID THINK ABOU	Γ YOUR RELATION	ISHIP
	ANT TO DEFINE AN	ID THINK ABOU	Γ YOUR RELATION	ISHIP
	ANT TO DEFINE AN	ID THINK ABOU	Γ YOUR RELATION	ISHIP
HOW DO YOU W	ANT TO DEFINE AN	ID THINK ABOU	Γ YOUR RELATION	ISHIP

SEND THESE IN THE MAIL UNEXPECTEDLY. DEAR _____, I'VE BEEN MEANING TO TELL YOU..._____ I ADMIRE YOU FOR... I'M THANKFUL FOR..._ I remember when... You have shown me how..._____ YOU TOLD ME..._ I'M GRATEFUL FOR..._____ I LOVE YOU BECAUSE...___

Write an "I've been meaning to tell you" letter below. This is a letter you can send or not send. Just writing it feels amazing. I love to