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# 6 Guideposts to Love

Play Sheets

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## 1. Guidepost One: Cultivate Pleasure

What does pleasure mean to you?

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List the three "S's" of pleasure:

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

True or False: You should be seeking another to help you feel complete.

True

False

## 2. Guidepost Two: Cultivate Your Clan

Spill it: When do feel "less than," do you isolate? What happens?

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In thinking of your girlfriends, how many would you TRUST with your deepest, most shame-filled thoughts?

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Your girlfriends should be the following three things - *but what does that mean?*

Non-judgmental: \_\_\_\_\_

Trustworthy: \_\_\_\_\_

Open: \_\_\_\_\_

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### 3. Guidepost Three: Cultivate Desire

What is DESIRE to you and why is essential to women?

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True or False: Goal setting is all you need to get what you want.

True

False

Getting what you want in a relationship is easy. Tell one way in which you were able to do this in the past (or currently):

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What are two things being attuned to your feelings should do?

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### 4. Guidepost Four: Cultivate Your Openness

True or False: Men know what women want.

True

False

Fill in the Blank: You should be \_\_\_\_\_ with what you know and what you have.

What is one easy way to ask a man to do something for you?

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## 5. Guidepost Five: Cultivate Clarity

Complete this Sentence: What is the biggest misconception women have about men?

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Tell why it is important to question your own beliefs about men:

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What is the ONE thing men find most attractive in a woman?

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## 6. Guidepost Six: Cultivate Honesty

True or False: Men can handle criticism really well.

True

False

What are some of your thoughts around being AUTHENTIC, GENUINE and SINCERE on the first date?

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Spill it: What scares you about being in relationship?

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“Man may have discovered fire, but women discovered how to play with it.” - Candace Bushnell