



W O R K B O O K

A Guide to attracting the kind of relationship you truly desire

This workbook is designed to help you understand yourself better and how to attract the relationship you truly need.

Written by

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LQUEENWRITES

Introduction

Hello and welcome, I am Tolu of Lqueenwrites. A relationship & lifestyle blogger of over 10 years and I recently completed a diploma course in Cognitive behavioral therapy to be able to serve my audience better.



I created this mini-course for you, to help you become the person that can attract the kind of relationship that you truly desire.

The workbook is primarily filled with practical steps from the audio/video of this course, with some space for writing answers directly in the book.

Writing things down as you listen or read the guide is a good way to really evaluate yourself, and what you want, it also gives room for you to write out some of the areas you need to work on.

I hope you enjoy this course and that it adds value to you.

Best regards,

Tolu George-Daniel



Self-discovery Quiz

There are no right or wrong answers; simply respond as you see fit and see what you discover about yourself.

- Score 2 points for each 'Yes', 1 point for each 'S / Sometimes' and 0 point for 'No'.

	Yes	S	No
1. I have a clear understanding of who I am	☐	☐	☐
2. I am happy with my physical appearance	☐	☐	☐
3. I know my strengths	☐	☐	☐
4. I recognize my weaknesses	☐	☐	☐
5. I take my self seriously and prioritize me	☐	☐	☐
6. I say "No" to others when I need to	☐	☐	☐
7. I have forgiven my past mistakes	☐	☐	☐
8. I know what I am passionate about	☐	☐	☐
9. I know the things I look forward to in my life	☐	☐	☐

Your total score

What did you learn about yourself?



Character Development

HABITS I WANT TO CHANGE

▶

▶

▶

▶

HABITS I WANT TO CONTINUE

▶

▶

▶

▶

GOOD RULES & HABITS I WANT TO LIVE BY GOING FORWARD

● MIND

Mental health

Mindfulness and self knowledge

Soul

Stimulation and fulfillment

● BODY

Self-care

Basic hygiene and body care

Improvement

Exercise, sleep and healthy food



Relationship Worksheet

- **What kind of a person do I really want to be with:**

- **Qualities that I admire in a person**

- **Qualities that I want my partner to have:**

- **Qualities that I expect my partner to develop:**

- **Things I need to work on to attract who I want**



SOCIALIZE

TO DO LIST

THINGS I NEED TO DO MORE OFTEN TO INCREASE CHANCES OF
MEETING POTENTIAL PARTNERS

DATE: _____

(S)

(M)

(T)

(W)

(T)

(F)

(S)

☐☐☐☐☐☐☐☐☐☐

IMPROVEMENT LIST

HOW CAN I IMPROVE MY RELATIONSHIP WITH MY CREATOR

☐☐☐☐☐☐☐☐☐☐☐☐

NEED MORE INSIGHT?

Book a 1:1 Session



Private sessions are open every week, book a 1:1 with me and let's get you feeling more confident and empowered to get what you truly desire

It's my goal to help as many single people as possible feel more confident about themselves & become certain about what they really want in a relationship. I look forward to connecting with you.

BOOKINGS

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LQUEENWRITES

The logo features a stylized, cursive 'Lw' with a heart symbol integrated into the 'w'. Below the logo, the words 'LQUEENWRITES' are written in a clean, uppercase, sans-serif font.