

The Heart and Character Qualities of Men I Most Admire, Respect, & Appreciate



DIRECTIONS:

Choose at least 3 men you admire, respect and appreciate. These men can be family members, friends, religious or spiritual leaders, teachers or other men you know well. Think deeply about what characteristics and qualities you most admire, respect and appreciate. List them by name and then list at least 10 character qualities for each man. Watch for themes. After you have finished pull out 3–5 character qualities you would most like in a romantic partner. Weave these into your profile.

Note: This exercise helps you go beneath the surface and get clear about the heart and character qualities of your ideal man.

Man #1

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Man #2

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Man #3

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Note: You can choose more than three men if you want to. Look for themes. Choose at least 3-5 of heart and character qualities that you would most like to have in your Mr. Right. You will be working this into your profile to help attract the right man. Please see examples of this exercise in the resource materials.