

PURPOSEFUL PURSUIT

LOVE & RELATIONSHIPS



www.thornandrosecounseling.com



Welcome to the **Purposeful Pursuit: Love & Relationships Edition**. I'm Samantha Hoover, a Licensed Professional Counselor in Frisco, Texas. I specialize in helping teenagers and young adults create a life they want to live, while coping with trauma, anxiety, or depression. If you know me IRL, then you probably know how passionate I am about intentionality. We often dream of having a "perfect life" but it stays right there--as a dream. My goal, and the goal of this workbook, is to help you start putting desires and values together to figure out how to be more intentional in your relationships.

To use this workbook, simply download the PDF and either print it out or fill it out digitally.

WELCOME



HOW TO USE

This workbook is designed to help you start figuring out your dating goals, your relationship desires, and how to create a social life you love. Mainly, this workbook focuses on dating and love, but you can easily adapt this workbook to be about creating intentional friendships as well.

As much as I would love to provide you with a step by step formula for dating, its just not like that. What I can do for you is help you identify your non-negotiable, values, and feel more connected to the core of who you are, so that when you do start dating, you feel ready to dive into connections that have the potential of leading to marriage.

So grab a pen and give yourself some time to focus on your dating goals.

Let's start!



CORE VALUES

The first step is identifying your core values, especially as it pertains to life and love. Core values are things that matter the most to you. They are the building blocks to the life you want to create, and what you consistently rely on to make any important decision in your life. They greatly shape the life we end up living.

For our purposes today, I recommend focusing on your top 5 core values. Naturally, you may pick out many values, but focusing on your top 5 will help narrow down the things that are actually important when it comes to dating from the things that would be nice to have, but not necessary.

As you browse the next page full of common core values, try asking yourself these questions:

- Does this trait define my character?
- Do I use this trait when it comes to making hard decisions?
- If I did not have this trait, would I still feel like myself?
- Does this describe me when I'm at my best?
- How do I live out this trait?

CORE VALUES



Authenticity

Achievement

Adventure

Authority

Autonomy

Balance

Beauty

Boldness

Compassion

Challenge

Creativity

Determination

Fairness

Faith

Fame

Friendship

Humor

Honesty

Influence

Kindness

Knowledge

Leadership

Learning

Love

Loyalty

Meaningful Work

Openness

Peace

Pleasure

Popularity

Power

Purpose

Recognition

Respect

Reliability

Responsibility

Risk-Taking

Security

Stability

Stewardship

Success

Teamwork

Time

Tradition

Travel

Trustworthiness

Understanding

Vulnerability

Wealth

Well-Being

Wisdom



WRITE INS:

top 5 values:



MY GROWTH AREAS

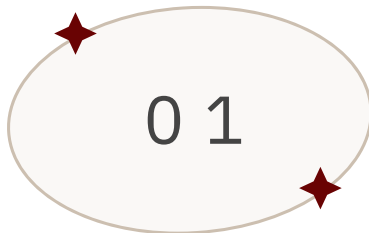
Now this is probably going to be your least favorite section, but I think it's equally as important as the more fun sections. When we date, not only do we need to evaluate the other person, but we also need to evaluate ourselves. What are you bringing to the table? What parts of yourself might end up triggered or activated by dating? These potential blindspots are helpful to acknowledge while dating so we don't start creating a story that all-guys-or-girls-are-horrible, and instead, look at how we may be attracting a certain kind of person.

my attachment style

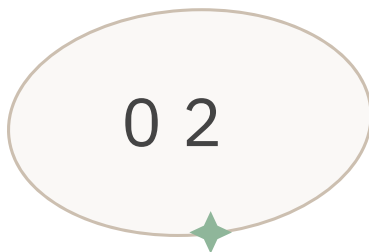
dating history

dating expectations

ATTACHMENT STYLE



MY ATTACHMENT STYLE:
IF YOU DON'T KNOW YOUR STYLE, DM ME!



HOW IT AFFECTS ME:



THINGS THAT TRIGGER MY STYLE:



THINGS THAT HELP MY STYLE:



SHARED INTERESTS

The best way to find people to date is to go places you already enjoy. That way, if you do meet someone, you already have something in common. These places could be church, school, the music store, the local coffee shop, online, or a bar. Brainstorm what you like to do and see if you can think of places your type of people are hanging out.



01

My Interest: _____

Places to Hang Out: _____

02

My Interest: _____

Places to Hang Out: _____

03

My Interest: _____

Places to Hang Out: _____

04

My Interest: _____

Places to Hang Out: _____





COMMUNITY

Dating is scary sometimes, and is best done in community with others. Think about your best friends, mentors, coaches, or a therapist that you'd like to involve in this process. These people are those who you can go to for advice, wisdom, help, discernment, or just expressing the joys of dating. Think of people who you look up to or value their opinion.

Person #1

Person #2

Person #3





ALL DONE!



Thank you for following along and doing the workbook. Use these pages as a tool to focus your dating journey. This is just the beginning. If you need help understanding what your answers mean, feel free to contact me for help.

-Sam

Thank you!

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