

Journal Prompts for Manifesting Love

1. What are the values you are looking for in your ideal partner?
2. What values are you bringing to the table?
3. Describe how your new love relationship makes you feel.
4. How does your ideal partner treat you?
5. How does your ideal partner treat others?
6. What does your ideal partner look like?
7. What is their personality like?
8. List the things you have in common.
9. What about your new love makes your heart flutter?
10. What is the intimacy like?
11. How does this person show they love you?
12. What are their flaws?
13. What are their goals in life?
14. How spiritual are they and what are their spiritual beliefs like?
15. How do they handle you at your worst?
16. When are they agreeable and when are they stubborn?
17. What things does your ideal love partner do to be thoughtful of you and others?
18. Describe some traditional values you would enjoy in a new relationship.
19. Describe some alternative or unusual values you would appreciate.
20. In what ways do you express love?
21. What do you want to give of yourself to your true love?
22. What does your ideal partner love most about you?
23. How affectionate are they?
24. How are they with money?
25. What are their family dynamics like?
26. Describe their friendships and social skills.
27. What is your ideal love partner good at?
28. What work might they do?
29. What do they dislike?
30. Describe the hobbies and habits of your ideal partner.
31. How do the two of you work as a team?
32. What are your views on marriage? Divorce? Children?
33. Describe the top qualities of your past love partners.
34. What were the biggest problems in your last relationship?
35. Write about the best aspects of your prior relationships.
36. Do you believe in true love, or do you have any doubts? If so, explore those.
37. What do you think has been holding you back from manifesting true love thus far?
38. Write about any past trauma you suspect might be affecting your love life.
39. What are you improving within yourself to attract true love?
40. How can you love and accept yourself more?
41. How can you be the best version of yourself?
42. Is there anything about love that you want to understand better?
43. How does manifesting your ideal love relationship improve your life?
44. What will your wedding be like?
45. What will your honeymoon be like?
46. Where do you see you and your ideal love in the future?
47. Where will you go together and what life will you build together?
48. Visualize and describe the face of who you are manifesting.
49. How can you release urgency, neediness, or other emotions that block the manifestation of love?
50. How can you fully relax and trust in finding true love?