



**EXTRAORDINARY LOVE  
INTENSIVE**

*Participant Workbook*

## *My Intention for this Weekend*



*What breakthrough am I committed to creating for myself this weekend?*



*Why is this breakthrough important for me to create NOW?*



*What difference will this make in my life and, specifically, my love life?*

*The Dysfunctional Patterns that are currently negatively impacting my Life are...*

1. *Dysfunctional Pattern -*

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*Impact it is having on my life -*

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2. *Dysfunctional Pattern -*

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*Impact it is having on my life -*

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3. *Dysfunctional Pattern -*

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*Impact it is having on my life -*

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*Circle the one that is most negatively impacting your Love Life and complete the following sentence:*

*“The Dysfunctional Pattern that is most impacting my Love Life right now is*

*-----, and  
the impact it is having on my Love Life is -----*

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## *Day 1 Assignments*

### ASSIGNMENT 1:

Share honestly and vulnerably with someone in your life the intention that you have created for yourself this weekend as you participate in the Extraordinary Love Intensive. Share with them what you have already accomplished by being here on Day 1.

### ASSIGNMENT 2:

Write a letter to someone that you have run a Dysfunctional Pattern on. Share with them what you discovered today about what created the Dysfunctional Pattern and the need you were trying to fill. Be willing to acknowledge the impact this may have had on them. Share with them the new Empowering Pattern you created today and what this now makes possible for you. Be willing to listen to what they may want to share about their experience of the Dysfunctional Pattern and what they now see is possible.

### ASSIGNMENT 3:

Which of the Irresistible Essences below will most enable you to become an Irresistible Woman that can easily attract a High-Quality Man who is a match for who you are, what you value and what you want to experience in the relationship of your dreams?

What difference will this make in your relationship with yourself too?

- ♥ Magnetic vs. Controlling
- ♥ Alluring vs. Forceful
- ♥ Gracious vs. Entitled
- ♥ Inspiring vs. Demanding
- ♥ Confident vs. Arrogant
- ♥ Authentic vs. Pretentious
- ♥ LOVE-able vs. Shut down

### ASSIGNMENT 4:

Send in the burning question you'd like our husbands Arnie & Ric, two high-quality men, to answer about men, dating, relationships, commitment, and sex during a special "Real Talk with Real Men Session". Email your questions to [clarissa@heartdesireintl.com](mailto:clarissa@heartdesireintl.com).

## Day 2 Assignment

### ASSIGNMENT 1:

Look back on through your life - your childhood and see if you can recall an event for **your childhood, your teenage years, and your adult life** where you made a decision that is currently negatively impacting your Love Life and is limiting your ability to create your Extraordinary Relationship. See if you can uncover **who you decided you had to be/couldn't be and what you decided you had to do/couldn't do**, and **what you decided you would always have or could never have**.

### ASSIGNMENT 2:

Share honestly and vulnerably with someone in your life something you are choosing to let go of that has been blocking you from creating your Extraordinary Love. Share with them the difference that being at the Extraordinary Love Intensive is already making for you.

### ASSIGNMENT 3:

Write a letter to someone that you have not forgiven or have regrets regarding how the relationship is or isn't. Share with them what you discovered today about the decision you made and the impact this decision has had on you and your relationship with them. Be willing to take responsibility for the role that you have played in this. Share with them what you now see is possible for you and the relationship. If there is anything to apologize for, offer an apology.

### ASSIGNMENT 4:

If the Love Twins could answer any question for you or provide coaching on any topic that is currently negatively impacting your relationship to yourself or your Love Life, what would it be? If you would like it to be answered during tomorrow's Love Chat with the Love Twins, send it to [Clarissa@heartdesireintl.com](mailto:Clarissa@heartdesireintl.com).

## Day 3 Assignments

### ASSIGNMENT 1:

Create a 2-minute (max) video and share it in the Heart's Desire Sister's Circle Facebook Group (this is a private group). On the video share the biggest breakthrough you created for yourself through your participating in this event and the difference that it will make in your life and Love Life moving forward.

The most authentic, vulnerable, and inspiring video will win a \$50 Gift Card to the Heart's Desire Swag Shop!

[Click HERE to go to the Heart's Desire Sister's Circle Facebook Group](#)

### ASSIGNMENT 2:

Complete your [Evaluation Form HERE](#) by midnight Eastern Time today. Your feedback matters to us!

