

Live *WE* Fully



GROUND ZERO  
Physical Attraction  
& Trust

LOVE ASSIGNMENT (L.A.)

# PHYSICAL ATTRACTION & TRUST

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In our experience, if we feel unattractive ourselves than we will automatically shut down this area of our lives.

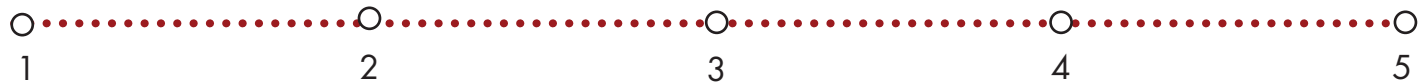
We will be focusing on you individually increasing your level of physical attraction for you.

So on a scale of 1-5 how physically attractive do you consider yourself? With 1 being not attractive at all and 5 being very attractive



How do you feel about your overall body image?

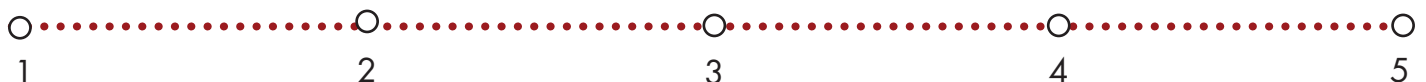
1 being very poor, 5 being you love your body as is...



Do you feel you are making overall good choices that are in support of your body and the way you like it to look?



Are you exercising in alignment with your physical needs?



# PHYSICAL ATTRACTION & TRUST

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Do you feel your external presentation reflects a high level of physical attraction? This includes your hair, your clothes, your makeup if you are a woman.



Now look at your overall scores from this section.

Any that are 4 or 5?

*Congrats!*

Celebrate.

Are there any that are 1 or 2?

List them here:

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What excuses are you using that stop you from allowing yourself to make positive choices in the area(s) above?

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# PHYSICAL ATTRACTION & TRUST

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What ONE thing would you like to do/commit to that will enhance your idea of your own overall physical attraction?

Examples: Get a blowout, manicure, pedicure, starting walking, take a Karate class, have a green smoothie in the am, do 50 sit-ups as soon as you wake up.

It can be anything remember this must be for YOU. Please do not tell your partner what you would like them to do, this is about you honoring something that feels good to you.

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Now you and your partner will be doing a very beautiful process together to enhance your confidence with your own attractiveness.

# PHYSICAL ATTRACTION & TRUST

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Separately, make a list of 10 things you find attractive about your partner. Include as much detail as possible.

## FOR EXAMPLE:

- I love when you dance silly in the kitchen, I find you so cute and funny, it actually turns me on.
- When you play with the boys and you are all laughing, I see the amazing father you are and it turns me on.
- I love the dark moles on your face, you look so GQ.
- Your dark hair is so sexy.

See how you can include more than just the physical appearance alone. You can be very specific. Sometimes your partner may do things that make them even more physically attractive to you...share them.

**Write down 10 things you find physically attractive about your partner.**

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