

SEEN & DESIRED WORKBOOK

SECTION ONE: BE SINGLE

“To be single is to be one. To be nowhere else but here. To be present. To be alive. To not go to the past. To not be in the future. It is simply to be here.”

1. Are You Without a Partner or Are You Unavailable to Partner?

I don't have a partner because:

I may be unavailable in these ways:

2. In What Ways Are You Currently Available?

I am currently available to love and partnership in these ways:

I can grow in my availability by doing the following:

3. What Biases Impact Your Availability?

Biases that might block my availability include:

Where did these biases come from, and which am I willing to begin questioning?

4. Relational State: How Do You Show Up?

Do you engage in the world like someone who is single, married, or taken?

Based on what I know about myself, I engage relationally as:

- ☐ Single
- ☐ Taken
- ☐ Married (emotionally, energetically, or behaviourally)
- ☐ Other: _____

5. Mirror Check: How Do Others Experience You?

Ask five people who know you well: “If you didn’t know me personally, based solely on my presence and vibe, would you assume I was single or married?”

Use this table to record your responses:

Person	Their Answer (Single or Married)	One Thing They Said That Stood Out

Optional: Post this as a poll on your WhatsApp status or Instagram story. Collect responses.

6. Are You One With Yourself?

When I’m by myself, I am:

When I’m with others, I tend to:

Three areas where I could be more one (authentic, aligned, whole):

1.
2.
3

7. Are You Reserving Your Best Self?

Where are you waiting for a relationship to bring out your best self?

What is one thing you can start doing now as though you’re already deeply loved?

SECTION TWO: BE VISIBLE – Without Thirsting

“To be visible is not to thirst. It is to allow yourself to be seen — but not to beg to be picked.”

8. Is There Alignment Between Your Content, Container, and Community?

Definitions:

- **Content** = your essence, gifts, voice, values
- **Container** = your lifestyle, body language, presentation
- **Community** = who is interacting with you (online and offline)

Do all three feel like they belong together?

☐ Yes

☐ No

☐ Sometimes

Where is there misalignment or a gap?

What might be causing that gap?

How can I begin bringing all three into better harmony?

SECTION THREE: BE DESIRABLE — From Presence to Magnetism

“To be desirable is not just to be wanted, but to be known, enjoyed, and chosen in your truth.”

1. Are You Genuinely Desirable or Simply Available?

Sometimes what people respond to isn't our deepest truth — it's our proximity, convenience, or silence. If you're constantly in an environment that doesn't allow you to be your truest self, then your desirability is being reduced to availability.

To the people around me, I am:

- ☐ Desirable
- ☐ Available
- ☐ I'm not sure — I need to find out

To the people I'm choosing, they are:

- ☐ Desirable
- ☐ Available
- ☐ I'm not sure — I need to reflect on this

What makes me feel like I'm being chosen because I'm available, not desired:

2. What Need Does My Desirability Meet?

What does my presence or partnership offer to someone else?

Think beyond physical or superficial traits — consider emotional, spiritual, relational, or lifestyle contributions.

The needs I meet through my desirability include:

The problems I solve or ease for someone else include:

3. What Are Your Selling Points?

Without shame or false modesty, list up to 10 specific things you bring to a relationship, friendship, or partnership. These are your relational assets — your strengths, offerings, and standout qualities.

#	My Relational Selling Points
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

4. Identify 5 “Miracle Places” for Authentic Connection

These are physical or digital spaces where you can:

- Meet people aligned with your values
- Be fully yourself without fear
- Feel visible, secure, open, and engaged
- Experience real emotional and intellectual thirst-quenching

My 5 Miracle Places Include:

#	Space or Environment
1	
2	
3	
4	
5	