

Capture His Heart: And Make Him Love You Forever 2.0

Part Three, Module 1: Worksheet

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Capture His Heart: Section One, Module 3 Worksheet

Sorting out the men

I've already put this in the content we just covered, but here's a worksheet form you can use to get down on paper what you need to get started with.

Make a list of all the guys you have dated in the past.

Now, under each one's name, write three things:

1. **A few words about what initially attracted you to him**
2. **A few words about what you ended up really liking about him**
3. **A few words about what broke the deal for you (if applicable)**

Really, only a few words! Just enough to jog your memory. Once you have your list, you'll be ready to move ahead to the next section.

97 things to find joy in

You know already that a woman who is radiantly happy is the kind of woman every healthy, soul-beautiful man wants.

For that matter, even men who are emotionally UNhealthy want a radiantly happy woman. . . Which of course means you have to be choosy about the guys you date. We'll be talking more about that more in the next few sections of *Capture His Heart*.

Meanwhile, how can you build more happiness into your heart, soul, and life? The first and best way is also a somewhat counter-intuitive way, and it's to be grateful. To look around you and **get to be a PRO at finding the beautiful things and marking them for special consideration.**

Two pleasurable resources for you

Definitely check out the beautiful book by Barbara Ann Kipfer, *14,000 Things to Be Happy About* – it will give you fresh lightness of heart every time you look inside.

You might also like Gretchen Rubin's *The Happiness Project*.

The joy list

Meanwhile, I've written up a little list of my own, and I invite you to take a minute to draw some pleasure out of it, and even add your own ideas...

1. Finding a great bargain in a thrift shop
2. The smell of incense in an ancient temple
3. Picking a pumpkin out of a field
4. Funny dog costumes
5. Warming your backside at a bonfire
6. Suddenly seeing the first daffodils of spring
7. Skipping stones on a still lake
8. Puppies who wag with their whole bodies
9. The sound of a gentle ocean surf
10. Clothes fresh and warm from the dryer
11. Driving on a smooth, clean, newly paved road
12. The quilt your grandmother made
13. Walking through crunchy leaves
14. Rain on a tin roof
15. Summertime naps with the windows open

16. Secret messages
17. Finding forgotten money in your jeans pocket
18. Drinking from a canning jar
19. Thunderstorms and hot tea
20. Slowing down to let a mama duck lead her babies across the road
21. Taking your hair out of a tight bun or updo
22. Sharing a warm cupcake with a friend
23. Singing in the car to your favorite songs
24. Sending a leaf "boat" down a slow river current
25. Buying lemonade from a child in front of a lemonade stand
26. Snuggling under a fluffy duvet with lots of pillows
27. Ribbons
28. Looking for 4-leaf clovers in the sunshine
29. Watching baby animals nurse
30. Footie pajamas
31. Flowers still growing in an abandoned garden
32. The smell of bread baking
33. Rolling down a grassy hill like a kid
34. Running your first 5k
35. Line-dried laundry
36. Doodling in the margins
37. Silk kimonos
38. A picnic basket full of sandwiches
39. Sandals that are warm from sitting in the sun

40. Sweeping the leaves off your porch on a fall day
41. Getting caught up in a flashmob dance
42. The smell of butter and onions frying
43. Climbing up a fire escape to the roof
44. The cat asleep on your laundry
45. Filling the bird feeder with fresh seed
46. Brightly-colored umbrellas
47. Hot coffee in tall silver urns
48. The cool mustiness of an old root cellar
49. Showing your friends a magic trick you can do
50. Buying tulips at the farmer's market
51. A freshly-organized closet, cabinet, or drawer
52. Men in kilts
53. A worn-out paperback to read at the beach
54. Having a watermelon seed spitting contest
55. Watching pelicans fish off the pier
56. Lick-and-stick tattoos
57. A Mason jar of honey with honeycomb in it
58. Freshly-sharpened pencils
59. Getting a handwritten letter in the mail
60. The hypnotic rhythm of windshield wipers
61. Walking along an abandoned railroad track
62. A tomato sandwich with fresh, sun-warm tomato
63. The secret cave under a willow tree's branches

64. Old-fashioned soda fountains in drugstores
65. A big city all lit up at night
66. Reading your horoscope and thinking, "Yesss!"
67. Making tiny pizzas on English muffins
68. Walking in mist
69. Goofy knock-knock jokes
70. Cast-iron skillet
71. Moats around castles
72. Writing messages in a fresh snowfall
73. Baths so long they leave your fingers shriveled
74. Porcupines in love
75. Setting a table outdoors
76. A brand-new journal or blank book
77. Picking fruit in an orchard
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97. _____

I bet that once you get started on the list yourself, you'll find yourself randomly adding to it throughout the day. Not a bad way to start building an "attitude of gratitude," and attending to the care and feeding of your soul.

And here's one last thought for you. . .

Does the number "97" make you want at least three more for your list, to make it an even 100? Then ask a friend what brings them joy, and get them started, too!