EXPECTATIONS

Describe the manual you have for your person of focus.
What are your expectations of that person?
What do you most want that person to do, and why?
Let yourself go to a perfect world where that person does exactly what you want them to do and when you want it. Be specific, and allow yourself to be outrageous.

What you would be thinking and feeling if that person did all these things perfectly? Notice that you can think and feel these things anyway.