

Find Your True Love

10 Simple Steps

**to Getting the LOVE You Want
...and Deserve!**



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TRUE Love

Isn't that really what we're all looking for? We want so much to experience love in our lives, the real thing, with *The One*, and it seems so elusive. We read everything we can on the subject; we talk to our friends who've mysteriously seemed to find it for themselves. We determine that we are going to find it, too. Somehow. Someway. And then we begin our search - high and low. We go to all the right places. We act in all the right ways. We wear all the right clothes; carefully put together just the right look. And then we go out and wait for it to happen. Wait for our paths to cross. And for some of us, it might happen like that. But more often than not, it doesn't quite go the way it's supposed to, and we end up in yet another disappointing relationship that is far from the love we want ... and deserve.

Sometimes, we try to make it work. Either because we're tired of being alone and we think this is as good as it's going to get, or because we fall for this person who isn't reciprocating in the same way, and we end up trying to be all that so he'll come around. Neither gives us the type of love we're looking for. But we keep at it, repeating the process over and over again until, one day, a light comes on for us and we realize it doesn't have to be this complicated. Really. We're making it much more than it is.

Does any of this sound familiar? Good, because you're *so* not alone. It took me a very long time to finally get that anything that was as complicated a process as I was making it just wasn't right for me. It's time to throw out everything you've been doing that isn't working, everything you've been trying that's got you overthinking and second-guessing your every move and making you feel like it's *never* going to happen for you, and get on with the real thing.

So come along with me and we'll start our journey with these Ten Simple Steps to Getting the LOVE You Want...and Deserve. It's you and me - a new day, a new dream, a new start, and it all begins right now with Step #1...



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Stop Trying So Hard

This is NOT how it's supposed to feel.

It's not supposed to be this hard. Really, it's not. All the things you're doing to increase your chances of finding him - *The One*. All the overthinking. The second-guessing. The desperate calls to your best girlfriends, maybe even your mother. Should I or shouldn't I? Do I or don't I? It sounds all too familiar, doesn't it? Well, you're not alone. But all this planning, thinking, prepping, and basically *trying so hard* isn't the way it's done. Every little thing you do or say isn't being recorded and judged and analyzed to determine just how worthy you are to receive the grand prize of true love. It just doesn't work that way.

There is no contest, no prize, no competition where the one who tries the hardest wins. This is real life, and real love. And it's not about you trying so hard that you don't even know who you are anymore because you're out there being whoever and whatever you're *supposed* to be in order to land that man. Forget the catchy magazine article titles, forget all the *rules*. Those might be what sell in some markets, but this is about you! Your life! Your love! And about you finally getting it right and getting the love you want... and



It doesn't need to be this hard.

deserve. Because think about it, how many times have you been down this road? How many times have you been doing the same things over and over again, meeting the same types of guys, or not meeting them at all, expecting things to be different the next time? It's just not working, but we're so programmed to think we have to *do* something that we keep *doing* the same things over and over again. And then we wonder why we're heartbroken again, alone again, left out again in this elusive search for love that never seems to end in our favor.

But what if all this doing, all this trying to make it happen, trying to find the love of our lives, trying to meet Mr. Right and finally get it right and start living our happily ever after – what if that’s actually what’s *keeping it* from happening? What if we turn the tables and really believe that it’s our birthright to attract true love and the person who’s right for us into our lives? That we’re worth it. Just because we exist, just because of who we are. And we deserve nothing less. What would that do to the recordings we subconsciously play in our minds that have us trying and doing and all the other crazy things we do to try to bring this type of love into our lives?

If we truly believe that we are enough, more than enough, just by being who we are - if we truly get that, than there is nothing to try. There is nothing to perform, nothing to manipulate, nothing to pretend. There is nothing to compete for and nothing to prove to anyone. There is only the beautiful person of you and who you really are deep down inside your heart of hearts. There is just being you - the real you. The healthy, strong person who is worth all the love another healthy, strong person has to offer you. And nothing less. For either of you. That’s what true love is all about. It doesn’t usually happen overnight. And it doesn’t happen one moment before either of you are ready for each other. But it does happen. And all the trying in the world to make it happen won’t make it happen any quicker than by you just being yourself – in fact, it will slow things down.

The only reason we all try so hard in the first place is because we don’t truly believe in ourselves. We must begin to catch a glimpse of who we really are, the goddess within us that we see on the occasions when we remember that we don’t need a script, or a performance.

We so often forget that we don't have to do anything; it's not in the doing that we attract that special person into our lives. It's in the living. The living of our own lives, following our own passions, while we quietly, calmly and confidently allow love to enter.

We just need to be true to ourselves, and let life happen. Follow our hearts, live our lives, pursue the things that interest us. Keep living the life we were made for, full of everything near and dear to us. There’s no room for trying so hard in that kind of living.

So let’s take a step back, breathe and relax a little. Or a lot, for some of us. Isn’t that so much better? There. Feel what that’s like. Because that’s how it’s supposed to feel. Without the trying so hard. All that energy. All that thinking. Feel the difference? And that’s how we know we’re in the right place. The right state of mind for the journey. Do you get that? Good, because now we’re ready to find ourselves. That person we keep talking about who’s been trying so hard to get it right, and ending up in the same place every time. Come along to Step #2 with me and let’s go find out who *she really is...*



Know Thyself

Who am I?

When I look back at some of my toughest single days – the days when I really questioned whether I was *ever* going to get it right in the relationship department, I realize that so much of the heartbreak and fear of abandonment that I felt stemmed from not really knowing who I was. Oh, I thought I did. But I didn't understand that in order to connect with another person in a real relationship, you have to first connect with yourself, to understand who you really are, what makes you tick, what you're all about, and all things related. Not just who you've been brought up to be. Not who your parents *told you* you were by the things they said and the way they treated you. Not who your friends and past boyfriends *tell you* you are by the ways they treat you. Not who your coworkers and bosses *tell you* you are by the way they interact with you and judge you.

All of these outside sources, people close to us but still completely outside of ourselves that we often don't consciously think about, tell us about ourselves by the way they treat us. It begins early on with our parents, and gradually expands to include all the people we've come to interact with. Somewhere along the way we end up with a view of ourselves that reflects what other people see. Eventually we end up influenced so much by this treatment of us that we don't have a clue who we really are inside -without these people's opinions. Do you get that?

So let's do something about this. If you're like I was (and most of us are), I subconsciously became so focused on what other people thought of me that I didn't even know there was a me without another person validating me. So being alone was a really scary thing. And that's probably why I would choose to be in a relationship that wasn't going anywhere, wasn't in my best interest, because it was better to be in it than to be alone. Especially if I didn't believe there



Let's start finding the answers.

was someone better out there for me. And I didn't. So if you find yourself getting what I'm saying here, you can do something about it right now. Get to know yourself. Find out who you really are.

It begins by asking yourself some basic questions that you may not have thought about before. Like what do you like to do? Really like to do. So if your guy were to ask you, instead of saying, "whatever you want to do", what would you say if it didn't matter what he wanted? And then ask yourself what drives you, what excites you, what are you passionate about? What would you do if you could do anything? (Because you can!) Where would you go if you could go anywhere? (Because you can!) What would you be if you could be anything? (Because you can!) And here's the really important one ... would you be in the relationship you're in if you truly believed you were worthy of the real thing – real true love? What type of guy would you be with? And then describe him.

Because once you figure out who you really are, what you enjoy, and what you are passionate about - then - and only then - you can begin to understand what you're really looking for.

It matters. Because without a *you*, you're just a mirror of a *him*, and let me tell you, you're no mirror; you're it. You have worth and you matter and you have everything you need inside you just the way you are, just because you exist. And that's why getting clear on who that person is inside you is the first step to getting to *true love*. The real thing.

So now that we've discovered what we need to know to figure out what's next, come on over to the next Step, #3, where we really get going...



Go Where YOU Want to Go

Do what YOU want to do.

I'm guessing you've read all about the places you're supposed to go to meet men. Whether it's on the news, on the internet, in your favorite magazines or books; by now you can probably list the top ten places to go to meet men. I remember when I first heard that the grocery store was on that top ten list of my time; what did I do? I headed for the grocery store. During the hours of 7-9pm. Because that was when *they* (whoever that particular *they* authority happened to be at the time) said was the most likely time to meet other singles in grocery stores. And then the stores must have heard about it, too, because some of those stores jumped on the bandwagon



Take that vacation you've been dreaming of

and started hosting singles nights. At the grocery store. Because after all, isn't that what it's all about? Being in the right place to meet your soul mate?

Well, yes and no. On the one hand, there are certain places that are known to have more of a ratio of singles, places that attract single men. Like sports bars, hockey games, baseball games, football games; many of the stereotypical places where men tend to gather with their buddies to grab a few drinks while cheering on their favorite teams. That kind of

stuff. And if you go to them, chances are you *will* meet more single guys than say, if you went to the book club meeting at your local book store, or the place where you get your nails done.

But the equally important point to be made here is that if you can't stand sports, if you'd rather do anything else than watch a game and don't know anything about it, nor do you care to know anything about it, chances are that going to a game to meet a guy is not going to land you the guy who's right for you. Do you get that? So if you have an interest in these places where the guys are hanging out, then by all means, go there and have fun in the process. But if you're only going to look for your future husband, then maybe it's not the best place for you to meet him. The one

who's going to be compatible with you. Because if he's there, he's usually pretty interested in what he's going there for – the game. And that means he might just want to have an intelligent conversation about said game. With you. And that means you might need to know something about it, too, so you can have that conversation with him. Make sense? Good.

Now that we're clear on that part, let's get to the other part. The part that says that even though there are some places where you're more likely to find a lot of single men, the best place for you to meet the guy who's right for you is probably somewhere where you'd like to go, too. Like the places that have things that hold your interest. So if you're into art, then an art show might be the place to meet the kind of guy who's more likely to be compatible with you. Regardless of how many single guys are statistically and historically noted to attend art shows. Or maybe you're into some environmental cause that includes you getting involved with some activist groups where you might be more likely to find a guy who shares similar interests. Or maybe you love to dance and are taking dance classes where you might find a partner who likes to dance, too. Or maybe you volunteer as a Big Sister because you want to help children and you end up meeting someone who's a Big Brother at a fundraiser because you both share the common interest of helping children.

If you're doing what you want to do, and you don't come any closer to meeting the man of your dreams, so what? You're still having a great time doing what you enjoy, and you're spending time following your own interests, your own passions, your own heart. And by doing that you're building your own life. Only when we have our own life are we able to have a healthy relationship with someone else.

Are you getting what I'm trying to say here? It's fine to be going where the single guys are, but make sure you're going to places that *you're* interested in going to, too. And if they happen to be the same places, great. If they're not the typical places to meet single guys but they're places *you* love to go to that interest you, that's even better. Because chances are, those are the places where you'll meet someone who's a keeper; read: someone who shares your interests and gets the things that you get. Because regardless of how much the numbers might be in your favor hanging out at the stereotypical guys places, what you really care about is finding the guy who's right for you, not just *a single guy*. And chances are *your guy* will be somewhere where *you'd* like to be, too.

And while you're waiting for him to show up, let's talk about what you can be doing while you're hanging out at the places *you* like to go - it's all in Step #4...

4

Talk to Strangers

All kinds.

I know. Most of us were taught not to talk to strangers. OK, I'm not talking about the really creepy strangers – the ones that make you fear for your life (you know who they are) – let's go ahead and continue to steer clear of those. I'm talking about the old guy who lives in the apartment across the way. Or the very chatty cashier we usually steer clear of and choose the other line. Or the person sitting next to us on the airplane that doesn't seem like someone we'd be interested in talking to, so we quickly pick up a magazine to send the message that we don't want to chat. Any of these sound familiar? People we're really not interested in talking to and have no interest in expending any energy engaging with. But I'm here to tell you that you should talk to them. Why? One word – *practice*. OK, two words – *practice* and *networking*.

Just like the star athlete who wouldn't dream of heading into the big game without practicing like crazy beforehand, you need to practice your conversation skills before you find yourself face to face with the man of your dreams, stammering and looking down at the floor because of the awkward silence. The more you talk to people – any people – the better you'll be at making conversation and the more comfortable you'll be at striking up a conversation with anyone, anywhere. Don't be afraid of small talk – in fact, you should embrace it.

So next time you're out at the farmer's market, or the

dog park, or on a plane flying to your cousin's wedding across the country, go ahead and strike up a conversation with someone that you wouldn't normally think of talking to. Not a natural conversationalist? There are a few simple rules of thumb that can go a long way: Start off with a comment about something in the surroundings (I just love this



Make a point to break out of your comfort zone and talk with people you wouldn't normally.

dog park – it's so spacious), followed up by an open-ended question (your dog is beautiful – what made you decide on that breed?). This will usually break the ice. The next rule of thumb is to ask the person about themselves (without being too invasive) – people love to talk about themselves – what they do, what their hobbies are, etc. Sooner or later you're bound to find out that you have something in common. On the rare occasion that you don't find out you have anything in common – well, you just politely excuse yourself (looks like I better get *Bootsy* some water), and you move on, with a little more practice under your belt and certainly no harm done. If you feel you need to brush up on your conversational skills, there are many [good books](#) out there on the subject – it will be time well spent to read one or two.

Now let's talk networking - don't be so quick to judge what might lead to love. What if that old guy across the hall has a grandson who just happens to visit his granddad sometime and turns out to be just the guy you've been looking for? And what if that cashier happens to know of a special event she's heard about that suits your interests and you go there and find just the guy you've been hoping to run into? And what if that person sitting next to you on the airplane just happens to be picked up by her brother at baggage claim who is exactly the type of guy you're been hoping to meet? Sound unlikely? It's not; in fact it's just plain old statistics – the more interactions with other people you have, and the more diverse those interactions are, the more people you will meet. And the more people you meet, the greater your chances are of meeting *that special someone*.

Whether or not people who come across your path hold the secret to finding the guy who's right for you, what they can most definitely do is give you the chance to practice having conversations with all different types of people – not just the ones in your comfort zone.

Do you follow me here? One of the things I learned along the way is that you never know who knows who. And the other thing I learned is that all that talking I did helped me to expand my comfort level with talking to all different types of people so that I was in my comfort zone whenever I was in a social situation. Regardless of what was in it for me.

Like the time I volunteered for a fundraising telethon at my favorite non-profit radio station. There I was with a whole lot of older women. And a couple of really old men. I talked to them all, and got to know them pretty well in that short time, well enough to get an invitation to join one of them for dinner with her daughter and *single* son – who just happened to be around my age. Well, he didn't turn out to be the one for me, but I did meet him and you never know what the same scenario might have been for someone else in my shoes. I've heard many stories of introductions just like those that turned out to be the real thing.

So when you're having these terrific conversations with your newly found friends, and doors start opening, keep in mind Step #5...



Keep an Open Mind

Don't be too quick to turn down an invitation.

So what happens when your new friend from the *Save the Gophers* call center asks you if you want to join her for some country-western line dancing this weekend? You think to yourself, *I'm not a country-western girl*. Well, are you sure? This is where it gets a little tricky – I mean, if you've tried the country-western thing, and you just can't stand that music, or the cowboy hats, or whatever, then by all means be true to yourself and politely decline (but maybe recommend something different). But if you've never really given country music a chance, and hey, you know, you do like dancing – well then, what the heck – give it a try. You might just find out that you love it. And that the only reason you never tried it before is because you remember that popular girl from high school making fun of the country-western people. This all goes back to Step #2 (Know Thyself) – you have to realize when you're basing decisions on what you truly feel, or on your past programming or cultural conditioning. It's tough at first, but once you get the hang of it, you'll be trying all kinds of things you never dreamed you'd be doing.



Unless you've already tried it and know for sure it's not for you, why not give it a try? You might just find something (or someone) you love.

come out with them dancing and you've already decided you were in for the night with a good book and a warm bath, ask yourself if it might not be a little bit of fun to join them (did I

The other thing to remember is that sometimes you need to get yourself up off of the couch and do things. See, here's the thing - as much as there may be times when you don't want to go somewhere or do something, the fact of the matter is that you just never know *when* your true love is going to show up. Or how. Or where. But I can say with some certainty that it won't be while you're on your couch in your pajamas reading your favorite book (I love doing that too, but save it for those times when there's really nothing else going on). If your coworkers try to persuade you to

mention *exactly* how I met my soul mate? Well, that will have to be a story for another time, but I can say it fits this scenario very closely).

It's a balance - keeping an open mind while respecting your own preferences and interests. Because you really never know where an invitation will take you, but at the same time, you want to be smart about what you choose, and make sure that it's something that you are (or may be) truly interested in for yourself.

And just know that if you miss him this time for whatever reason, it's nothing to worry about. If the two of you are supposed to meet, then there will be another time down the road when your paths will cross. That's the way fate, or God, or the universe, or whatever you happen to believe in, works. There's no fear or punishment for going or not going. There's only love there. For you. And him. If it's meant to be it will be. It's not a big deal if you don't meet him this time. There will be another time when it's meant to be. And yes, it happens all the time.

And just like my own story where I met my husband twice - a year and a half apart - it's all about being ready for each other. So just because you meet him doesn't mean it's the right time for both of you. It might be down the road. But when we keep an open mind, we generally find there are more doors open to us and we have an easier time listening to our instincts, knowing that we're not set on how it all goes. It's a lot easier looking out through eyes of love, than eyes of fear.

Which brings us to our next Step, #6, with an important reminder while we're here on this journey...



Be Healthy

And know what that means for you.

OK, so we all know the importance of being healthy. Of having a healthy lifestyle. But beyond all the fancy clichés and trendy phrases, do we really understand what that means *for us*? Do we truly get what that actually looks like *in real life*? *Our* real lives? If we think of being healthy as being more of an attitude than a list of things we do, it helps us to understand the important role this step plays in getting to true love.

The key is that being healthy is about *you*, not about *him*. It's what we do for *ourselves*, to keep us feeling our best inside and out. With the motivation that it's in taking care of ourselves like we deserve to be taken care of, that we remember each day that we are worthy, we are beautiful, we are deserving of only the best life has to offer.

Think about you on your best day. You're feeling fresh, renewed, alive. You've had a good night's sleep. You've woken up feeling refreshed

on organic cotton sheets (you can even get these pesticide-free luxuries cheap at Target these days), you've brushed your teeth, washed your face, and drank a big glass of clean, pure mineral water. You've eaten a healthy, nourishing breakfast. You've stretched, maybe meditated, maybe worked out or done some yoga or went for a run with your eager four-legged friend. Your body feels good. You've had a shower, put on clothes you feel good about wearing, you've put on your toxin-free makeup, brushed your shiny hair into a style that matches your personality, and put on shoes that are comfortable and stylish that reflect your very own savvy sense of fashion. Are you following me here? Good, then you're getting that all these little details are combining into the bigger picture that makes up your attitude. Your philosophy. Your feeling of healthy living. The feeling of health that leaves you ready to face the world, to get out there and live the life of *your* making. The life that you, and only you, were meant to live.



Find the healthy lifestyle that fits you best...and then live it.

That's the kind of healthy living we're talking about here. And it will look different for everyone, because that's the point here. Being healthy means having your own life. And not just sometimes. Every single day of your life. Taking care of you, yes, *you*, every day. In a *real*, authentic way that exudes from you the message that you know you have worth, you know you're deserving of the best life has to offer, you know your place in the world and you know you've got what it takes to attract all that and more into your life. That's what it means to be healthy.

It's not about the picture of what the mainstream media want us to believe healthy looks like. It's not about those trendy designer clothes you can't afford. It's not about all the *stuff* that we often think makes us *appear* healthy. It's about you realizing and getting that you're at your healthiest when you're *you*, taking care of the beautiful you that you are! It's about feeling good – both physically and mentally. It's about having the energy to pursue your interests and passions. It's about waking up in the morning enthusiastic, energetic, and *happy*.

So yes, stop smoking because it's not healthy to put something in your body that will hurt you. But don't do it because you've been told you should quit – do it for *you* because you're worth so much more than that and you deserve to have a healthy drug-free body. And cut back on the excess alcohol and caffeine since your body deserves better than that, too. Cut out the junk food, excess sugar and processed foods and switch to healthy fruits and vegetables and nuts and seeds from the fertile, organic soil that will nourish that beautiful body of yours and give your skin a glow that's irresistible. You know what you need to do for you. It's about you, beautiful one, and what makes you feel your best - not about what anyone else says you *should* do.

When we're unhealthy, we attract unhealthy people into our lives. When we're healthy, both physically and mentally, we attract healthy people into our lives. Only when we're healthy ourselves can we have a healthy relationship with another person.

It's finding out what healthy means to you, for your individual body, both inside and out that makes you feel the best you can; your most beautiful and sexy self. Because what we're really talking about here is your self-esteem, your feelings of worth, how deserving you are of only the best both inside and out of your *you*. All of the details are not nearly as significant as your overall understanding that you deserve to be treated in a way that takes care of you, so that when you look in the mirror, you see the genuine you. The you who deserves only the truest love, the best love life has to offer.

And just in case you might still have any doubts about who that person really is or what she really can do (read: why you're such an amazing catch that deserves nothing less than a wonderful guy) let's head on over to Step #7 and see if we can catch a better glimpse of her ...



Release the YOU You Never Knew

Find and get to know your inner diva.

I've got some breaking news: you don't need a man to define your life! You don't need a man to have a world to fit into. You don't need a guy to feel like you can start living. In fact, it's the opposite – your life is exactly that – *yours*. Men (at least the healthy ones) like women who have their own life. If a man wants a woman who's going to devote their entire being to him, and cater to his every whim, then he's got his own issues and we don't want to go there anyway.

Your life is what you choose to make of it. You can keep waiting and hoping for the right guy to hurry up and come along and rescue you from your current life because you think it's easier to be in someone else's ready-made life than make one of your own. But the price you pay for that is your self-esteem, your worth, your confidence, your *you*. Because you can do it, too! Did someone forget to tell you that you can be anything you want to be? You can! You can do anything, be anything, and achieve anything, if you *believe* in yourself that you can.

Hear me on this one. The only reason that you can't do something is because you don't believe you can! Do you get that? Deep down inside of you, if there's that inner voice telling you you're no good, you're going to fail, you can't do this, *who do you think you are?*, then you're not going to be able to do it and you probably *are* going to fail. But if you can find that little girl deep within you who once upon a time truly believed she could do anything - *and I mean anything* - she wanted to do, before she was told either indirectly or directly that it wasn't ok for her to do this, it's not ok to do that, that isn't ladylike, isn't feminine, isn't attractive, isn't girly, isn't appropriate - whatever messages she got, then you're on your way to getting it right.



It's time to spread your wings and learn to fly.

You are the only one who can set the record straight: that she *can* follow her dreams and become whatever she wants to and dream those out of reach dreams, and reach for the stars and catch them, and make that dream come true *herself* – yourself. Do you get that? You’ve been fed a string of lies - don’t even try, you’re too frail, too fragile, too beautiful, too whatever. Limiting, limiting, limiting. Stifling, stifling, stifling. But I’m here to tell you - you’re not that. That’s not you. That’s what they wanted you to be and pigeon holed you into it. If you know exactly what I mean, it’s because it happened to most of us. But it’s not true. We’ve bought into it because they were supposed to know better. And when we pleased them and lived our lives like this, they loved us so. And that felt so good. To be loved like that. So we lived like that to be loved like that and guess what, here we are doing it all over again.

The good news is that since we’ve been working through Steps number 1 through 6, this one’s basically a freebie – the confidence just starts building – in fact there’s no way to stop it. So far we’ve learned to relax and not try to be something we’re not; we’re getting to know ourselves, our interests and our passions; we’re doing what we love to do without listening to what others think we should be doing; we’ve broken out of our shells and are starting to talk to and meet all kinds of new people; we’re keeping an open mind and trying all sorts of new things, and we’re treating ourselves the way we know we want to be treated.

When we start doing these things, and really see the changes in our life, our happiness, and our whole being, our inner diva just emerges like a beautiful butterfly coming out of the cocoon she’s been in for so long. Let’s let her out to be free to try out these beautiful new wings she’s just discovered she has.

This is also a good time to remind ourselves of everything we’ve accomplished. Make a list of the amazing changes that you’ve seen so far – people you’ve met, things you’ve done, new feelings you’ve felt. It doesn’t matter how big or small – it could be as simple as “tried that new sushi place I’ve been wanting to go to” or “went for a horseback ride for the first time”, or anything else that you’ve done that you were previously waiting for the right guy to do it with. We’re not waiting anymore! Go ahead and put a few of your favorites on post-it notes and stick them to your bathroom mirror so you can remind yourself every morning of your progress. As new changes happen, change out the post-it notes (you can save the old ones in a notebook or scrapbook if you like).

Now that we’ve found out who we really are, and what’s really inside of us, we may just find out that what we’re really looking for isn’t what we thought we were looking for. Or, as we’ll see in Step #8, it may be something we’re surprised to discover about ourselves...



Understand What You're REALLY Looking For

Stop chasing what other people think you should want.

Now that we've gotten clear on who we really are, what interests us and where our passions lie, we're going to figure out what we're looking for in our *true love*. Mr. Right. The One. Our Soul Mate. Or whatever you prefer to call him. Because ladies, we are onto something! And the great news is that he's *not* the guys we've been dating. And why that's great news is that it hasn't worked out so far! Here we've felt like such a failure for not being able to make those relationships work when we've tried so hard, done all the work only to have them slip through our fingers (or leap over our heads). Can we finally see that they weren't the guys for us? They weren't meant to work, they weren't meant for us to be able to turn them around, make them come back to us, keep the relationship from ending - because they *weren't the ones for us!*

Do you see that? Can you feel the freedom and confidence that gives us to know that it wasn't our fault? That we weren't failures, there wasn't something wrong with us, we didn't just have to hold out a little longer for him to come around... that in reality it just wasn't the right relationship for either of us? And what would it do for our self-esteem if we could really *get* that if he did turn out to be the right guy, that it would all come around again in a different time when you were ready for him and he was ready for you? Oh, to have that kind of faith. That kind of belief system. It's true, but most of us don't get there until after the fact.



Do you see kids in your future? This is a biggie, since it brings in the question "Will he be a good father?"

But back to finding out that we're looking for in Mr. Right. Let's describe him. Let's forget about the guys we've been with, the guys we've always gone for, that type that we always seem to

fall for. Instead of going along with whoever is picking us, what if we picked him for a change? What if we could get so clear on what it is we're looking for in a guy that we actually decide if we're even interested in that guy who asks us out before automatically saying "yes" just because he chose us? What if we took a step back, thought about who this person is that's asking us out, and then decided if he was worth getting to know better before jumping in amid our inner sighs of relief that someone finally asked us out again! Wouldn't that feel so much more empowering? Wouldn't we actually feel like we have worth in our right? That we had some power? That we were *good enough* just the way we are?

So start making your lists. Make two columns. One for what you're looking for, and the other for what you're definitely *not* looking for – and won't compromise. Don't worry about what your friends or mother thinks. This is what *you* want, and nobody else has a say in it. Be totally honest – If you want a guy who's intelligent, go ahead and put that on there. If you know you want to have kids, put on the list that you're looking for a good father for your children. If you want a man who doesn't smoke, put that on the second list. Once you have your two lists, take the second one (the list of what you *don't* want), and turn each of those into a positive. For example, if you want someone who doesn't smoke, change that to be that you *want* someone who is health conscious. Then move it to the first list. On each of these, try to steer clear of physical attributes (blue eyes, tall-dark-handsome, etc.), as these can be unnecessarily limiting. When the doors start opening, remember Step #5 and keep an open mind.

Once you have your list completed then get clear. And confident. And strong in knowing that you are the only person who has a say in what you are looking for. This part is critical – the more clearly defined what you're looking for is, the better your chances will be.

Because it's in the getting clear, first of who you are, and then what you want to attract, that you find out what you're really looking for. Once you are totally clear on what you're looking for, you'll be amazed at how things start happening.

And that's the beauty of this - when you get this clear, you become more confident in your own right, you exude that confidence, and who you find you're attracting becomes reflected in that calm, beautiful confidence you authentically start exuding. Because that's the point. It has to be authentic. And don't worry, it will be. When you remember who you really are and that you, the *real you* underneath all the layers of what everyone else thinks you are, have worth simply by being you. And that's the kind of you that the guy that you're looking for is looking for, too.

And if we truly believe that, we'll get what is the only response to the all too familiar words we've gotten used to hearing in Step #9 below ...



Be Picky

Refuse to settle.

So here we are - we've figured out who we really are, we're confident, healthy, and we know exactly what we're looking for. Now we're ready to move on to what that looks like in real life – *your* real life. We have our clear definition of Mr. Right – we can picture him. Not necessarily what he looks like physically, but his qualities – he's caring, kind, gentle, romantic – he has all of those traits that we just listed out in Step #7. So what now. What do we do when that



Make sure he's what you're looking for – not what your friends, mother or the media tells you that you should want.

good looking guy that makes a lot of money asks us out and takes us to that romantic restaurant and starts sweeping us off our feet?

Well, this is where it gets tough – you have to ask yourself, does he match what I decided I was really looking for? You can't let yourself be blinded by the excitement of being pursued – stick to your guns and remember what you want. If you decided kids are definitely in your future, well is he going to be the good father that you're looking for when he's working 80 hour weeks to make all that money?

Probably not. And you definitely

don't want to go into it thinking he'll change – odds are very much against that. It's much more likely that there will be a lot of stress in the relationship down the road, which is why so many end in divorce.

And what if we're currently in a relationship? Well, then we need to take a hard look at that relationship and see if it fits our new criteria. Typically, if you're reading this book, the answer is that it doesn't, and it's time to move on. But sometimes, after finding ourselves and getting a little space to have our own life and realize what we *really* want in life, we're able to look at things through new eyes and see that, well, maybe this *is* right for me. And there's an important point

here I want to make because it's *just that important*. What you're looking for may be right there in front of you. It might be your current boyfriend, a (currently) platonic friend, or someone else you see every day but haven't really noticed like that before. Sometimes once we really look inside ourselves and realize what's really important to us that sweet but slightly awkward guy starts to look a little more...well, attractive. Even cute. And once you open your eyes and mind a bit more, and realize how well he's treating you, and wow – he does have all the qualities I'm looking for, he even becomes downright sexy. Believe me, it happens all the time.

On the other hand, if you're feeling like you're in a one-sided relationship, not being able to come right out and tell him how you're feeling, what you'd like from him and where you're at, there's probably a good reason for it. But test it - give him a chance to respond to what you're feeling is lacking in the relationship, and see if anything changes. Because by giving it - the relationship - and him a chance, you'll find out pretty quickly if it's what you're looking for. Or if the two of you really aren't right for each other.

The whole settling thing isn't about selling yourself short; it's about clearing our paths for the right guy, the real thing. It's about coming to the full realization that as much as we want to experience love in our lives, as much as we don't want to be alone, we're not willing to take just anyone to fill that void we're feeling.

And in that knowledge, we become stronger, more confident, more ready for the real love of our lives to come on over as we start to attract more of what we're putting out there. That we're worth it. Deserving. So worth that kind of love with that kind of guy. And when it's real, you'll know it.

Which brings me to our next and final Step, #10, where we find out what to do with some of those old insecurities that surface even when we finally get it right...

Be Strong

Face your own fears.

Sometimes, even when we find the love of our lives, the guy who we've been looking for, the man who meets our clear definition of Mr. Right, something comes up that we weren't expecting. Something called fear. Also known as insecurity in disguise. We're terrified. It turns out that in the past we've chosen the kinds of guys that aren't about commitment because it was safe. It never was going to work out so we never had to face our own fears about being in a committed relationship. Maybe we were choosing these guys and then staying with them because we're a little afraid of committing, too. Maybe we felt safer being with someone who wouldn't commit to us because it meant we didn't have to face our own fears about commitment.

I remember someone once suggested that to me, and at first, I doubted it. He's the one who's scared, right? Not me. But then I gave it more thought. And realized that deep down, I might be scared, too. And maybe, as much as I thought I was ready to be in a real committed relationship, as much as I talked about it, dreamed about it, well, maybe it was more the fantasy of it than the reality that I was interested in. Even though I didn't know it or understand it at the time. And when I did finally meet my true love, I realized just how many fears I had about giving so much of myself to someone. When there was no turning back. When it came time to say "I do". When I realized I was in it for the long haul. That it wasn't just another relationship like all the others. I was terrified.

As much as he was what I had always been looking for, what I realized when I looked back on so many of those thoughts at the time, was that once I had realized we were in it together, that he



Find your inner strength

was as into me as I was into him, my old insecurities would sometimes surface and cause me to do some strange things. Like testing him to see if he really loved me for me. Like checking to see if he would call if I didn't call. And things like that, that I didn't know where they came from because they didn't make sense. At the time. But now, I fully get what was going on. I was scared. I was in new, uncharted territory for me. And that was scary. Regardless of how wonderful it was to *finally* be out of all those dead-end relationships that always started out too good to be true and then in the end proved themselves to be just that. This time the reality was, I was in uncharted territory for me.

Oh, I could tell you all about the high drama of being in all these relationships where I was on the begging end always hoping and trying to get him to change back to the way he was in the beginning when he was pursuing me for all he was worth. I could even tell you about those *crazy in love rush* feelings of meeting someone sure to be the one. But when we actually found each other, when I realized he was the one and I was *his one*, along with all those wonderful feelings were the fears that few people talk about. Let alone admit it. So, once you gone through all that you have, once you reach that place where you finally meet the one who's right for you, remember that it's OK if being in that space gives you some queasy moments too.

Because deep down inside, I think most of us get a little afraid of the real thing when we've had our hopes dashed a few too many times, or when we have some commitment issues of our own that we haven't had to explore because we've been too busy exploring *his* commitment issues in the past. Do you get what I'm saying here? Trust me on this one, it's a little scary for *both* of you. The difference is that this time around, when it's the real thing, you're both in it together. So you don't have to hide it, you don't have to keep it to yourself and deal with it yourself. You can just let it be. And just let him be. And go easy on yourself.

You're human and you've been through a lot to get to this point. So feel those fears and let them come up, but know that they're perfectly natural and more than understandable given our history. And then set them aside while you allow yourself to experience the TRUE love that you deserve.

Do it for you. *All of you*. Including the you who has fears. And the only way to get past those fears is to push through until you've lived enough with this new kind of love to know that it's not going anywhere. To let time show you that there's nothing to be afraid of anymore over where you are now, on this new side of love.

For more great advice on bringing TRUE love into your life, check out:

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