

# Getting Naked

## The GETTING NAKED Guide: Five Steps To Falling In Love

### STEP 2: Learn to 'Date Yourself'...

How much energy and time do you put into your relationships with others? Think about that for a moment.....

Now ask yourself: How much time and energy do I invest in *myself*? .....

If you're someone who spends plenty of quality time on your own (and I'm talking at least a couple of nights a week), indulging in all your own passions and hobbies, then you can move on to Step 3. But if you gawk at the idea of spending time alone or can't remember the last time you pampered yourself properly, then this step is *vital* if you're serious about attracting in a rich romantic relationship.

You see, nurturing your relationship with YOU is the key to creating a nurturing relationship with someone else. By investing time and energy in yourself, you're saying to the world: 'I'm worthy of love and affection'. You're setting a precedent for how you wish to be treated. You're letting people know you value yourself and deserve respect.

If, on the other hand, you neglect yourself, putting other's needs before your own, failing to really connect with who you are, that's how you'll be treated when you *do* meet someone. If you are always busy with no time for you, how will you have time for a romantic partner? You need to create the space required to allow them in. So how do you look after your most valuable relationship: The relationship you have with YOU? The easiest way is to *date* yourself!

OK. I can hear you laughing. But taking yourself on a date isn't as silly as it may sound. Dating yourself, as I discovered myself, is a very insightful experience. It allows you to notice any insecurities or annoying habits you may have. Once you have this awareness, you're in a position to make changes, so you can know with certainty that you would be a phenomenal person to date. If you're willing to go there, dating yourself can be a real eye-opener.

Not only will dating yourself give you the information required to be the person on your *Perfect Partner* list, it will help you give yourself all that you deserve. We pour so much love, energy and time into other people, but how much do you give yourself? When was the last time you bought yourself a bunch of flowers or went for a hit of golf... just because?

Consider the last time you went up in a plane. Remember the safety check at the start of the flight? In the case of an emergency, you were probably told to put the oxygen mask on yourself before helping anyone else. Why is that? Because you are no good to anyone else, unless you're breathing. Well the same goes for self-love. You cannot give love to anyone else, unless you are giving it to yourself first.

So, how do you date YOU? Easy. Think of something you love to do. Or even better, plan to do something you have never done before. Be adventurous. Think outside the box. Come on, get creative.



