

# Your 5-Step Guide to *Falling In Love*

Hello gorgeous!

So happy you now have this 5-Step Guide in front of you, as it contains the very valuable tools that will help you fall in love!

The benefits of this Guide are 3-fold. It will help you develop a healthy relationship with you - as that is the foundation for every other relationship you will have - while at the same time, helping you either attract in a relationship with someone else (if that's what you're seeking), or help you heal a relationship with your current partner.

We cannot attract into our life, what we are not being. That is why you will see in the first step, that you need to write down all the qualities you want in a person - regardless of your current relationship status - and then work on *being* that person. As they say: 'It takes one to know one'. Like really does attract like.

Once you're *being* the person on your Perfect Partner list, you will start to behave and act in a very different way, that will open the door to deeper, more nourishing relationships with others.

My suggestion is, print this guide out, then work through it like an exercise book. Do ALL of the exercises, as each step invites you to explore a new part of yourself, to loosen some beliefs you have about yourself and relationships, and thus, guide you into a new way of experiencing love for yourself, and for another.

Ok, so it's over to you!

Enjoy doing the exercises - treat them like dates with YOU - and I look forward to hearing how you go.

Hearts and kisses,

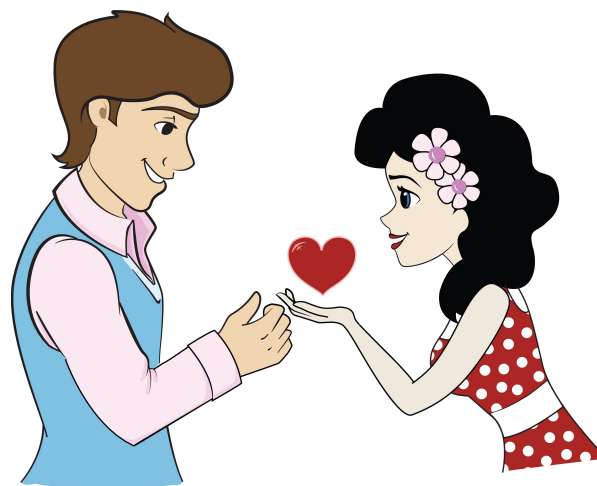


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# Your 5-Step Guide to *Falling In Love*



## **STEP 1: Get clear on what you DO want in a relationship....**

It's no good saying you want a relationship then failing to get clear on what sort of relationship you actually want. It's like asking for a car, without deciding on the make, model or colour. What do you end up with? A smashed up beetle with an engine that purrs like a lion! So the first step in creating the perfect relationship for you is to get clear on what it is you want in a partner.

This is where you write your *Perfect Partner* list. You are not being precious or picky by putting in your order. You are simply valuing yourself enough to state how you would like to be treated within a relationship. In order to be loved you need to be with someone who is able to connect with the part of them that allows them to give love. This is where you decide on what you will and won't accept in a partnership.

Below you will see space to write out all the qualities you would like this person to embody. Make sure you look at all aspects, including emotional, physical, mental and spiritual. I.e. Confident, strong, fit, funny, loyal, inspiring, in touch with his/her own needs/wants, kind, generous, able to manage money, etc. If you struggle, consider past relationships and what you have liked and disliked in those people. Also look at your values. Is 'fun' high on your priority list? Or is cleanliness important to you? Don't be afraid to dream big and ask for exactly what you want. This is *your* life after all!

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Once you have your list, go through the list and ask yourself: What am I not being on this list? In order for you to attract in this amazing man/woman, you need to be an amazing man/woman. If you disrespect women, you can't expect to attract in a woman who respects men. If you're overweight and unhealthy, why would someone who is fit and healthy want to date you?

So highlight those qualities that YOU are not being, and work out an action plan for you to start working on becoming those qualities. If you smoke but you want a non-smoker, consider ways you can quit the ciggies. If you have hang ups on past loves but want someone without baggage, then see a therapist who can help you let go of the past.

The closer you get to *being* the person on your list, the more love you will feel for yourself, the more likely you will be to attract in a person who also ticks these boxes, or if you are currently in a relationship, you might just be surprised how creating changes within yourself, has a follow-on effect with your partner. You don't need to change anyone else to be in a healthy relationship, the only person who needs to change, is you. That's where the magic happens!

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## 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'll find this step a little easier. 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 (or you might already be getting treated that way in a current relationship). If you are always busy with no time for you, you simply don't have time for a relationship, because relationships take time and energy. You need to create the space. 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. Put the date in your diary, as you would a date with someone else. Make it a priority. This is about you putting yourself first; giving yourself love. It's not *selfish*. It's *self nurturing*.

So you're on your date. How's it going for you? Are you enjoying yourself? Or are you bored out of your brain. If you're bored, why is that? Is that something you need to work on? How could you make yourself more interesting? What would you need to change about yourself in order to be that inspiring passionate person you would love to date? Who would keep you enthralled for the entirety of your time together, so much, that you're lining up the next date, before this one's even ended?

Are you convinced yet? If not, then ask yourself, what's stopping you from giving it a go? What puts you off spending time with you? Are you scared of what you might discover? Don't be. Awareness is the first step. Once we know that areas that need a little work, we're able to begin the healing process (once you know your not so loveable attributes you can use Step 3 to make the necessary changes) It is only those people who refuse to look at themselves, pimples and all, who remain stuck.

**Your task this week:** Take yourself on a date. That's right. Plan something special for the most important person in your life: YOU! Don't skimp on the trimmings. Go all out. Spoil yourself as you would a lover. Put in as much effort as you would, if you were trying to impress a first date. Be the dater and the datee, all rolled into one. It is only when you can date yourself, and truly love the experience, that you are able to really understand your own worth.

Once you've gone on your date, write about your experience. What came up for you?

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Now don't stop there. You've had a taste of what it's like to date yourself, now I want you to act as if you're in a relationship with yourself and *continue* dating yourself. Shower yourself with the love and affection you would pour upon your future partner. I did this for six months and then my beautiful, sexy and wonderfully kind Prince rode on in, in his Toyota Starlet!

Give yourself the attention you would receive from a lover. Be in the most amazing relationship with yourself. Stuck for ideas?

- **Buy yourself a bunch of flowers.** The gift is in the giving as much as the receiving, so spoil yourself as you would a lover.
- **Send yourself a Love Card** telling yourself how wonderful and amazing you are. Words of affirmation speak louder when they're written down.
- **Book yourself in for a massage.** Physical touch, even when it's not sexual, is nurturing for the soul.

Brainstorm your own ideas here:

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During this period of dating yourself - ensuring that your cup is *full* - you also need to be clearing out past hurts, insecurities that have you worrying what others think of you, and any subconscious blockages that are stopping you getting that dream relationship. How do you clear out the gunk? The next step will explain how...

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## **STEP 3: Remove the gunk stopping you attracting in your ideal partner...**

When you look in the mirror what do you see? Is it a beautiful/handsome soul in a beautiful/handsome body, or is it something less? If you question your own worth or serve yourself a cocktail of put downs and criticisms about your appearance or your personality, then it's time to take a closer look at what's going on inside. Ultimately, it's this gunk that's stopping you having a remarkable relationship.

This gunk comes in many forms. For some people it's worrying about what other's think of them, always comparing themselves to the next person. For others it's past hurts and emotional baggage from previous relationships that need to be cleared out. Then you have your run-of-the-mill insecurities that leave people feeling small and unable to get out of the rut they've found themselves in. No matter what kind of gunk you have, it leaves you with an icky taste in your mouth.

So what creates this inability to see ourselves in the most flattering light? The answer is simple. A myriad of **limiting beliefs** we take on as a child. Maybe someone close to you said you were 'ugly', or you would 'never amount to anything'. Too young to ignore such negative abuse, you took on those comments as *fact*. You believed all those nasty statements, no questions asked.

Before you knew it, you'd become your own worst critic. The insults and beat-up many of us tell ourselves on a daily basis, is worse than any external bullying someone else could inflict upon us. No one else will ever cut you down the way you will chastise yourself. Left to fester, this unhealthy self-talk manifests in many ways...

Some people start eating obsessively as they unconsciously work towards proving their limiting belief to be true, that they are indeed 'fat and ugly'. Others might starve themselves or purge their food, never believing they are skinny enough to be considered as good looking. Or maybe you are one of those people who just don't bother about your appearance, thinking 'what's the point?'

Treating your body as anything less than a temple is the first sign of some serious internal beat-up. Just think, if you loved yourself completely, you would never put a toxic substance in your

body. It is your vehicle after all; with you for life. Why would you poison it with alcohol and foods full of sugar and preservatives? You wouldn't.

As you can see, your internal dialogue sets the scene for how you see yourself in the world, which directly affects your behaviours and actions. If you are constantly reaffirming your uselessness or fear, the brain responds just like a muscle that is trained regularly, by building an ever-stronger neural connection to that thought, until it comes naturally.

When it comes to relationships, it is this kind of negative self-talk that keeps people in abusive relationships or partnerships that fail to nourish them. Some people with this negative gunk sabotage relationships for no valid reason, while others find themselves constantly alone, unable to find anyone to begin with. Any type of relationship woe is the sign of limiting beliefs. Beliefs that, if cleared out, can create a new relationship pattern in someone's life.

Jot down any gunk you've noticed pop up in your conversations with yourself and others  
 (comments of a negative nature):

[illegible]



So how do we switch off Channel Negative? We unplug the limiting belief at the root cause. We go straight back to the time where the negative wiring was installed and reprogram it. This is something I teach people how to do inside the [Remarkable Relationships 3-month course](#). When you know how to identify and clear your childhood conditioning, you're able to heal the past so you can open yourself up to experiencing nourishing heart-felt relationships.

Our ability to attract in love and experience the relationships we most desire, really does come down to our mental programming. Ridding ourselves of the self-doubt and self-hate frees us up to move through life unhindered by the shackles of negativity. We become more comfortable in being ourselves and see our differences as *assets* as opposed to flaws. When we start to like, and then ultimately, *love* ourselves, it filters out into all areas of our life.

You walk into that job interview and because you are confident in your own skin, you have an air of confidence that wins you the role. You are so in love with yourself both mentally and physically that your interactions with others become healthier because you no longer care what anyone thinks of you. You know deep down that you are amazing. You see your own beauty as clear as filtered water.

If you consider that everyone's reality is simply a reflection of what beliefs they hold, you soon realise the power we have in creating the life we want. Whether it's your perfect partner you're looking for, a dream job that has your purse overflowing or ravishing health, the secret formula is the same: Clear out the limiting beliefs so you can learn to love you, and see how your whole world changes.

The most important relationship you will ever have, is the relationship you have with YOU, so nurture it! Once you are able to love yourself unconditionally you will be able to see your own worth. You will be able to appreciate all you idiosyncrasies and adore your uniqueness. As Grey Livingston once said: 'Beauty comes as much from the mind as from the eye'.

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## **STEP 4: Put yourself in an environment where you can meet your Mr or Mrs Right...**

While I'd like to say that your Prince or Princess will just turn up on your doorstep, the chances of this happening are rather slim. That said, it's certainly not impossible, with all the door-to-door salesmen around these days and who knows when you might need a six-pack built plumber to fix your leaky tap! But those who don't want to leave their romantic fate to chance, here's what you need to do.

You need to 'Get Out There'. What do I mean by that? Quite simply, you need to put yourself in an environment where you are likely to meet your ideal partner. And you need to be picky about what places you put yourself in. If for example, you wanted someone who was fit and healthy, then spending copious amounts of time hanging out at the pub may not be the best option. While your fit and healthy man/lady may enjoy a beer once in a while, you're more likely to find him/her working out at the gym or enjoying a jog around your local waterhole.

When deciding on *where* to go, consider your *Perfect Partner* list. And ask yourself, where would that guy/gal hang out. If you love dancing and would like a partner who can skirt you round the dance floor, then maybe you need to take up some sort of dance lessons. Swing Dancing for example, is very popular among both guys and girls, and the best bit is, you get to change partners – so it's sort of like speed dating to great music!

Speaking of speed dating, why not give it a go? Let go of the expectation of meeting 'The One' and go out with the idea of meeting a heap of different people and use it as practise to gain confidence in social situations. Or perhaps you'd like to go online. There are plenty of dating websites, and if you stick to the reputable ones, you're sure to have some fun.

As you'll read in my book *Getting Naked – The Dating Game*, I tried both speed and online dating as I embarked on finding my Prince. I had a lot of fun and met some great people, dating a few. One of my friends met her partner on E-Harmony and years later, they're married, completely in love. For me personally, it was putting myself in an environment where I knew my ideal mate would hang out – trendy band venues.

Brainstorm a list of places you could meet your ideal partner (still do this if you're in a relationship, as you spending time playing in you areas of interests, will only enhance your connection with your current partner and nourish your relationship with you):

[illegible]

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## **STEP 5:** Release attachment to the outcome...

So you've got clear on what you want you want in a partner, you're dating yourself (and LOVING it), you've started to release your gunk or limiting beliefs (with a therapist or are being taught the skills to do it yourself through my course [Remarkable Relationships](#)), you're putting yourself out there in the appropriate environment to meet someone... what's next? This is where you detach from the outcome or goal of meeting your perfect partner or having a healthy relationship with your current partner.

*Detach* you ask? That's crazy. Well not really. Attachment can be likened to an addiction. It is a *need* for something in order to make us feel happy and fulfilled. Now we should never *need* anything to feel a certain way. You see, the problem with attachments are, they hold us back. They stop the flow of that thing coming into our life or into existence. Attachments are like anchors that stop the ship moving forward.

When you remove attachment, you allow whatever it was you were working towards, in. Have you ever been in a relationship where the other person is so attached to you, so needy, that all you want to do is run? You feel suffocated, right? Well this is the energy you're putting out to the people you meet, if you're attached to needing a mate.

Now there is often a fear that if we detach, we won't get what we're after. This is not true. You've placed your order, you're taking all the necessary action steps required to bring in that healthy relationship, now it's time to continue enjoying living life. If you struggle to detach, you need to go deep and ask yourself: 'Why am I really attached to having a partner?' Once you have that clarity you can start giving all those things to yourself, so when a partner does come, they are not fulfilling a *need*, they are more like an added bonus; someone to celebrate your *already* complete life with!

Write down your *needs* and then ways you can fulfil those yourself, and think outside the box. If it's a sexual need, how can you fulfil that need yourself? Maybe it's a need for security. Whatever *need* it is, write it down and brainstorm a list of ways you can give that to yourself...

My need is:

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How can I fulfil that on my own?

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My need is:

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How can I fulfil that on my own?

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My need is:

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How can I fulfil that on my own?

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Once you've released your attachment to needing your Prince or Princess (or your current relationship with get a full-blown make-over), then your only job is to continue enjoying your life. Date yourself, play, frolic, and if you've followed this formula to a chai tea, then love will magically appear in your life sooner than you could ever imagine, donning all of the gorgeous qualities you wrote up in Step 1. Enjoy this gorgeous time! Mwah xx