

# CHOOSING YOURSELF AND DATING YOURSELF

## Step 1 | Take a break from dating others

Don't worry. It's just for a short time, and it's going to leave you feeling truly empowered and help you create an even clearer path to love. Slowing down is actually going to speed up your Meet to Marry journey.

When you get back into dating as an Empowered Dater, you will have experienced a powerful paradigm shift in terms of your own relationship with yourself, which will, in turn, make it so much easier for you to find The One.

Discover the surprising secret for ensuring that you find the right person and set the foundation for a happy marriage.

Take a few moments to describe what you find exciting and valuable about the process of choosing yourself and prioritizing your needs instead of doing things like people pleasing and wearing rose colored glasses. Let yourself really visualize the experience and how it's going to bring about a big shift in how you treat and perceive yourself. What will it do to your vibration? How will it feel to treat yourself the way you want to be treated? Describe how this shift will also transform your dating experiences once you are ready to meet your soulmate as an Empowered Dater in Dating Camp.



## Step 2 | Practice Radical Self-Love

## WORKSHEET

Experiment with loving yourself the way you want to be loved by your soulmate. Treat yourself with a new level of understanding and compassion.

So often in the past we've been overwhelmed, overworked, distracting ourselves. Or we're people pleasing or have people around us who are not supportive. And when we're tired or overwhelmed, we push through. So often in the past we are taking crumbs and less than. We aren't fully connected to our value and now we are changing that.

In this exercise, you are consciously choosing a new way.

Use this mantra to support you

**“I am lovable and deserving of love as I am. The past is gone and I am creating the future of my dreams.”**

In this new self-love mindset, if you were tired or overwhelmed, what healthy choices could you make that would be a victory over the past or autopilot thinking?

If you had a challenging day, how would your soulmate treat you? What would they do for you? How would they comfort you? Do that for yourself.

If something feels scary, challenging or uncomfortable, how would your soulmate comfort you? Give yourself that gift.

How do you want to be loved in your marriage? What are three very specific ways you can give yourself this kind of love today? Describe specific situations or times during the day when you will offer this love to yourself. Be as specific and vivid as you can.

**Resource: Letting Go: The Pathway of Surrender by David R. Hawkins M.D. Ph.D**



### Step 3 | Spend Time with Healthy People & Create Healthy Boundaries

If I'm not for me, who will be?

You know the expression that you must put the mask on yourself first? That also applies here in your transformation. You're opening your eyes and beginning to see things differently. You are opening up space for love and for fresh, uplifting perspectives.

You can't afford to let yourself get sucked into negativity or tolerate relationships that aren't healthy and supportive.

**We travel with some people for a certain amount of time and then we choose to travel with new people.**

It's growth.

Sometimes those around us feel threatened or try to protect us and don't necessarily want to see us grow or change. They often want us to stay the same. Given that you're committed to growing, expanding and changing, with love you can choose to close that door.

**Others don't need to change in order for us to be happy!**

Notice where you are tolerating people or situations that aren't promoting you.

What friends are negative, but you'd feel guilty or ashamed if you moved on?

Does your career/workplace feel supportive and aligned with your dream?

Or are you doing work that doesn't light you up?

**Make a conscious choice to be with people who are supportive and uplifting. You don't need a large network. Just a few supportive and like-minded friends can make all the difference in the world.**

You can connect with your accountability partner or others in our community. You can make new like-minded friends. Other positive, healthy, goal oriented people are everywhere—and you'll attract them too (not just love interests) when you are being your true self and connected to your value.



Are there any negative friends, family member or others bringing you down in terms of your self-confidence and perspectives on dating? Are there people in your life who suck up your energy and eat up your time that you know in your heart are not good for you and don't promote you? Are there people that bring you down but you stay connected out of guilt?

What changes would you make in your work life and career if you were being true to yourself and choosing you?

What boundaries can you create in your personal life? What changes can you make and who would you say goodbye to in a loving way so you can choose powerfully to move on?

#### Step 4 | Give yourself Gifts

All too often we're caught up in the grind of life—working hard and juggling multiple, demanding responsibilities. In the past, you may have found yourself doing all of the giving and/or feeling misunderstood or not prioritized. You may have been in the grind of negative relationships and experiences that have drained you. You may have grown up with parents who were either dysfunctional, critical or had challenges of their own where they couldn't meet your needs the way you would have wanted. This may have left you feeling guarded and/or trying to earn love through perfectionism or busyness. This causes us to wear rose-colored glasses and we abdicate our needs and we don't celebrate or allow ourselves to receive.



Being The One to Find The One involves being good to yourself and doing for yourself what you wanted from others. It's about being light, feeling deserving and actually celebrating yourself in new and exciting ways!

**So let yourself experience weekly indulgences that could be material things or emotional gifts that you truly want and crave.**



Splurge on yourself to rest, to meet your own needs, to do things that make you happy without guilt or excuses. Allow yourself to enjoy the sweeter things that make you feel pampered—that allow you to experience feelings of abundance and receiving that you otherwise would not do for yourself. The greatest gift you can give yourself is time to relax and focus on yourself and things you enjoy. It's all part of cultivating positive inner and outer environments.

Do things that are a stretch that you wouldn't ordinarily do for yourself. Maybe you're always doing something for others, so now plan to take time to do what you want and need. Maybe take yourself out to dinner, buy yourself flowers, book a much needed vacation, read that book you've been wanting to read or call a friend you've been missing.

Soon enough, you're going to see how these simple acts—they don't have to be extravagant—change your mindset and the type of people who enter your life!

What gifts and special new experiences that are outside of your comfort zone are you going to give yourself? Plan to give yourself gifts weekly and discover how wonderful you will feel.

**Resource:** Brene Brown's *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are.*





## Step 5 | Love Your Body, Heal Your Body

## WORKSHEET

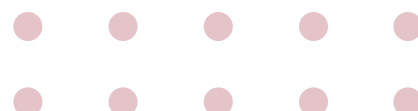
We all know the mind/body connection is so important. After years of struggling we often find ourselves with a few extra pounds, tight muscles in our neck and shoulders, eating comfort food that fills us up, but doesn't nourish. Even worse, from years of struggling we can find ourselves with brain fog, adrenal fatigue or just feeling tired.

### Let's change it up! Make simple changes to detox it out!

Part of Choosing Yourself and Dating Yourself is to nourish yourself and your body without feeling like you're punishing yourself! The best way to do that is to up-level your diet by taking a break from, or eliminating harmful foods like meat, fish, poultry, dairy, sugar and flour that feed candida and make us acidic, inflamed and tired. Our bowels get clogged and that old waste material prevents us from sleeping soundly and feeling peaceful.

Don't panic!

You can still eat wonderful whole, delicious foods that give you energy and balance. Instead of feeling heavy and bloated you can feel light and amazing and ready for love! You can still feel like you're indulging and enjoying the experience eating yummy healing foods.



I recommend eating more fruits and vegetables and going plant-based to boost your immune system, to get more energy and remove blockages.

Try it for 2 weeks and see how different you feel.

How? Replace dairy milk with delicious plant-based milks like oat (we love Oatley), coconut, cashew or almond that are easy to find in most supermarkets these days!

**For breakfast,** have blueberries, bananas and chopped dates with your plant milk.

**For lunch,** have a smoothie or [chickpea tuna salad](#) with [veganise](#) on a bed of greens.

**For dinner,** swap meat, fish and chicken with a Beyond Burger, [Sweet Earth Chick'n](#) or, cauliflower buffalo wings or an amazing [buddha bowl](#)! If you google the best vegan recipes for a certain food, you'll be blown away by the multitude of options.

**For a snack,** have banana ice cream made from frozen, ripe bananas! Grab some coconut milk, add ice, frozen bananas, cacao and maple syrup and blend. Yum! Or try any of the delicious, plant-based ice creams you can find in the supermarket like Nada Moo.



If you're short on time, order from one of the many amazing plant based home delivery services like [Purple Carrot](#).

We are what we eat and the more life affirming, nourishing, compassionate choices you make for your body the better, lighter and more open you will feel. . . not to mention warding off preventable diseases and releasing old emotional patterns.

#### Resources:

[Game Changers Movie](#)  
[Forks Over Knives Movie](#)

[Million Dollar Vegan](#)  
[The Miracle Detox Sourcebook](#)

[How Not To Die](#)  
[What the Health Film](#)



Sometimes when we've settled in relationships or spent extended time alone or on the roller coaster of dating, we lose touch with ourselves. Some women feel super independent like they don't need a man or they feel like they've lost their connection to their feminine, nurturing side. So often, we give to others but forget (or never learned) how to receive, leaving us feeling empty or hardened because we've had to take care of ourselves, others and survive!

We often feel like we don't have time to exercise or connect with nature or meditate and play!!

Men also feel frustrated or disempowered from years of not being seen or appreciated in their relationships. Maybe you've become tough or resigned and put up walls. If so, let's get you back in balance and connected to your true self.

**If you have access to nature, a park, a forest, or mountain, spend time with the trees. Get out in nature, hug a tree or go for a hike.**

Hug a tree! Trees are fully integrated. Their roots are firmly planted in the ground, their core is firm and strong and their branches reach up to the sky! They have a powerful grounding vibration.

**Walking on the beach also grounds us to mother earth and breathing deeply provides healthy negative ions that make us feel great.** If you live near the beach, walk barefoot in the sand. Being near the water and having your feet in the sand will also ground you to the earth.

**Allow yourself to experience sunshine.** It provides a wonderful shot of vitamin D, boosts energy level, reduces stress and helps us to feel more grounded, centered, and positive.

When you are there, spend some time meditating or writing in your journal and experiencing nature, the creatures and fresh air. Allow that wonderful energy to permeate you—enjoy the time with no distractions.

What are you going to do this week to connect to your self and your peace of mind through nature?





## Step 7 | Spend time with positive friends of the same gender

Male/female relationships are intimate by nature. You want to transform yourself into a clear channel for attracting true love and not allowing yourself to get distracted by other forms of intimacy.

Ladies, I know you have male friends and that they can be fun to hang out with and that you're not interested in them romantically. But when you hang out with a guy and you're doing things with him – even if he's just a friend – you are getting your needs met and you are getting male energy and male attention. This clogs you up and takes up the space that you want to reserve for your soulmate. Would you like to meet someone who has many female friends? No!

The same is true for you, guys. I know you have female friends and enjoy spending time with them and getting their advice, but the male/female relationship is intimate by nature. If you're getting this intimacy from your friends, you're clogging up the channel and space you want to reserve for the intimacy you crave from your romantic relationships.

**Instead spend time with positive friends of the same gender who are healthy, supportive and also goal oriented.**

Have a conversation with your ex's and/or platonic friends and explain to them that you're focused now on finding your soulmate and male/female friendships aren't going to help either one of you get there. Let them know it's not about them, and that you're doing this from a place of caring. Help them understand the importance of making this change in order to create as clear a channel as possible to finding the love you need and deserve.

Which friends are you going to have this conversation with so you can move forward and find your soulmate who offers you everything?



When we grow up feeling criticized, unwanted and not having our emotional needs met, we tend to become very serious! I used to think dancing and being silly was a waste of time when I could be working or doing something “productive.” That was flawed thinking, because I lost myself and got disconnected from my essence. I focused so much of my time and energy on “doing” instead of being. We do that because so many of us had to grow up way too young.

That’s changing right now!

Now is the time to reconnect to your inner kid--that part of you that forgot the joy of life before the trauma.

**When is the last time you found yourself being playful?  
Dancing in the living room and just having fun for the  
sake of having fun?**

I recommend creating a playlist of awesome music that when you listen to it, it makes you want to dance and move your body! This act instantly raises your vibration! High vibration attracts high vibration! It sparks joy and gratitude! You can’t be in anxiety or fear when you’re dancing and fully in the present moment.

What music will you choose? What new fun, silly ways will you allow yourself to be? If you’re on the quiet side, stretch yourself!! Go out with friends (of the same gender) do karaoke, book a belly dancing class or sign up for an improv class! Buy a canvas and finger paint! Allow your creativity to flow!!

### Resources:

Gretchen Rubin’s *The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun*



What about this is most exciting to you? What do you notice about the idea of Choosing Yourself and Dating Yourself?

### **New Daily Practices based in Module 3:**

What about this is most exciting to you? What do you notice about the idea of Choosing Yourself and Dating Yourself?

#### **Completion is a choice.**

The past is gone and those in my past were not my soulmate. They didn't offer me what I'm looking for. Now, I'm future focused and stepping into healthy love with my true soulmate. When it's right it flows.

I can stay stuck in the past, in anger, sadness or regret or second guessing OR I can have my soulmate. I can't have both.

I choose my soulmate.

I take ownership for the past since I did the best I could with the tools I had. And today I engage in radical self-love, gratitude and forgiveness since they are healthy and high vibration.

I easily say NO to old attachments and YES to my dream!

#### **I engage in radical Self Love! I Choose Myself & Date Myself every day!**

I surround myself with healthy, positive people who see me. I close the door to those who are no longer congruent.

I create healthy boundaries that promote me and my dreams! and each aspect that didn't work. Don't hold back.

