

DATING CAMP

If you go on 3 video/coffee dates per week with people who hold real possibility, that is 12 per month. (Dating is a numbers game of matches you choose! You are not sitting around waiting. . . you're being visible and making it happen).

You have to drink something, so why not do it on a date?

You just need one!

Now fill in the blocks of time and get them into your calendar! We love google calendar. Whether you choose electronic or paper makes no difference as long as you are following it.

Step 1: Fill in your current commitments including work, family, self care and health related (i.e., exercise and appointments).

Step 2: Based on the number of hours you chose for Dating Related Activities (DRA's) add blocks of time in your calendar.

WHERE YOU'LL MEET PEOPLE

1. Online dating sites & apps
2. Speed dating (virtual or in-person)
3. Introductions (enrollment conversations)
4. Special events
5. Lectures
6. Place of worship
7. Groups and associations



DATING CAMP

CREATE A DATING PIPELINE WITH LOTS OF ACTIVITIES TO LOOK FORWARD TO!

Conscious Empowered Dating Flow

As a Conscious Empowered Dater you have the clarity, tools, skills and mindset to invite in the right ones.

- | **01** Embody your Marriage Vision Daily
- | **02** Manage Your High Vibration Mindset
 - | Read Your New Empowering Statement
 - | Listen to the Meet to Marry Meditation
- | **03** Build Your SMART Empowered Dating Plan
- | **04** Put Dating Related Activities On Your Calendar
- | **05** Create an Empowered Dating Profile
- | **06** Build a pipeline of matches towards your goal
- | **07** Be Proactive: Sort and Screen:
 - | Read profiles
 - | Send Invitations (to read your profile)
 - | Get on a phone call & Share and Ask.
- | **08** If the phone call flows, Meet For Coffee/Video Date
- | **09** IF IT DOESN'T FLOW, NEXT.

SHARE & ASK SUCCESS PRINCIPLES

- | | |
|------------------------|--------------------|
| Always be curious | Don't be attached. |
| Dating is an encounter | You are the prize |
| Be a great listener | You just need One. |

**YOU'RE NOT LOOKING FOR A LOT OF 2ND DATES,
YOU'RE LOOKING FOR THE ONE.**



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SHARE AND ASK EXAMPLE STEPS & EXAMPLE:

Conscious Empowered Dating Flow

Share your vision for the future.

Ask what their vision is.

"I'm divorced and have focused on my work for so many years and now I'm clear about what I want and my priority vision is to meet my soulmate and share a life of connection and family. . .

How about you? Stop talking and listen. . .

Share a core value [category: i.e., Family]

Ask if they share that value

I'm a kindergarten teacher and I just love kids. I have 4 nieces and nephews. . . and I adore them and spend time with them every chance I get. My dream is to have 2 kids and since I focused so much time on work and didn't have my soulmate, I'd love to get started sooner rather than later.

What is your vision for family? Do you love kids?

Share a value/goal [i.e., travel]

Ask if they resonate with that goal or lean into it?

I've always loved international travel and I've been all over the world and I envision having a home in [NY] and summers in Europe. . . I can work remotely.

Do you enjoy traveling? Where have you been? Do you have a flexible work schedule too?

Share and ask about an logistical/practical question.

If we were for each other. . . (who would move? Would you be open to having children right away? How would we handle finances given that I'm in a transition. . .)

**YOU'RE NOT LOOKING
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DATES, YOU'RE LOOKING
FOR THE ONE!**

What's the best online dating site/app? All!

Why? It's where the singles are!

Now that you're in the right mindset, you'll be in a position to not only attract but invite in the right ones!



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WHEN SHOULD YOU SHARE THAT YOU'RE MARRIAGE MINDED?

From the first encounter beginning with your online dating profile and first phone call.

WHAT ARE MEANINGFUL CONVERSATIONS?

Instead of wasting time on small talk, you're sharing and asking about yourself, who they are, and your vision, values and goals to see if they may hold real possibility.

All dates are encounters and when you share and ask they are effective with no time wasted.

You can learn more about a person in 20 minutes than many people who are dating or even together for years

SHARE AND ASK!

Since all dates are encounters, you approach it from a place of curiosity, not attachment or neediness or judgement.

Instead of the cold, sterile 'Oh I have to tell my story again. . . on another first date' interrogation, sharing and asking is wonderful and empowering.

3 things to ask yourself on a first date to determine if you want to go on a 2nd:

1. Am I attracted?
2. Do I like his/her personality (i.e., am I inspired, did it flow? Do I feel my emotional needs being met? Do I want to see him/her again?)
3. Do we share some common vision, values or goals?

END DATES WITH CLARITY

It was so great meeting you,
but I don't feel the connection
necessary to meet again.

OR

I had an amazing time learning about
you and your vision. I would love to see
you again, how is Sunday at 3pm?

