



the meet to marry™

GETTING TO THE A'S EXERCISE

Now that you've taken the Marriage Readiness quiz and assessed your true status, it's time to start mapping out how you are going to get yourself to the A's!

Instructions: Find all the questions for which you didn't choose "A" answers and then focus on answering these additional questions in relation to them.

It's really important that you take the time to write out your answers to these questions. Use the space below to start getting yourself to the A's.



MEET to
MARRY
Be the ONE to Find the ONE

01

DO YOU BELIEVE YOU WILL MEET YOUR IDEAL SPOUSE?

if you chose A for this question, move to the next question.

If you did not choose A for this question, please complete the additional questions below.

What did you notice about the question? How did it make you feel to hear it being asked of you?

How did you feel about your answer? For Instance, did you experience resistance, resignation, or sadness related to your true answer? Why do you think you felt this way?

if the healthy answer is "Yes, I am sure I will meet my own marriage partner because I am open, warm, and trusting of myself and my judgment, I have faith that time element in life, so I put myself in favorable situations", what could you change or do right now to have a breakthrough that will get you to "A"?

What are you actually willing to do to experience this breakthrough?

02

ARE YOU CLEAR ABOUT THE KIND OF RELATIONSHIP YOU WOULD LIKE TO HAVE AND THE KIND OF PERSON YOU WOULD LIKE TO MEET?

if you chose A for this question, move to the next question.

If you did not choose A for this question, please complete the additional questions below.

What did you notice about the question? How did it make you feel to hear it being asked of you?

How did you feel about your answer? For Instance, did you experience resistance, resignation, or sadness related to your true answer? Why do you think you felt this way?

if the healthy answer is "Yes, I am clear about the kind of relationship I would like to have and the kind of person I would like to meet", what could you change or do right now to have a breakthrough that will get you to "A"?

What are you actually willing to do to experience this breakthrough?



03 DO YOU MAKE DATING A PRIORITY?

if you chose A for this question, move to the next question.

If you did not choose A for this question, please complete the additional questions below.

What did you notice about the question? How did it make you feel to hear it being asked of you?

How did you feel about your answer? For Instance, did you experience resistance, resignation, or sadness related to your true answer? Why do you think you felt this way?

if the healthy answer is "Yes, since getting married is one of my life goals, dating is a top priority for me. I allot time every week in my calendar even though I am very busy. I do this as I would with any activity that is a priority in my life", what could you change or do right now to have a breakthrough that will get you to "A"?

What are you actually willing to do to experience this breakthrough?

04 DO YOU SPEND TIME WITH FORMER SPOUSES, GIRLFRIENDS, BOY FRIENDS, OR DATES THAT DID NOT WORK OUT ROMANTICALLY?

if you chose A for this question, move to the next question.

If you did not choose A for this question, please complete the additional questions below.

What did you notice about the question? How did it make you feel to hear it being asked of you?

How did you feel about your answer? For Instance, did you experience resistance, resignation, or sadness related to your true answer? Why do you think you felt this way?

if the healthy answer is "Spending time with former dates and exes can clog me up energetically. If a date tells me "let's just be friends," my position is that I am committed to finding my future spouse and the father or mother of my children, so friendship at this time is not an option", what could you change or do right now to have a breakthrough that will get you to "A"?

What are you actually willing to do to experience this breakthrough?



05 DO YOU HAVE CLOSURE ON PAST RELATIONSHIPS?

if you chose A for this question, move to the next question.

If you did not choose A for this question, please complete the additional questions below.

What did you notice about the question? How did it make you feel to hear it being asked of you?

How did you feel about your answer? For Instance, did you experience resistance, resignation, or sadness related to your true answer? Why do you think you felt this way?

if the healthy answer is "Yes, all my relationships from the past are closed books. We have gone our separate ways", what could you change or do right now to have a breakthrough that will get you to "A"?

What are you actually willing to do to experience this breakthrough?

06 DO YOU FEEL GOOD ABOUT YOURSELF AND HOW YOU PRESENT YOURSELF TO THE WORLD IN TERMS OF YOUR ATTITUDE, CLOTHING, GROOMING, ETC?

if you chose A for this question, move to the next question.

If you did not choose A for this question, please complete the additional questions below.

What did you notice about the question? How did it make you feel to hear it being asked of you?

How did you feel about your answer? For Instance, did you experience resistance, resignation, or sadness related to your true answer? Why do you think you felt this way?

if the healthy answer is "Yes, I do. I take care of myself and do my best to feel healthy, be happy, and to present myself in the best light possible. I know that if I feel good about myself, I will radiate positivity and attract good things in my life", what could you change or do right now to have a breakthrough that will get you to "A"?

What are you actually willing to do to experience this breakthrough?



07 HOW WOULD YOU CLASSIFY YOUR LIFE THESE DAYS WHILE YOU ARE SINGLE?

if you chose A for this question, move to the next question.

If you did not choose A for this question, please complete the additional questions below.

What did you notice about the question? How did it make you feel to hear it being asked of you?

How did you feel about your answer? For Instance, did you experience resistance, resignation, or sadness related to your true answer? Why do you think you felt this way?

if the healthy answer is "I have a full and happy life in all areas with a great support system of friends, family and interests. My life will be complemented and all the more complete when I meet my ideal spouse. In the meantime, I continue to develop myself and prepare to welcome him/her into my life when it happens", what could you change or do right now to have a breakthrough that will get you to "A"?

What are you actually willing to do to experience this breakthrough?

08 I believe I can meet my ideal marriage partner in the following ways and under the following conditions

if you chose A for this question, move to the next question.

If you did not choose A for this question, please complete the additional questions below.

What did you notice about the question? How did it make you feel to hear it being asked of you?

How did you feel about your answer? For Instance, did you experience resistance, resignation, or sadness related to your true answer? Why do you think you felt this way?

if the healthy answer is "I am open to meeting someone in a variety of ways. I am open-minded and don't judge different venues based on past experiences. I understand that my future spouse is also searching for me and our paths may cross in unexpected ways, including through internet dating, introductions, a chance meeting or at a random event.", what could you change or do right now to have a breakthrough that will get you to "A"?

What are you actually willing to do to experience this breakthrough?



09 I am serious about finding the one, so I handle dates as follows:

if you chose A for this question, move to the next question.

If you did not choose A for this question, please complete the additional questions below.

What did you notice about the question? How did it make you feel to hear it being asked of you?

How did you feel about your answer? For Instance, did you experience resistance, resignation, or sadness related to your true answer? Why do you think you felt this way?

if the healthy answer is "After first speaking on the phone to establish whether or not we have similar visions, common values, and/or life goals, I agree to meet for coffee for a first date. I give my date my full attention even if he/she is not a match.", what could you change or do right now to have a breakthrough that will get you to "A"?

What are you actually willing to do to experience this breakthrough?

10 I want to get married now because:

if you chose A for this question, move to the next question.

If you did not choose A for this question, please complete the additional questions below.

What did you notice about the question? How did it make you feel to hear it being asked of you?

How did you feel about your answer? For Instance, did you experience resistance, resignation, or sadness related to your true answer? Why do you think you felt this way?

if the healthy answer is "I'll be a great spouse! I know myself very well, understand what I am looking for in a marriage partner and can clearly envision the kind of life I want to create. I am genuinely ready to share my life with someone in a wonderfully committed and loving relationship. ", what could you change or do right now to have a breakthrough that will get you to "A"?

What are you actually willing to do to experience this breakthrough?

