



Dating Yourself Worksheet

**"Wanting to be somebody else is a waste of the person you are."
- Marilyn Monroe**

The secret to having a happy marriage

The secret to having a happy marriage isn't just about finding the right person: it's about being the right person first. You've got to **Be The ONE to Find The ONE**. This is the main focus of Finding the One®

STEP 1 Focus on Dating Yourself

I know it sounds counterintuitive to take a break from dating others, but it's just for a short period of time. It's going to leave you feeling empowered and ready to create an even clearer path to love. In other words, slowing down is actually going to speed up your Meet to Marry journey!

Take a few moments to describe what you find exciting and valuable about the process of dating yourself.

Let yourself really visualize the experience and how it's going to bring about a big shift in how you treat and perceive yourself. Describe how this shift will also transform your dating experiences once you get back out there.

STEP 2 Practice Radical Self-Love

Experiment with loving yourself the way you want to be loved in your marriage. Treat yourself with a new level of understanding and compassion. If you find that you have been critical of yourself, don't be harsh on yourself anymore. Harshness will only backfire and get you caught up in frustration with yourself. Instead, turn to the support of this affirmation: **"I am lovable and deserving of love"**

How do you want to be loved in your marriage?

What are three specific ways you can give yourself this kind of love today? Describe specific situations or times during the day where you will offer this love to yourself. Be as specific and vivid as you can.

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STEP 3 Spend Time with Positive People

You are opening up space for love and for fresh, uplifting perspectives. You can't afford to let yourself get sucked into negativity.

Share with your friends what you are doing and why you are making this transformation in your life.

Tell them how much it would mean to you if they'd be willing to experiment with focusing on the positive - or at least not talking about the negative.

Find positive friends who are supportive and uplifting to spend time with. You can make new friends at singles events, singles dinners, networking events and retreats. Other positive, goal-oriented people are everywhere - and you'll attract them too (not just love interests) when you are out there being your best.

Are there any negative friends or influences bringing you down in terms of your self-confidence and perspectives on dating? How can you help them understand and support you in maintaining the bubble of positivity and self-love you need at this time? What might you need to say to them? What will you do if it seems they can't change this negativity?

STEP 4 Give Yourself Gifts

All too often we were caught up in the grind of life - working hard and juggling multiple, demanding responsibilities. And if you're in this course you also let yourself get caught up in the grind of negative relationships and experiences that have trained you and left you feeling somewhat hardened and guarded.

Part of Being The ONE to Find the ONE involves doing for yourself - and giving yourself - what you'd love others - especially your future partner - to do and give to you.

So let yourself experience weekly indulgences - splurge on yourself - to enjoy the sweeter things that make you feel pampered - that allow you to experience feelings of abundance. Or maybe the greatest gift you can give yourself is time to relax and curl up with a great book. It's all part of cultivating positive inner and outer environments.

Soon enough, you're going to see how this simple act - it doesn't have to be extravagant - changes the type of people will enter your life!

What gifts and special treats are you going to give yourself this week?



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STEP 5 Do Something Exciting with Your Friends Every Week

Go golfing or sailing. Hit the tennis courts or hiking trails. Go see that new movie or modern art exhibit. Check out local festivals and concerts. Have brunch at the farmers market. Go with whatever hit **your fancy**.

All too often we get so caught up in our lives and situations - we can only see what's missing. Getting together with friends you enjoy spending time with, gives you much-needed perspective, fun and lightness making everything is as it should be, and before you know it, you'll have met the one you marry.

Describe one or two fun things that you're going to do with your friends this week and what you're going to do to make sure it happens and that you have a blast.

STEP 6 Spend Time with Friends of the Same Sex

Male-female relationships are intimate. You want to transform yourself into a clear channel for attracting love. Do NOT allow yourself to get distracted by other forms of intimacy.

Ladies, I know you have male friends and that their fun to hang out with and that you're not interested in them romantically. But when you are spending significant time with a guy - even if he's just a friend - you are getting your needs met and you're getting male energy and male attention. This clogs you up.

The same is true for you, guys. I know you have female friends and enjoy spending time with them and getting advice, but the male-female relationship is intimate by nature. When you are getting intimacy from your friends, you clog up the channel to finding the intimacy you crave from your romantic relationships.

Are you going to need to talk with your friends of the opposite sex to help them understand the importance of making this change in order to create as clear a channel as possible for the love you need and deserve?

If so, describe how you can share this need with them in a supportive, tactical manner.



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STEP 5 Connect to Your Masculine / Feminine Self by Connecting with Nature

Sometimes, when we've dated for a long time with no positive results, we lose touch with ourselves. Some women lose their connection to their feminine selves, and sometimes men feel frustrated and disempowered.

Maybe you have become tough or resigned and put up walls. If so, let's get you back in balance and connected to your true self. Trees are fully integrated. Their roots are firmly planted in the ground, their core is firm and strong, and their branches reached to the sky...so get out in nature and hug a tree. Walking on the beach also grounds us to "Mother Earth" and breathing deeply in the great outdoors provides healthy negative ions that make us feel great.

If you live near the beach, walk in the sand barefoot. Being near the water and having your feet in the sand will ground you to the earth. If you have access to nature, a park, a forest, or mountain, spend time with the trees. Or just go for a walk outside. Spend some time meditating or writing a journal and experiencing the 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 with your feminine or masculine self through nature?

Resources

- ♥ Brene Brown's [The Gifts of Imperfection](#): Let Go of Who You Think You're Supposed to Be and Embrace Who You Are
- ♥ Gretchen Ruben'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.
- ♥ Victor Frankl's [Man's Search for Meaning](#)

