

FINDING *the* ONE JUMPSTART





“It doesn’t interest me how old you are.
I want to know if you will risk
looking like a fool for **love**,
for your **dream**,
for the adventure of **being alive.**”

from “The Invitation”
by Oriah Mountain Dreamer



WELCOME!

Hi, it's Bari. It's so exciting that you're taking on your big dream of love and partnership by giving yourself the support you need to make it happen.

If you want to find love and get married this year, you're in the right place. You're about to embark on a powerful journey to love, and to help you get started on the right foot,

I've created this special guide that gives you:

- *The 3 key strategies that will help you get the most out of Finding The One*
- *4 ways to stay positive, no matter what challenges arise*
- *The most powerful way to accelerate your breakthroughs*
- *The #1 habit you must build to bring in the love of your life*

Don't know where to start? This guide gives you the most essential strategies to prepare for a huge breakthrough in your love life!

Let's get started!



STRATEGY #1:

Mind Your Mindset

Following the program steps is only part of the process. What makes the difference in achieving success is a positive mindset – the foundational element that informs how you approach your journey.

As you go through this program, I want you think like a winner. People who create wonderful new things in their lives don't have a special advantage as people may think. Many brush it off saying "Oh so and so was just lucky – they fell into their relationship – and I'm not so lucky," or "I didn't have examples of healthy love growing up," etc.

But luck and having examples of love have nothing to with it. People who find love have a way about them.

What people who find extraordinary love have is the proper mindset and winning, authentic energy. They believe it will happen and they are open to it. They don't know how and when love will manifest, but they have faith that it will manifest.

TINA'S SUCCESS STORY

"I met my match 4 months after starting the course. Your method helped me figure out why I wasn't attracting the right kind of man for me. It showed me exactly what I needed to do to connect with a man who respects and shares my values — a man who I can learn from and who can learn from me."

Consistent Positive Energy

With a proper mindset you're actually creating the positive energy needed for success. We all have a choice about our mindset – it's not something that just happens to us.

Victor Frankl, author of Man's Search for Meaning teaches us that. He suffered for years in concentration camps in the Holocaust – was denied the most basic of human dignities – yet he teaches us that with our attitudes, we can transcend anything.

He could have chosen to be a victim because of his immense suffering at the hands of the Nazis, who murdered his family and his community, destroying everyone and everything he loved. But did he do that? No.

He knew that the one thing they couldn't take from him was his attitude. He transcended the physical experience he was in and later used those strategies to create a therapeutic technique called Logotherapy to help others to transcend their suffering and create more fulfilling lives for themselves, as he had done.

To get you started, here are four ways to keep your mindset positive:

1. Choose a positive mindset, no matter what!

There's an expression: "Think good and it will be good." That's the first step.

We attract what we send out. Stay in the present moment and choose to be positive – regardless of what is going on. This moment is good, right now.

It takes practice, but when we consistently choose to have a positive mindset, we can be excited about our journey, and we can imagine, be creative, playful and present.

And that first step of choosing an excited and positive mindset, regardless of the past challenges we've faced or how monumental they seem, actually **creates space**.

Think about the kinds of people you enjoy being with the most. What are they like? Are they phoney, with airs and pretenses – pretending to be someone they are not? Can you sense they are covering something up that they don't want you see?



Or, are they warm, open, real and genuine? Do they share about themselves freely and seem comfortable in their skin.

Does being around them make you feel good about yourself? Obviously the second way of being is most endearing. It's inviting.

And when I say open, the best word to describe it is to say that they are vulnerable. Vulnerable in a good way.

The people who find and attract healthy love have the inner space for love and they allow themselves to be seen. To be fully seen for their strengths and weaknesses.

And if you're here now, there's something that may be preventing you from being truly seen and vulnerable. Together, we're going to discover and dissolve those things that are getting in your way – and that's so exciting.

See, you've created your own "luck" because you're here.

2. Put your concerns on the shelf.

You're just starting out, so it's important to put all of your concerns on the shelf. Any fears from the past, worries about the future, or questions about will this work, what if it doesn't, etc. For now, all you have to do is **stay present and be in the moment.**

You won't need all those concerns while you're in the program. So imagine taking all those concerns and putting them in a box and burying them in the yard, or put the box in the attic or even throw it out the window (have some fun with it!) to be run over by a car because you no longer need the concerns. And if you do, you can always get them back (but I'm pretty sure you won't want them).



I'll be sending weekly emails to inspire and support you, to keep your concerns at bay and help you keep cultivating a positive mindset. Whenever you feel blocked, simply look in your inbox for some encouragement!

3. Be courageous and coachable.

Taking on a positive attitude and being in the moment takes courage. It takes courage to leave the old ways of being and embark on some new adventure, because when you do, guess what? You **can** actually have what you want!

Many people are afraid of the unknown and don't allow themselves to get out of the fear that it either will or won't happen, etc. We'll address the different elements of fear – like rational versus irrational fear – in *Finding the One*, but know that you can face the unknown with courage. Worrying about how and if the ball will drop keeps you stuck in a negative mindset.



The people who find and attract
HEALTHY LOVE
have the inner space for love and
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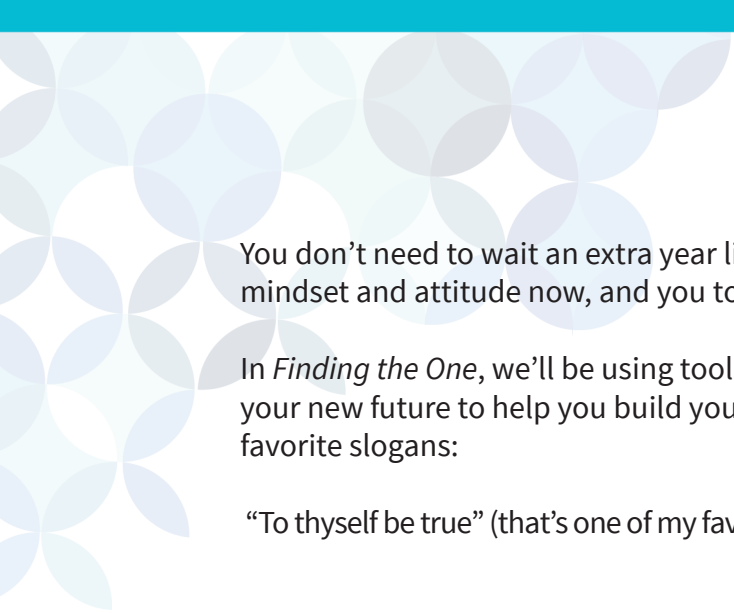
Stuck = Safe

And, here's the hard truth for some: Staying stuck is actually comfortable – because it's what we know. Sometimes being stuck feels safe because we don't want to fail, or we've tried something like this before and it didn't work. Can you hear the negative thoughts starting to come in again? And even though we say we no longer want to stay stuck, we're used to it and struggling seems safer than risking something new.

When your mindset is off, you can be in the *Finding The One* and not be open to the magic of transformation. You can show up, but actually be closed to all of the good things *Finding the One* has to offer. One client, Ariella, comes to mind. She started out with great intentions, but was closed and negative. As she got into the program, she couldn't absorb it – she was stuck in her old ways.

Only 4 months later

She challenged the coaching, didn't show up for sessions, didn't want to share herself and she didn't get the results she wanted. Then a year later, she came to hear me speak at an event and the lightbulb went off! “Oh my, I need this program, I really want to get married this year!” She re-entered *Finding the One* with the proper mindset and attitude and she **found her beloved 4 months later!**



You don't need to wait an extra year like Ariella, so start to cultivate the proper mindset and attitude now, and you too will find the love you want and deserve.

In *Finding the One*, we'll be using tools like slogans to support you in opening up to your new future to help you build your courage. Here's a sneak peak of a few of my favorite slogans:

"To thyself be true" (that's one of my favorites) and here's another, "Go with the flow of life."

4. Imagine that it's already happened.

Begin with the end in mind as the wise father of effectiveness, Steven Covey, says in his book, *The 7 Habits of Highly Effective People*. That's what we're doing here. We're staring at the finish line.

So imagine it's already happened – that you've already met your beloved and you're building an amazing life together. Throughout this program, I'll stand with you in this place. We'll look back to today and together start to peel away the layers of the onion, so you can be free to let love in.

When you feel into that future of it already being attained, what date pops up? Stay focused on your goal, the date you want to have met your beloved by. That's all you need to do now. You'll be supported throughout. Create a regular practice of envisioning your goal as completely attained.

All of these concepts will be discussed further in the program and you'll have tools to support you in accessing this powerful mindset. Your old ways of thinking will be replaced by new and healthy perspectives that will change your trajectory in love forever. Now, let's move on to Strategy #2 of my Ultimate Jumpstart Guide.



SUCCESS STORY

"I absolutely loved the coaching. Your compassionate, firm, tell-it-like-it-is approach is awesome. You helped me cut through self-limiting behaviors and thought patterns with such kindness and from such a deep belief in our ability to change our lives from the inside out. You guided me to finally get to the bottom of why I have been getting in my own way for so many years."

- Alison, New York City

STRATEGY #2:

Participate Fully

This program is fully experiential and designed for you to have major shifts in your life. Therefore, we're not only going to talk about and analyze things. No, we're building something new and different together so you can reach your goal.

You have positioned yourself to win. *Finding the One* is powerful and provides transformation and results in a relatively short amount of time and contains everything you need to become an attraction magnet for love. But you must do your part.

I recommend that you participate fully and take advantage of everything the program has to offer from the moment you start.

Ways you can participate fully:



Put yourself in a bubble of success. Envision surrounding yourself in a circle that is filled with the energy of you happily moving forward on your path to your beloved. Surround yourself with positive people and support that helps you stay in the game. I'll be sharing regular email inspiration to keep you grounded in a positive mindset.



Don't hide out. Participate and do the exercises. I know it sounds simple, but some people skim through the materials and don't really engage in the exercises, which are designed to build upon each other, so it's important to really dive in to each step.



Visit Meet to Marry University, your online membership area, on a daily basis to watch videos, do exercises and really absorb the online content.



Get Spotlight Coaching. Take advantage of the Group Coaching sessions and Special Topic sessions as often as you can. When you can't, be sure to listen to the recording of the session in the Meet to Marry University membership area, under coaching calls/recordings.



Share on the Facebook forum. Start by introducing yourself and share your vision and your goals, ask questions or anything else you'd like to share with the community.



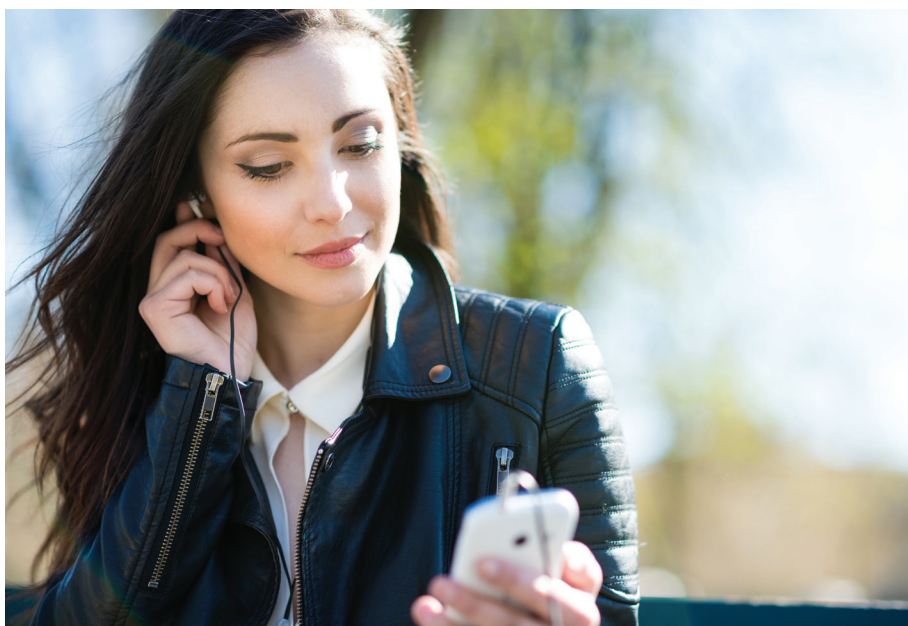
Visit the Bonus resources and grab a book or watch a recommended video.



Get accountability support with a partner. Make a request on the Facebook Support forum for a partner and have regular check ins and support.

I want you to play full out – play to be on the court, not sitting in the stands watching. Being active and sharing on the Facebook forum is a great and safe way to open yourself up.

I had a participant who started off very slowly in the program. It was taking her months instead of weeks, to work through the first few modules. She said she was busy at work and then family was in town – the usual reasons that keep us from our quest for love. She wasn't allotting any small blocks of time for *Finding The One*. Luckily, she came to hear me speak at an event and she realized, "I'm in this program and I need to embrace it fully!" And then she shared this breakthrough:



"I had a big breakthrough! I realize that I don't live in reality and I am FOR SURE attracting the wrong people into my life (probably because I do hate dating and I'm tired of this and feeling negatively, and I carry around this fear of abandonment from my childhood. I definitely choose people who abandon me, etc). And also what a HUGE blessing that this happened so quickly and not after really liking the guy! (I HOPE he does your program :) SOOOO, thank you so much for creating this program and for your support!"

~Tina, Los Angeles

After that, Tina was fully participating in the program. From this breakthrough she's created a clear vision for love and is becoming an empowered dater.

The only way to create change is to engage. Stay engaged no matter what!

I highly recommend that you use everything available to you to create your clear path. As a single person who wants to create love in your life, I ask that you open up. *Finding the One* is a safe, confidential space to share questions, breakthroughs and challenges.

If you're someone who tends to not want to share in a group setting, I invite you to push yourself out of your comfort zone and participate. It's sharing that opens you up and creates space for the breakthrough you want in your love life.

People are shocked to see how powerful the sessions are — even when just listening to others receive coaching. You don't have to share every time, but the group sessions may just be the breakthrough you need – empathy, shame, resentments all disappear.

ARI'S SUCCESS STORY

**"I no longer try to "fix" women.
I'm attracting more women in a healthy way."**

Having support from others in the course and knowing that I'm not alone was great. I noticed how my pattern of trying to "fix" women was my biggest blind spot. I would dwell on their problems and try to make myself feel good that someone else has faults. I'd even tell myself that I was better than them.

What all I was really doing was deflecting focus from myself, my issues and past regrets. I realized how unhealthy and repulsive this was to myself and others. I no longer try to "fix" women and am more focused on myself in a healthy way that attracts women into my life."

~ Ari, Chicago

This program has the potential to be the most powerful transformation of your life. It is up to you to participate fully, open up and share, and let that transformation happen! This, of course, leads us right to Strategy #3: Stay in Action.

STRATEGY #3

Stay in Action



Being in action is the companion to participating fully in that it keeps you highly motivated as you experience your most powerful breakthroughs. As you move through the online content, watch videos and share on the Facebook support forum, you'll begin to feel different. This program is not an intellectual exercise, no, it's active.

Love is not a feeling, it's a verb

In *Finding the One*, you'll discover everything that was keeping you from love. Things that you were telling yourself that were hidden from your view. We'll create your new future based on your vision and your emotional needs and values, and you'll have tools to create a marriage that will stand the test of time. You'll be conscious versus being run by the past.

You'll have wonderful ah-ha moments and breakthroughs! And that's the great news. You'll have new distinctions – you won't be run by an unconscious story. And with that being said, as human beings we can be pulled to negativity if we are not in action and receiving support. Personal growth is a muscle that we build.

It's important to create structures – reminders, practices and accountabilities – into your life so that you can reach your goals. But this is not just about attaining any relationship. This journey is about clearing the path, **Becoming the One to Find the One.**

Staying in action means to take each step, one at a time, and get support every step of the way. When you feel challenged or unmotivated, sign up for Spotlight coaching and I'll help you get clear and back on track.

Here are some simple ways to stay in action:



Set goals each week: Take advantage of the Friday update to make your plan. Set a goal to do a module a week and before you know it, you'll be in Dating Camp.



Put your *Finding the One* commitments in your calendar: Use your calendar to log specific times for Meet to Marry activities.



Get coaching and support on the group coaching calls, private forum or in-private coaching sessions with Bari.



Have an accountability partner who you make commitments to and will hold you responsible to your promises. You're here to practice making and keeping big commitments. Having someone to witness, cheer you on and keep you in action helps you reach for the stars.



Prioritize your relationship goals. Don't let "busy-ness" get in the way of your quest for love.



Be consistent. Falling in love is an exploration. Do the activities on a regular basis and you'll create the space for love to come in. You'll release old patterns or doubts and become a great adventurer clearing the way for love in your life.

It's super important to be in action. When you stop engaging, you can fall into old patterns or negative thinking again. You are not alone on this journey. Reach out and get support, share your ups and downs so that you can stay in action.

CHERYL'S SUCCESS STORY

"I love that the program is so results oriented. It's coaching and requires work, but you get a quick turnaround in perspective. I loved the homework that was assigned. It definitely got me out of my comfort zone and into a space where I could articulate and write down my breakthroughs and needs. I also love that I can now clearly and confidently state who I am and what needs I need met in order for a relationship to thrive."

~ Cheryl, Los Angeles



SUMMARY

Congratulations! You've made it through the *Finding the One* Jumpstart Guide! I've shown you some important strategies to make the most of this program and to get you started powerfully to Find the One.

Here's a recap:

Strategy #1: Be Mindful of Your Mindset

4 ways to stay positive:

- Choose a positive mindset, no matter what!
- Put your concerns on the shelf
- Be courageous and coachable
- Imagine that it's already happened

Strategy #2: Participate Fully

Tips to stay engaged:

- Don't hide out
- Get Spotlight coaching
- Share on the online forum
- Visit the Meet to Marry University membership area on a daily basis

Strategy #3: Stay in Action

Tips to stay in action:

- Set goals each week
- Put activities into your calendar
- Get coaching
- Have an accountability buddy
- Prioritize your relationship goals
- Stay consistent

If you need any extra support during the program, let me know.

I've created special private coaching sessions exclusively for program participants to guide you personally through any challenges you may have. If you'd like more information, please email support@meettomarry.com.



MELANIE'S SUCCESS STORY

"Just 7 months after I started the program, I met the most amazing man and we've been in a serious committed relationship ever since. The program immediately made me feel more positive and as though a massive weight was lifted. My whole perspective on love, relationships, and myself changed right away. I realized that there's nothing wrong with me. The exercises and tools you provided were really helpful."