

## DATING PLAN the dating guide





The Meet to Marry<sup>™</sup> Dating Plan comprises two parts:



#### **1** | THE DATING GUIDE

This .pdf is your step-by-step guide to creating, following, and tracking your personal dating plan. You can download and save or print this booklet.

#### **2** | THE DATING TRACKER

This is a customized spreadsheet to record your goal, activities, and progress. It's your personal tracking tool, which you can share confidentially with me, so that I can encourage you in your progress and help you past any challenges!



Use it consistently, and The Meet to Marry™ Dating Plan will help plan and structure your new, empowered, dating experience, filled with relevant activities. The plan will keep you on track, so that you can achieve your goal of finding The One.

In Finding the One, you prepared. You cleared the space. You got ready. You dated yourself. Now you'll be dating to find your one. Remember, you are lovable and deserve to find your beloved, and that person is waiting for you.

02

## 01

#### **KEEP YOUR END-DATE IN MIND**

You will determine the date by which you want to get married. All activity will be to achieve that goal, which means that you need to be in action.

**BE PROACTIVE** Now is the time to be proactive in all your datingrelated activities. If you want 4 responses to your emails on dating sites, you'll probably need to make at least 30 contacts at a time. It's a numbers game, so don't be discouraged! To find that one right person, you'll need to contact many more people.

## 04

#### **KEEP TRACK**

You will put those activities into The Dating Tracker and your personal calendar.

As you complete each activity or date, keep notes in The Dating Tracker.

05

### TIPS

Each day and each action will lift you up and bring you closer to your goal of finding the one. Effort and consistent action lead to great results.

Keep in mind that feelings change, but commitments don't. So, if you don't feel like doing something you've scheduled, ignore that feeling. You owe it to yourself to keep your commitments, don't you?



#### **MONTH-BY-MONTH**

To start, and then monthly, you will research an entire month of dating-related activities.

#### **TAKE NOTES**

## 06

#### **ASK FOR HELP**

Remember, I'm here to help you every step of the way: Complete a Spotlight Form for time during a group coaching call. Ask questions on the private Facebook group for feedback from me and other participants. In my Inner Circle? Then contact me directly for individual coaching.

People who achieve greatness don't do so by accident! Each goal, each significant accomplishment, whether personal, professional, or worldchanging, is backed by planning, action. and evaluation.



What is SMART? It's an acronym that defines goal-setting and performance measurement in business-and in life! A SMART goal is specific, measurable, attainable, realistic, and time-bound. YOU HAVE A GOAL Everything you do toward that goal-every dating-related activity-should be **SMART**: S SPECIFIC (simple, sensible, significant). MEASURABLE (meaningful, motivating) Μ Α ATTAINABLE (agreed, achievable).

R

TIME-BOUND (timely, time-sensitive)



 $\langle \!\!\! \langle \!\!\! \rangle$ Want to learn more about SMART? See MindTools.

## meet to marry mantra LONGEST JOURNEY STARTS FIRST **7 E P**



The smart goal

#### **CREATE YOUR PERSONAL MEET TO MARRY™ DATING PLAN USING SMART.**

**RELEVANT** (reasonable, realistic, results-based).

## meet to marry™ mantra REALITY: **DON'T** LEAVE HOME WITHOUT



For most Meet to Marry<sup>™</sup> participants, the goal is something like this:

## "To meet and marry The One who sees me and loves me as I am and shares my vision, values, and goals."

Take a look at what you recorded for your New Empowering Statement (Finding the One, module 4, session 9) and Marriage Vision Summary (Dating Camp, module 2, session 5).

Make sure that your goal is in your own words --which you developed in Finding the One-and that it's simple and succinct. Make it your end goal-your real purpose for being here.

🔷 define your goal

Jusing the dating tracker

#### In sheet 1 of The Dating Tracker :

Record your goal. Click in the box for today's date. Today's date will fill in automatically. Record the date by which you'll have reached your goal: I'll be married by \_\_\_\_\_ (date). That's \_\_\_\_\_ months from now . (The Dating Tracker will calculate the number of months from today.)

Sheet 1 of The Dating Tracker will look like this:

Goal	My goal is
Today's date	(auto fill today's date)
I'll be married by	(fill in your goal date)
That's approximately	(auto fill number) months from now

TIP

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Prefer to keep your dating plan on paper, rather than in The Dating Tracker? That's fine, too! You should do what works for you, and lots of people like to write in a journal or note pad. Of course, if you keep it on paper, you won't be able to share it quite as easily with me. When you have questions, or need specific help, just share details with me!

meet to marry mantra ACTIN THE PRESENT TO SECURE FUTURE





Do you keep a paper calendar or electronic? At Meet to Marry™, we love Google calendar, and I highly recommend its flexibility and synchronization, plus you can share it, and receive my feedback. Whatever you use, take it out now. You'll need it.

You already know from your ongoing commitment to Meet to Marry™ that this endeavor takes thought, time, and the mental space. Your Meet to Marry™ Dating Plan will take commitment, as well, but it will work. Plus, it will get you to the real fun.

With your calendar in front of you, examine the next 30 days. Categorize all your current commitments-work, family, home, volunteering, exercise, self-care, community, friends, etc.

Wow. Look at that! Doesn't time have a wonderful way of showing us what really matters?

Note exactly when you have free time over the next month. Lunch hour? After work? Evenings? Weekends? What times and days of the week and month are you free and available for dating and related activities? Mark these times in your calendar, perhaps by highlighting them in green (if using an electronic calendar), or using green ink (if you use a paper calendar).

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## TIPS

Start using Google calendar, sync it with your current calendar, and learn more here.

Read Tim Ferriss, the always-funny proponent of the four-hour work week, on time management: The Not-To-Do List: 9 Habits to Stop Now.

Check out Kris Carr's blog for an inspiring take on how to be more productive by doing less: 5 Unexpected & Joyful Ways to Increase Productivity.

Remember, SMART goal setting means that you develop and act on specific, measurable, attainable, and relevant objectives toward your goal. Now that you've reviewed your calendar to determine when you are available for dating-related activities, you can begin to build your Meet to Marry™ Dating Plan. Use these objectives to help you.

Before you plan, make sure to review Your Marriage Vision meditation in Dating Camp. This meditation only takes about 10 minutes, and it's helpful to do it each and every month, prior to completing The Dating Tracker.



In sheet 2 of The Dating Tracker, set key, overall objectives for the next 30 days. Most objectives will be a number-e.g., number of hours, number of events, number of email contacts, number of phone dates,

Sheet 2 of The Dating Tracker will look like this:

January	Week 1 planned	Week 2 planned	Week 3 planned	Week 4 planned	Week 5 planned	Month (actual)	Month (plan)	Month (variance)	Notes
All dating-related activities (hours)									Notes here
Creating your profile									
Events (number)									
Enrollment conversations (number)									
Choose dating sites (which? number)									
Online searching (number)									
Emails to singles on dating sites (number)									
Phone or video dates (number)									
Coffee dates (number)									

At the end of the month, you will complete the "month actual" column. Did you meet your objectives? If you didn't, why not? When you plan the next month, just add new columns to the right, and copy and paste the column headings.

### TIPS

Setting reasonable, measurable objectives will help you meet your goal! Record them, review them, and change them as necessary.

Make sure to review what you actually did at the end of each month. Did you meet your original objectives? Exceed them? Fall short? What might you do differently during the next month? Remember to reach out to me for personalized help if you're part of the Inner Circle. Or, use the group coaching calls and private Facebook group to share your stumbling blocks and ah-ha moments.

🔷 develop reasonable & measurable objectives

vise the dating tracker

# meet to marry mantra THERE'S NO FUTURE IN THE PAST





Now, you are going to discover all the ways you can possibly meet people to date, and you're going to choose the ones that work best for you. Be open to finding like-minded people in a variety of ways and places. When dating, look at everyone you meet as a potential spouse!

## 01

#### **CONSIDER YOUR OWN VALUES**

Review your worksheet, My Values and Principles, from Finding the One. module 6. session 5. This helped you determine what's most important to you and how to meet people who share your values.

What's happening at parks and rec, the Chamber of Commerce, JCC, congregations, colleges, fitness gyms, and museums?

Consider gallery openings, concerts (especially those preceded by happy hours!), group tours and day trips, dance and exercise classes, lectures, tastings, hiking and biking clubs, marathon training, even business group networking.

Don't forget about singles events and groups, like speed dating and weekend trips. Check out what's on dating sites, too. Consider using great matchmakers, and take advantage of introductions from friends and family.

Always remember your values. If you're plant-based, check out a vegan meet-up. Care about the environment? What about a park or beach clean-up! Like a little adventure--perhaps a singles bike trip is for you. Remember, this is not about the specific activities; those don't really matter. What does matter is that you share core values and a similar world view.

## 04

#### **CONSULT YOUR OWN CALENDAR**

What activities have you enjoyed? When do you really feel like your best self? Which activities have had other single people in attendance?

Vlist daling-related activities

## 02

#### **BE PROACTIVE**

When you brainstorm, you keep yourself from saying "no" to a potential activity. Every idea that comes to you-record it. Every possible place or activity where you might meet people-write them down. All those things you would never be caught dead doing? Well, record those, too! That's a brainstorm-an unfiltered tactic to get your

- creative juices flowing.

### 03

#### **DO A LITTLE RESEARCH**

Check out the event listings in the free local papers, online community and social calendars, Eventbrite.com, and Meetup.com.

meet to marry TM mantra

## **THINK POSITIVE THOUGHTS: THE UNIVERSE IS** LISTENING





In sheet 3 of The Dating Tracker:

List the activities where you might meet single people.

For each, fill in activity, time/date (if known), and location. Leave the notes field blank for now. You'll return to that after you've completed the activity. Complete sheet 3 of The Dating Tracker for one month.

Sheet 3 of The Dating Tracker will look like this:

Date	Time	Location	Attended (Y/N)	Notes
	Date	Date Time	DateTimeLocationImage: Strain Stra	DateTimeLocationAttended (Y/N)Image: Strain St

TIPS

Go to a variety of events, places, and happenings that interest you. Don't limit yourself to singles events. When you are at activities that aren't limited to singles, mingle! Let people know what you're about, your vision, and if appropriate, share that you're single and looking to date.

vise the dating tracker

Don't forget to use the enrollment conversation structure when you meet potential singles. There is so much value in taking part in new activities! These will help you stretch yourself and leave behind old patterns. You never knowyou might even find The One at an event you'd never have attended in the past!



If you were looking for a job, you'd let people know, right? You would tell them about your skills, educational background, strengths, and interests. You would ask them for introductions to people in your field, and introductions to people who have the power to hire. Then, you'd contact those people and initiate conversations with them. That's networking, and it is a proven tactic to find a job.

Well, now you are looking for your lifetime partner. You know who you are—your background, strengths, values, and vision for the future. You know what you want. Ask others for help, and help them be your informal matchmakers.

## 01

**MAKE A LIST** of everyone you can think of whom you respect and admire because they have a great relationship or large circle. Especially include people who have happy marriages and those who regularly socialize or work with single people.

## 02

**WRITE A BRIEF PARAGRAPH** describing the person you seek. Use your Online Dating Profile, which you wrote during the Online Dating Module in Dating Camp. This will help them do an intelligent job as a matchmaker—rather than randomly connecting you with any other singles.

## 03

**ASK FRIENDS AND FAMILY MEMBERS FOR HELP.** Explain that you are working with a dating mentor, who has said that this is a great way to meet appropriate single people to date. Tell them that it would be great if they could describe the other person first, so that you can choose whether or not to meet that person. The Enrollment Conversation guide (Dating Camp, module 4, session 2) explains how to get people to help you in a way that's actually helpful!

## 04

**SHARE YOUR DATING PROFILE AND MARRIAGE VISION.** Your Online Dating Profile (Dating Camp, module 5, session 2) is a great summary of what you want, perfect for sharing with the friends and family members you've enrolled. They will understand your vision, and this removes the guess work, doesn't it? When you give your friends and family a clear picture, you'll get great introductions--instead of mystery dates! (Of course, sometimes the informal matchmaker doesn't know the other person, and that's fine, too. That's when you'll ask your dates specific questions to learn if they might be right for you.)



# meet to marry mantra TOTHYSELF BETRUE



I use the dating tracker

In sheet 4 of The Dating Tracker, record the name of the friend or family member, the date of the conversation, and any notes. Also write a paragraph describing the kind of person you are seeking.

Sheet 4 of The Dating Tracker will look something like this:

	I SEEK A PERSON	WHO HAS THESE QUALIT	IES
Name of friend/family member	Date of conversation	Introductions received (number, names)	Notes

## TIPS

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Start by making a list of friends who have great marriages, and who also know single people. Add to that list all the people who work or socialize with single people.

### $\bigtriangledown$

Your friends and family care about you. They want to help by setting you up with other singles. But without your guidance, you can guess what will happen: The short person is matched with the short people, and the scientist with the scientists, and you end up going on dates that make no sense. No more wasting time. Let's add intelligence to the process. You now have the power, tools, and wisdom to be clear about what you want and need in a relationship. By sharing that with others, they'll be enrolled in supporting and helping you.

### $\langle \!\!\!\!\!\!\!\!\!\!\rangle$

People knew what was true about you in the past. They knew you when you made the wrong choices in love or attracted the wrong people. But you've since completed Finding the One, and you have gotten clear and put all that behind you. By enrolling people to help you now, you are sharing who you are right now . Share your vision. Tell them that you now understand where you were stuck in the past, and now you're clear. People love to help.

# meet to marry™ mantra ACTIN THE PRESENT SECURE THE FUTURE





## meet to marry mantra KNOW YOUR **TRUTH. AND** SHARE IT.



Do you email people, or wait for them to email you? Do you know how to "read between the lines" of online dating profiles? Are you asking the right questions in your initial contacts?

To be really successful, you need to be proactive. Don't wait for people to contact you, and don't even focus on those who do contact you. Instead, proactively sort. Look for desirable personality traits and shared goals, worldview, and vision. You're looking for people who seem authentic, involved in life, and inspiring. When you see a possible match, contact that individual right away!

Now you get to use all that great stuff you learned in Dating Camp, module 5. Use your newly-written dating profile (module 5, session 2), and choose one or two dating sites that are the best fit for you (module 5, session 1). Commit to thoughtful, regular examination of others' profiles (module 5, session 4). Contact people, invite them to view your profile (module 5, session 5), and meet those who seem appropriate.

Remember that your new, online dating profile reflects who you are, your vision, your values, and your goals. It's an invitation to the right people to say yes, I see myself in that vision ! (The wrong ones will pass, and you won't be wasting any time with them.)



## TIPS

There are so many people out there. You might have to contact lots before you meet The One. Don't wait...get busy! Learn how to read between the lines of other people's profiles. Most singles don't have such great profiles, but you can use what you've learned in Dating Camp, module 5, session 4, when you review their profiles.



When you invite others to look at your profile, get ready to share, and prepare to ask meaningful questions. You're looking for shared goals, worldview, and vision.





**DON'T COMPROMISE:** 

## **FIND THE PERSON** WHO MAKES YOU FEEL LIKE YOUR **BEST SELF**

In sheet 5 of The Dating Tracker, record information about the people whose online profiles interest you.

Sheet 5 of The Dating Tracker will look something like this (with additional columns for second dates, notes, etc.):

Name	Profile reviewed (date)	Contacted (date)	Phone date (date)	In-person (date)	Keep in pipeline? Y/N	Quick codes Y/N	Second date (date)	Notes

### TIPS

You're not looking for a lot of second dates. You're looking for The One.

Remember to keep notes: Did it flow? Are you aligned?



vise the dating tracker

Use quick codes:

A = Yes, I'm attracted to this person.

- P = Yes, I like this individual's personality.
- V = Yes, we share vision/values.



Take out your calendar once again. With your calendar and The Dating Tracker side-by-side, add every activity to your calendar for the next 30 days. First, fill in the activities that have specific dates and times, like events you plan to attend. Then, put in time for individual activities, like reading through online profiles, speaking with family members and friends, and emailing people whose profiles you like.

Make these activities a priority in your life! Schedule them for times when you feel energized and optimistic. Don't leave them to chance, and don't say, "oh, I'll get to that later." Just like you deserve that exercise high, a great dinner, and your wonderful friendships, you also deserve to give yourself this time to find The One.

## TIDS

Plan an entire month at one time (no more, no less), even if your plans change throughout the month. If you plan just one week at a time, it's easy to get caught up in the current activities, and forget to plan the next week! If you plan too far in advance, your commitments can shift and take you off course.

🔷 calendar your dating-related activities



I cannot stress enough how important it is to plan and commit, using your calendar. If it's not recorded in your calendar, it's not a real commitment. So do this!























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