

Be Intentional and Positive to Find Your Valentine



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As I write this at the very beginning of January, people in the media and elsewhere are talking

about New Year's resolutions. I was never one to make resolutions. Instead, I pinpoint a couple of goals for the year and make sure I am intentional about reaching them. That means getting serious about making them happen—putting my attention on them, figuring out the small steps to take to get to the bigger goals, and adding those steps to my to-do list on a regular basis so I don't forget to take action on them.

This is the same strategy I recommend to my life coaching clients who need support in navigating a life transition, balancing work and family, writing a book, designing a happier life after divorce, or achieving any other life goal. Break the large goal into smaller mini-goals and be diligent in checking those off the list one by one. No procrastinating!

The same is true for my dating coaching clients. They need to define and then regularly follow through on the practical, nuts-and-bolts steps that will help them cross paths with other singles in their search for that special someone—whether it's singles activities, online dating, or meetup/hobby groups.

But they also need to take three additional steps in their quest for dating success:

- Create a clear partner **vision**
- Have a strong sense of **intention** and focus about doing what it takes to find that partner
- Stay **positive** at all times while searching for a partner

A "strong sense of intention" is incredibly important. What does it mean to be intentional? For me, it's being committed

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and laser-focused about something I want to create or attract into my life. And, to do that, I need to truly believe that I can create or attract that thing (or, in the case of dating, that person) into my world. I always believed I'd find the right person for me, despite many setbacks and disappointments over the years. My friends will tell you it was that strong belief that helped me persevere when I hit obstacle after obstacle.

If you desire to find a life partner this year, ask yourself how strong your intention is. Is it strong enough to propel you to try again even after a new person you met at a dance doesn't call when he says he will? Or after the five men you contacted on a dating site don't reply? Or after you come home from a promising meetup group where everyone shared your interest but no one intrigued you romantically?

Those are the givens in the dating world. Sometimes, you get disappointed...or even hurt. Sometimes, you get discouraged. Sometimes, you feel like you've run out of options for places to meet new people. I experienced all of these during my dating years. Now, my clients ask me for advice on how to cope with similar challenges all the time. Here's what I say: Don't give up. Keep on trying. It's a numbers game. The more people you meet, the better. Every "no" you get brings you closer to a "yes."

I also offer tips like these:

- **Go to each singles event or other gathering with the intention of just learning one thing about one new person.** This helps you be more relaxed and natural, less "urgent," and thus more attractive.

- **Practice "flirting" wherever you go** (i.e., just smiling and being friendly with new people). This helps you get more comfortable with talking to people you're attracted to in the singles world too.
- **Strive to love yourself and your life more** before embarking on a dating world search. Be kinder, gentler, and less judgmental in your self-talk and actions. When you emanate self-love vibes, others can't resist you!
- **Be more open-minded with potential dating partners.** Give nice people a chance by not jumping to conclusions about them on the first meeting. Sometimes, they'll reveal an endearing personality trait the second or third time you talk.
- **Broaden your partner vision** to include people a bit different from your usual "type."
- **Try a new online dating site.** It amazes me how reluctant my clients are to do this. They'd rather stay a few more months on a site that isn't turning up any good matches rather than make a switch. I always recommend they spend no more than a couple months on one site before moving on. When they do, hundreds of new possibilities open up to them, and they immediately get emails from a bunch of interested prospects because they're new.

If you (or a single, divorced, or widowed friend) is hoping to meet a "Valentine" this year but need some moral support or suggestions for good places to mingle, let me know. I can help you stay focused on your intention and persistent in working toward your goal...even when roadblocks arise. Let's talk!



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