

# The 90 Day Soulmate Attraction Plan

By Colette Gallagher



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## **Introduction**

Are you tired of bad dates? With this guide you'll stop wasting your time going on bad dates that seem attractive at first but end up creating misery and unhappiness and you may even attract love! These are the exact steps I used to find my dream partner.

My partner is amazing... he's totally crazy about me, kind, patient, handsome, listens to me, and wants to take care of me. He's exactly the kind of partner I had waited for years for before I got systematic in my approach to dating.

I can't guarantee this system will work for you, as there are many factors that determine if you will attract great dates (mainly that you are ready for them), but I do know you'll have a lot better chance for success using this guide.

Please read the whole guide through once to get an overview of the process, then go back and take action step by step through the guide. Some of the things may sound simple or your mind might tell you a step isn't important... do them anyway.

Think of this guide like a recipe. Put all the ingredients in and follow the steps and you'll get a much better cake than if you tried to wing it or leave something out.

## **Are You Even Ready to Start Dating?**

Just because you think you want a relationship, doesn't mean you are actually ready to be in one. Relationships will bring up all of your emotional triggers and require a commitment to love someone else, not just be loved. You must also be able to accept and receive love from your partner.

Here are some questions to ask yourself before you start looking for love:

### **Do you know who you are?**

This seems like a simple question. You've been with yourself since you were born, of course you know who you are, right? Not necessarily. Many people think it is their responsibility to help others and make them happy. You may have been taught it is better to give than receive and that it is selfish to do things for yourself or to put others first.

If this is true for you, then you may not know yourself as well as you think. You may spend so much time putting others first and denying what you want and feel, you may have lost your true nature. When was the last time you spent time alone, doing something you chose to do that you absolutely love? If it has been awhile, it's time to start scheduling in things that bring you joy and spending time with yourself and friends.

## **Do you know what you want in life?**

Do you know what your dream life looks like? Do you know what you love about your life and what you would like to change? Do you know where you want to be location wise, financially, and emotionally? Are you there? It is important to know these things so that you know if your partner is suitable for you. It's ok if your life isn't perfect yet but it is a good idea to at least know the direction you want to head and be taking steps towards it.

## **Do you know what you want in a partner?**

We'll get into more detail about this in the next few chapters but you definitely want to have an idea of the kind of partner that would work for you long-term to help you weed out any attractive date that isn't compatible for you. Do you want a homebody or a socialite? Do you want a partner who is very interested in their finances and having the best of everything or one that is a nature-loving, lives in a van type?

If you're not sure, date different types and see if you would actually be happy with that lifestyle long term. You can't expect someone to change once you start dating them to suit your desires. It is much better if they are already what you want all on their own.

## **Are you happy spending time alone?**

A partner isn't going to be able to drop everything and entertain you whenever you want. You must already be in a place where you love your own company and have fun things planned with friends or family. Weekly date nights alone where you pamper yourself are highly recommended. Having a regular activity you enjoy doing with friends is great, as well. This way if your partner gets busy with work or other project you are perfectly happy doing your own thing without resentment. Don't give up your life just because you start dating someone, either.

## **Are you able to communicate feelings?**

Are you able to tell people how you feel in a non-blaming, non-judgmental way? This was a huge challenge for me for a long time. I thought I was only allowed to feel happy so I didn't tell people when I was upset. Then I would feel resentful and lonely.

I had to learn to tell people my true feelings with an understanding that my feelings were just that, my feelings. I am allowed to feel however I want, whether my feelings are logical or not. I am the only creator of the feelings within me. Other people do not create our feelings or make us feel any type of way.

What happens is we carry these feelings inside of us, often from childhood, and bring them to the relationship without even realizing it. Other people just trigger the recognition of these feelings, acting as our mirror to show us our true feelings. The feelings were there all along, we often just don't realize it until someone else brings them up for us.

By taking responsibility for how we feel and then sharing our feelings with someone, we allow the other person to understand us and create and hold a safe space for us to completely feel our feelings. I can write a whole other guide about communicating feelings, but for now, knowing that this is important is enough.

## **Do you know your needs and how to get them met?**

We all have needs and it is important to know what they are. This has nothing to do with being needy. People get their needs met in different ways and if we don't consciously choose how to get our needs met, we may try to manipulate or do other things to trick or force people to meet our needs.

## **Do you know your emotional triggers?**

As I mentioned earlier, other people act as our mirrors and if we see things we don't like in other people, I can guarantee you that you do the same thing somehow or wish you could. If you like something in someone, that trait is in you or you wish you had it, as well. That being said, things that other people do will trigger us. It is important to look for things that trigger you that people do so that you don't start blaming them or getting upset with them for things they do that really have nothing to do with you.

## **Create Your Dating Checklist**

Alright, now that you know you're ready to start dating it's time to create your dating checklist. A dating checklist doesn't have to be 5 pages long and your partner doesn't need to completely encompass every single thing on the list.

Ideally, a checklist will have about 20-50 traits that you desire, with 5 of them being non-negotiables. Non-negotiables are things that you could absolutely not tolerate in a

partner (ie smoking if you hate being around smokers). The rest are things that you would like. This is to assist you in your screening process of potential mates.

Take out a piece of paper and create a list. You can write down everything you think of that you loved in past partners and the opposite of the things you didn't like... plus things you've wished your partner would do.

It's important that you focus on the non-negotiables first when weeding out your list of potentials. This list isn't meant to be a way to create standards so high that no partner can meet them. It's simply a way to get clear on the type of partner you want. No one is going to be perfect, so focusing on your 5 main things is enough.

## **Create Your Dating Vision**

A dating vision is a story of how it will be when you and your partner are together. What activities will you be doing together? How will they treat you? How will you treat them? How will you handle friend and family time as a couple? Will you move around or stay close to home?

Again, this is to help you focus when dating potential partners. Going through things you did with past partners is an excellent starting point, then go through relationships with friends and family that you admire, then things you wished you had a partner for. Write it all out in detail so you really **feel** what it'll be like when your ideal partner is in your life doing all these fun things with you.

A great thing to do while you are waiting for your soulmate to come is to start doing these things with/for yourself if you aren't already. Will your partner bring you flowers just because? Buy yourself flowers just because. Will your partner take long walks on the beach with you? Go for long walks on the beach with yourself, imagining how great it will be when your partner is with you but enjoying the time alone. This will get you in

the vibration of what it will be like and will help you not settle for less than what you want.

## **Know Your Wants & Needs**

There are 6 core human needs and many more that are more individualized. The six core human needs are certainty, variety, significance, connection, & growth. Other needs include: Subsistence, Protection, Affection, Understanding, Participation, Leisure, Creation, Identity, Freedom.

Knowing what your wants and needs are, and having multiple ways of getting them met, will greatly assist you in creating healthy relationships. For instance, having the need for certainty may mean having a steady income, having a friend you can count on to talk to, having an activity you do every day or every week at a certain time, owning your home, or anything else that you know you can count on to stay the same for the most part.

Once you have different ways to get each need met, you won't be "needy" because you'll feel secure in yourself and your life with or without a partner.

## **Delete Fears & Blocks**

Fears and blocks will get in the way of finding love. You may have the feeling of not being good enough for a loving partner who treats you well or you may have a fear of abandonment that your partner is going to leave you. You may be shy and worried about being rejected. These things are usually self-fulfilling prophecies, meaning that because you fear something, it may cause it to happen.

Finding ways to get rid of fear and blocks is important before you start dating. It will help you to have tools to use when they come up so that you don't project them onto your

partner. Trust is very important in relationships and you won't be able to trust your partner if you focus on the fears you have around relationships.

One way to start uncovering your fears is by feeling the feeling of being married. Wear a wedding ring for a day or two and imagine waking up being married. As you go through your day imagining that you already have your soulmate, what do you worry about? What is life like now that you're married to your soulmate love? What do you love about being married? How is life different now? How are you different now? Really feel into those feelings of being happily married and see what comes up.

Whenever I start feeling fear, I repeat a few bible quotes. One is "as I walk through the valley of the shadow of death, I shall fear no evil, for you are with me." The other is, " I only need faith the size of a mustard seed and I can move mountains." These two quotes remind me that I am always supported and loved no matter what things look like to me and that I am creating my own reality so I must have faith. You can use these or find ones that create those feelings of faith and support when you start to feel fear, doubt, or worry.

The best way I have found to remove fears is with understanding. Understanding comes from being educated and taking action to conquer them. This means that whatever you are afraid of needs to be faced. I used to make myself do one thing I was afraid of every day. For awhile I made myself talk to the most attractive man in the room everywhere I went so I could get used to talking to attractive men. After awhile I ran out of things to be afraid of.

Whether it is approaching an attractive person and starting a conversation or putting your profile online, the only way to get over the fear is to take action and practice until you aren't afraid anymore. Sometimes you need encouragement and this is where a

dating coach or good friend comes in handy to hold you accountable for taking action and facing your fears.

## **20 Common Blocks That Keep Your Soulmate Away**

If you've been dating or single for awhile and think it might be nice to have a partner but aren't attracting them yet, you may have beliefs blocking you from attracting the healthy relationship and love you desire. Here are 20 common blocks to attracting your soulmate.

1. You are afraid of being controlled and/or losing freedom by being in a relationship.
2. You're afraid of getting hurt, heartbroken, or losing love once you get it. You think love leads to hate.
3. You're comfortable being treated poorly.
4. You're comfortable being alone.
5. You are trying to earn love and do things to "make" someone love you.
6. You are afraid of being rejected once someone gets to know you so you don't open up fully. You have a fear of being seen and understood.
7. Your standards are too low or too high.
8. You don't appreciate other people. You expect others to be there and/or do things for you without being grateful.
9. You're attracted to superficial things about people such as looks or status. You think a partner is there to make you look good or validate you.
10. You think love "just happens" and there is no work involved in creating a healthy relationship.
11. You judge others and think others are judging you harshly.

12. You don't express yourself fully. You hold back your opinions or don't take action on your dreams. You're afraid of being heard. You are the "agreeable" one who doesn't rock the boat.
13. You are angry at past lovers, family members, or friends.
14. You put responsibility for yourself on other people. You play the victim. You're "needy" and want someone to take care of you in ways you are perfectly capable of taking care of yourself.
15. You take responsibility for others and help people who don't ask for help. You do everything in the relationship. You're always giving and doing things for others while neglecting your own needs to feel valued. You are a "caregiver" by nature and don't allow others to care for you unless you are doing things back.
16. You think you have to be perfect to be loved. You have to be "good". You have to have a great body, lots of money, an awesome job, amazing friends, etc. to be loved. You feel like you have to have an "image".
17. You feel like a burden to others. You don't want to burden a partner by being with you.
18. You don't trust other people. You don't trust that someone can love you just for being you. You think people lie and are going to hurt you. You think other people have to prove they love you.
19. You try to control other people or situations to feel safe.
20. You don't think you can have what you want in a relationship. You don't think what you want exists. You don't think there are "any good partners left".

If you found yourself agreeing with any of these, congratulations! You now have a greater awareness of yourself and why you haven't manifested your soulmate yet. The next step is to make a plan to reprogram these blocks and take new actions that are in alignment with attracting a healthy relationship.

Sometimes people don't see their own blocks. If you're still unsure which blocks you have or what to do now that you know what is blocking you to reprogram them, I would love to offer you a 60 minute love block blaster session. In 60 minutes you will know exactly what is blocking you from manifesting your soulmate and have a plan of action to allow your soulmate to come. This session is only \$97 if you sign up within 7 days of buying this course. Email me at [Colette@colettegallagher.com](mailto:Colette@colettegallagher.com) and we can schedule a time.

### **Create Your Online Profile**

Now that you've done all the inner work and are ready to start dating because you feel secure and happy with your life, let's get to the dating part! It doesn't really matter which dating site you join. I met my dream partner on Tinder... which is supposed to be a "hook up" site!

There is Match.com & Eharmony which I believe is for people who are more serious about finding marriage but they also cost money. Then there is plenty of fish, Okcupid, Jdate, Bumble, and Tinder, which are free. There are also many niche dating sites like Christianmingle and even farmersonly.com.

Pick one or two dating sites to start with and then if you absolutely can't find any matches using my system, go on to the next one.

### **Images**

Post as many pictures as the dating site allows. Show your face clearly in the main picture. Have a recent full body photo. Make sure all the pictures are taken within the last 6 months, unless you did something really cool 2 years ago, like climb mount Everest or something you want to showcase.

Take new pictures if you need to. Have a few pictures showing you doing things you like to do. Many times men won't even read your profile. Super annoying, I know... but keep that in mind when choosing your images. Your images are what is really going to make him want to contact you.

You don't need to look like a supermodel or wear sexy lingerie to get men's attention, but you do want to look like you put some effort into caring for yourself. If you normally don't wear a lot of makeup, don't wear a lot of makeup in the photos... but do put on some mascara and lip gloss.

Wear something that accentuates your body in a flattering way... a nice dress or nice pants and top that matches. Most men care that you have some pride in yourself and that you take care of yourself more than looking like you just stepped off a runway.

It's best if your photos give the impression that you know how to have fun and what it will look like when he meets you in person... so pictures of you about to go out with your friends that someone took or a nice picture of you smiling are good.

## **Description**

Your description should talk about what it would be like to date you. Be authentic and honest about yourself and things you are excited and interested in. What would you like to do together and what do you like to do on your own? What is fun to you?

Don't try to be something you aren't because you think it'd attract more people. Even if it did they'd be the wrong people for you. Besides you only need one. If you hate yoga and clubbing, don't put those down as things you want to do. Only put things you actually really enjoy doing with friends and alone.

You don't need to say you hate online dating or anything like that because no one dreamed of finding the love of their life from the internet but life happens and people are busy. You don't necessarily need to say you're looking for a relationship, unless you aren't able to specify that anywhere else as a choice on the site.

I was very specific on my description and I was also authentic which made me stand out. I said how I love going on adventures and how I always get good parking. I also said I was looking for a partner (because it was Tinder after all) and didn't want kids.

You want to make your profile match your personality. If you love staying home and reading on a Friday night, talk about that. If you're an avid butterfly chaser, mention the last place you looked for butterflies. Do not be afraid to share what you are passionate about and love doing because the right person will think it's awesome.

Don't make your description too long. A few paragraphs describing yourself and what you're looking for will do. Use the dating profile template to really narrow down exactly what to say.

Once you feel good about your description and feel it accurately represents you and your personality, have a close friend read it to see if they think it represents who you are. Go back and read your profile a few days after you write it, as well, just to be sure you like it.

### **Profile Template**

A good online dating profile will give you more choices and attract more people so it's important to put some thought into it. Your profile should be short and sweet (less than 100 words) but also give a good feel of your personality and who you are with some good details that separate you from everyone else.

First, let's list out some things that you might want to add:

What do you do on weekends? What's a typical Friday night, Saturday, and Sunday morning for you?

What are your hobbies?

Where have you gone lately or last?

What are your favorite movies?

What are your favorite books?

What are your favorite quotes?

What's your favorite memory from college? Childhood? Friends? Family? Work?  
'Traveling?

Are you taking any classes or learning anything new at the moment?

What's your favorite joke?

Do you collect anything?

What's the weirdest thing that ever happened to you?

What activities do you want to do with your partner?

What activities do you like to do alone?

Are you an introvert or extrovert?

Are you religious?

Are you into politics?

What are your top 5 deal breakers in a partner?

What are your top 5 must-haves?

What is your idea of a great date?

Do you want kids?

Do you want to get married? Are you looking for a relationship or just new friends of the opposite sex to get a feel for what you like (if you're newly single or been single for a very long time it might be better to just date around without looking for anything serious until you know your heart is fully open and ready for a commitment)?

When do you feel happiest?

What are 5 things you love about yourself?

5 reasons you'd make a great partner for the right person?

What do you love about your work?

What are your goals? What are you working towards?

**Now that you have some ideas floating around, pick the top 3 things that either capture who you are the best or are most important to you and list them first.**

For example:

3 things you love:

Lover of beaches, tea, and mma

Or 3 things that describe you:

- Avid reader
- Teacher

- Animal volunteer

Or if traveling is most important to you:

Adventure seeker... just got back from London, Paris, and Prague

**Now write a short paragraph describing your favorite things from the brainstorming questions above. Write in positive instead of negatives when possible unless it's a deal breaker (ie I love \_\_\_\_ vs I hate \_\_\_\_).**

For example:

On the weekends you can find me \_\_\_\_\_. I'm Catholic and go to church on Sundays. I would love a partner to join me. I also love to \_\_\_\_\_. My idea of a great date is \_\_\_\_\_.

**Next write a short paragraph about what you're looking for in a partner from your list of must-haves and deal breakers.**

For example:

I would love a partner/man/woman who \_\_\_\_\_. If you \_\_\_\_\_ that would be awesome. If you \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ we will probably not get along.

**Finally, give them an idea of what to write to you if they're interested.**

For example:

Tell me your favorite place to grab a drink.

If you have a passport and are ready for your next adventure, I'd love to know where you're planning to go.

Where would you take me on our first date?

If you love Stephen King books as much as I do, which one is your favorite?

**This type of profile will let people know right away if you have common interests and help you stand out from the crowd.**

### **Finding dates/matches**

If you put some clear pictures up and made your profile accurately describe your personality, you will probably start getting some interest within a day or two. Online dating (and dating in general) is all in the numbers, so search through and find at least 25 people you find attractive and like their profile or send them a wink or whatever the particular dating site you are on uses to say a quick "I'm interested".

I recommend waiting for the man to message you so that you know he's truly interested and not just bored. However, if someone really catches your eye then write a short and simple hello. Don't send more than one message unless you are super interested and more than a few weeks has gone by.

If someone doesn't write you back, they probably are either not interested or dating someone else right now so don't wait for them and don't take it personally. Nothing is personal in online dating. If the first 25 or so matches don't contact you, find 25 more. If you're not getting many matches or the matches aren't compatible, try rewriting your profile and changing your pictures or a different dating site.

Think of dating like a funnel. You want to start messaging with 5-10 people within the first few days who you find attractive and see if you have things in common and like similar activities you can share. Your goal is to get to know them, see if they meet a few of your non-negotiables through your messages, narrow it down to 3 people, and move the conversation with those 3 off the dating site and start talking through phone, skype, or email.

Don't rush to meet someone. You want to filter it down so you aren't wasting your time with people who aren't compatible. You want to make the dating experience fun and enjoyable and that won't happen if you're saying yes to everyone who asks and going out right away. You want to send a few messages through the dating site until you feel comfortable enough to give them your email/number.

Once you move to email/phone you want to talk to them at least a few times on the phone for at least 15 min each time to get to know them a little better. Again, there is no rush here. The goal is to enjoy the process of getting to know people and have fun.

Bonus points for a skype session before the date. Getting comfortable talking to someone before meeting ensures you won't go on bad dates with people who can't hold a conversation or who you have nothing in common with.

Online Dating Profile Checklist For Attracting Better Matches:

- 4- 10 recent (within 6 months) photos of you doing fun things
- 2-3 pictures where you can see your face clearly
- At least one full body picture
- Added as many pictures as the site will allow to your profile
- the profile is filled out completely
- Your description describes what it would be like to date you (activities you like, things you like, things you hate, the kind of person you're looking for, etc)
- A close friend has proofread it for you
- You reread it after a few days to be sure it accurately describes you

## **Setting the date**

Do not ask for/accept last minute dates. Your first date should be at least a few days in advance. They should also confirm the morning of the date (not last minute). You need to value each other's time. There should be a few texts/calls in between the setting of the date and the date to check in and see how you're doing/ good morning/ what are you doing, etc. This is to gauge interest.

You don't want to waste your time with someone who is going to treat you like an option. Even if you don't end up being compatible, respect each other and your time. You want to feel comfortable talking to this person before you meet in person to make the date go more smoothly and so you'll have things to talk about without awkward silences. You also want to start building trust by being in regular communication with each other.

My partner asked me out for a Saturday lunch date on the Monday before. He picked a Thai restaurant because he already knew Thai is one of my favorite foods (because we had been texting and talking for a week). He picked a place that was close for both of us. He texted me a few times throughout the week to see how I was and also the morning of to see if I needed anything before our date. He was considerate right from the start.

If you make excuses and let people treat you like crap from the beginning, don't expect it to change. Respect yourself enough to wait for the person who will treat you well right from the start.

## **The First Date**

If you've been getting along well and the calls/skype sessions have been going well, you should be feeling excited to meet in person. If you're not, cancel the date. There's

no point wasting your time going out with someone who you're not at least a little bit excited about meeting.

This isn't someone to hang out with because you're bored or lonely... that's what [meetup.com](https://www.meetup.com) is for. Don't mess with people's feelings and go on dates unless you are at least curiously interested in whether this person is a romantic match for you.

The first date should be something fun for both of you. If he hasn't put some thought and effort into planning the date, either move on or suggest something you think you would both enjoy.

The date should be between 1 to 2 hours. Don't plan an all day date or a quick 15 min meeting. You'll feel too rushed to relax and enjoy each other if it's less than an hour and over 2 hours and you might get bored. If it's really going well, then 3 hours max. You want to leave feeling excited and wanting more... not like wow that went really long.

Do not meet for drinks after 8 pm for a first date unless you plan to sleep with him and be done. No man is going to ask you to meet him for a drink that late unless he's trying to go home with you or isn't looking for anything serious. Only meet for coffee on the weekend mornings, otherwise it will feel too businessy.

Have a few questions to ask and a few fun stories to tell already planned in case there's a lull in conversation. Try to keep the conversation equal in time between each other. It's actually better for you if the other person talks more (as far as creating attraction) but if they aren't wanting to know about you, that's a bad sign.

Plan to go on at least 3 dates with the person, unless there are major red flags. The first date is almost always a little awkward and since you don't know each other very well, there might not be crazy attraction at first. As long as you aren't unattracted to them and

they don't have any bad habits, etc, go on at least 3 dates and get to know them well before writing them off completely.

I'm the cautious type when it comes to relationships so I didn't even know I was that interested in my dream partner until about the third date. I just knew he was considerate and kind and handsome, but no crazy fireworks or sign over his head saying "this is the one!". If I had stopped dating him after the first date because I didn't immediately feel he was my soulmate, I would have missed out on an awesome partner.

A note on safety- do not meet anyone at their home or somewhere private until well after the third date. Always tell someone who you are meeting and where and plan to call or text someone after your date so they know you are safe. No matter how nice or hot someone is, you are taking a risk meeting them. Remember that and take some precautions.

Also, once someone has your cell phone number they can look you up online and get all kinds of information on you so be careful to make things private on your facebook, etc.

### **The Second and Third Dates**

No matter how much chemistry there was or how amazing or wonderful you thought they were, wait at least a week before seeing them again. This gives the hormones and chemicals time to calm down so you can think more rationally about the person, gives you time to date other people without it being awkward, makes spending time with each other more special, weeds out players, gives you something to look forward to, and makes the dating process all around more enjoyable.

You don't want to get all excited and attached to someone who isn't a good long-term partner for you and spending too much time together too quickly kills attraction and sets you up for failure.

The first few months are a chance to get to know each other and see how compatible you are long term. There should be no expectation of commitment for at least 2 months. You don't know the person well enough to know if you want to commit.

People looking for instant commitment usually have personal issues with codependency and you don't want that. You want a healthy relationship built on respect and trust and that doesn't happen quickly. You want to know their patterns and whether they will text you back or try to play games and manipulate you.

You want to know how they are around friends and family and how they act when they have a bad day. You want to know if they are supportive and respectful of your goals and dreams. It takes at least a few months to know these types of things.

Keep your options open and dating casually so you don't feel like you've wasted your time if you've been seeing someone for a few months and it doesn't work out.

### **Sleeping With Someone**

I recommend waiting to sleep with someone until you have decided to be monogamous. This is totally up to you, but if you don't want to be monogamous, it is respectful to tell the people you are dating that you aren't ready for a monogamous relationship yet if it gets to that point and it is up to them to decide if this is ok. Honesty is one of the most important parts of a relationship and so is building trust.

You don't necessarily have to be committed or dating exclusively to be monogamous sexually, but again it is important to make sure you are open and honest about what you want. If you want to have multiple sexual partners, that's fine as long as everyone is ok with that. It's important to be sure you are free of stds before sleeping with someone new.

If you want to continue dating other people casually, while being sexually monogamous be sure to tell your partner that, too. You always want to let the other person have the choice of whether or not they are ok with being in the type of relationship you desire.

For most people, especially women, sex bonds you to each other. You don't want to be bonded to someone who isn't a good long-term fit for you. Most women have had the experience of sleeping with a man they weren't that interested in and wasn't a good long-term match, only to find they were suddenly in love with him after sleeping with him a few times. Not good. Or you use the non-relationship sleeping together as an excuse to put off finding a true, healthy relationship.

Waiting to sleep together also builds up the anticipation and gives you time to make sure you're free and clear of stds and pregnancies. It gives you time to get excited about becoming sexual and be comfortable enough with each other to be open and free in the bedroom and honest about what you want.

### **Evaluating Potential**

If you've been dating a few people and things are going well, you'll eventually want to decide which one to start seeing seriously. Usually the man will initiate wanting to be exclusive, so it is up to you to be honest with him and let him know how you feel about him as a long-term potential.

There is a book of questions to ask before getting married that are useful to ask the people you've been dating for 3 months or more to see if they really are good long-term fits for you. This doesn't mean you'll actually marry them but you'll at least know if the potential is there so you don't waste any more time if it isn't. I got this idea from a man who did this and then I did it with my love after about 2 months of dating him. It helped me a lot to see if we were on the same page with what we wanted out of life.

Do an internet search for “questions to ask before you get married” and you will probably find it. This will help you decide if you’ve met the one or if it’s time to get back onto the dating website and start the process over. You should know by 6 months if this is someone you don’t want to marry so that you don’t waste too much time dating the wrong person.

### **A Few More Tips**

If you’ve gotten this far, things are probably going pretty well. Here are a few extra tips to keep things going smoothly:

- Do not tolerate any inconsistency, lies, rude behavior, or anything else you wouldn’t want someone doing to your best friend or little sister. The beginning is when he is on his best behavior so if he is already showing signs of disrespect, move on... no matter how awesome you think he is or if it was "only once or twice". It will only get worse.
- A healthy relationship feels comfortable and trusting. There is no drama. It’s important to look at how you are meeting your own needs instead of relying on your partner to make you happy.
- When deciding if he’s a good match, look at if he seems to want to take care of you and help you. Men are natural problem solvers and protectors. If he isn’t wanting to do those things move on.
- A little secret about men: they crave to be loved by and love a good woman. Men want a woman they can be vulnerable with, cuddle with after a long day, talk to about life without being judged, and that accepts them for who they are. A woman who doesn’t blame them for her unhappiness. They also want a woman who lets him take care of her so that he can feel needed. If you know this about men and don’t treat them like all they want is someone young and hot, or who wants to have lots of sex, or just looks good, you will have much better luck. Men

like to look at and have sex with these women, but they marry the woman who is their shelter from a harsh world and who makes him feel needed, respected, and appreciated.

### **How to Get Personalized Support**

If you loved this guide and think having some personalized assistance with your profile and dating is something that would benefit you, I do offer laser sessions where we create your online profile together and create a specific plan for you to attract your partner. We can also dive into your love blocks and what is keeping your soulmate away. The laser sessions are 90 minutes and are only \$247.

I also offer private coaching on a limited basis for people who are serious about reprogramming their love gps to attract a healthy relationship. This coaching is 3 months long and I only work with a few people at a time. During the weekly sessions, we go over the dates you went on and what can be done to improve your dating experience, as well as answer questions that come up during dates, and overcome fears that happen during the first few months.

For more information, questions, or to be put on the list for these programs, please go to: <http://colettegallagher.com/work-with-colette>

### **The Dating Funnel Overview**

- You found at least 25 potential interests
- You narrowed it down to 5-10 people to get to know better via messaging on the dating site
- You messaged the 5-10 people for at least a week to make sure they are a match to your dating vision and have your 5 non-negotiables (week 1)

- You've talked on the phone & skyped to 5 matches over the course of a week (week 2)
- You've set dates with at least 3 matches out of the 5 you talked to (week 2)
- Your matches stayed in regular communication (every few days at least) via text or email before the date
- Your matches planned a nice date for you (at least an hour, no rushing, were considerate, etc)
- Your matches confirmed the date at least a few hours before the date (no wondering if you're still meeting, etc)
- Your matches were polite and considerate throughout the date
- You had 2-3 interesting questions and 2-3 interesting stories ready to talk about during the date
- Your matches stayed in regular communication after the date
- You went on one date per week per person for the first month to get to know the 3 matches better (unless they weren't a good match after you met them, then pick another match to start talking to)
- You remembered you are the prize and expect to be treated accordingly
- You talked about what you desire in a relationship but have no expectation of a relationship with them until they tell you they want one, then you can decide if you want one, as well
- You didn't take anything personally (ie if they didn't call you, stopped messaging suddenly, etc), you just moved on
- Understand it's better to be alone than to go on dates with people who aren't treating you well or aren't potential partners

