



Where to meet your Ideal Man and find love fast.

HUSBAND MATERIAL

HOTSPOTS

Nadine Piat

Husband Material Hotspots

Audio Transcript

BY

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HEALTHY YOU
HEALTHY
LOVE

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Nadine is a certified Professional Personal Coach and Behavioral Change Coach and she shares her knowledge, learning's, tips and advice as guidance and as entertainment only. We encourage you to make informed decisions in your life and to seek professional support as necessary.

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INTRODUCTION

*H*i there and welcome to Healthy You, Healthy Love. This is Nadine Piat and today we're going to be talking about Husband Material Hotspots.

Now, some people when they first read this topic they may think, "Oh, are you going to tell me where to go to meet a husband?" No, I'm not here to tell you how to meet someone else's husband. I'm going to be talking about how to meet *your* future husband.

One of the things I want to share straight away though, is this may not be the kind of information that you are expecting. A lot of women think that I'm going to be able to say - "If you go to this specific place, you're going to meet the perfect guy", or "the only husband material ready men or the relationship ready men are going to be at a certain location"...

I cannot guarantee this, I'm sorry. However, I am going to give you some amazing tools and some share with you some things that you might be doing that are actually stopping you from meeting the kind of man that wants exactly what you want: love, commitment, attention, affection, intimacy, passion, fire, desire, to snuggle with you, to speak with you and learn about you, to learn about each other,

become better people and grow and create something that's lasting, beautiful, and connected.

So basically, we're going to start from a different angle here, because I'm not going to get straight into where to go to meet a guy. Firstly, I'm going to talk about something that is critical if you want to find the right guy for you. And what I'm going to be discussing is something called your 'Love-Land.'...

YOUR LOVE LAND

Your Love-Land is the foundation or the foundations you need to find the love you want. And most people only want to know tricks, though tricks alone don't work when we want to find love. Because if you don't like who you are, if you're not sure about what you want, if you get nervous and anxious around men, then even if you did meet the guy that you really want and a guy that's perfect for you, it may not work out or probably wouldn't work out because this Love-Land, the foundation you need for healthy love, are not present.

So I'm going to be going through about seven points here that are going to absolutely draw you and move you closer to that special guy. Now not all of these seven points are going to relate to you. Though there will be something within each point that will be relative and valid to you on some level, because sometimes there's a lot of subconscious stuff that we're not aware of that we're doing. It's good to know this information because perhaps in this moment, it's not an issue, but it could be in the future...

So it's really, really good to understand these points as they will help support you and carry you toward the intimacy and the love that you want.

If you've read my 'Magnetize Mr. Right', you would have heard me talking about 'Barren-Land'. So what kind of soil, or what's the fertility level of your soil, which is your foundation for your Love-Land?

Are you preparing your soil for love? Or is your soil or your foundations full of rocks and pebbles and weeds, etc?

It's really important to think about this. You must ask yourself, 'What am I bringing to the table?'

Because we all want a guy who's fantastic! Who doesn't? Maybe you want a guy who's sexy and sophisticated. Maybe you like a guy who's a bit more rugged, or nerdy. We're all going to have different types of men that we like, and that's why it's important that we understand our Love-Land first. Because no matter what kind of guy we like, it's important to have this information sorted.

We're now going to go through the key elements that will make your land fertile for love.

1. Social/Friends

One of the things that stops us from finding the love we want is our social circle. So who are your friends and how have you cultivated your life in general? A lot of people are sitting at home on a Friday night, Saturday night, Monday night, Wednesday night, they're in their pajamas, or they're in their trackies, or they don't get out of their work clothes - they're not going out and meeting people. Instead, they may watch a movie, maybe talk to a couple of girlfriends on the phone, maybe you're even online dating, but you're not really moving towards finding love or increasing your circle of friends.

And also, what kind of friends do you have? Do you have friends that are sociable or not? One of the key factors that will contribute to your Love-Land or the fertile ground that we want to create for you, is looking at your

friendships and do your friends support you. If you have friends that are negative about love and relationships, then it's going to be really hard for you when you're out socially to be out and meet people because they can be quite negative and down on love and down on meeting people. These so called friends can sever you and stop you from actually getting out there and mingling with other people. Be really be mindful of this kind of dynamic.

2. Mind-Set

Also, your mind-set, if you want to find love, then you've got to have a look at what thoughts you've created. What kind of ideas do you have around love and intimacy? Do you think that all men will hurt you? Do you think that men are a waste of time? Do you think that men only want one thing? I can assure you, men want more than sex. Very few are thinking about sex alone, sure, one aspect *is sex*, though most men deep down want love and intimacy, too. It's just that some men don't necessarily go about it the same way we do; though ultimately, men and women want the same thing. They want love, acceptance, intimacy, kindness and compassion, sharing and caring.

So, what is your inner dialogue telling you or saying to you about love?

I have a concept that I have about *how fit is your brain for love*. We exercise our bodies to get stronger. We eat a certain way to feed our bodies for nutrition, for energy, but what are we doing with our minds?

One way you could think about finding love is by asking yourself -

Is my mind FIT for love?

Is my mind fit for anxiety?

What kind of thoughts do you have? Are you exercising anxiety-filled belief systems? Are you exercising love-based belief systems? What are you exercising with your brain, with your mind day in and day out?

This is critical; your mindset is the most critical part of attracting compatible love.

Do you believe that you're deserving of love? Do you believe that there are great men everywhere? What are you *exercising*? What beliefs are you repetitively saying? What muscles in the mind, in the brain, what neural pathways are you conditioning regularly?

What kind of body do you want to have is the same as if I was to ask about your mind. What kind of shape mind do you want to have? What do you want it to promote? Health? Love? What is it that is important to you? And how do you want to feel on the inside? The way that you feel on the inside will be reflected by what you're *exercising in the brain* -the thoughts that you are repetitively exercising will become stronger.

What muscles, what ways of thinking, do you choose to repeat as this creates who you are.

So a healthy mindset is thinking of things in a more proactive kind of way. How can I think in a way that's more effective, that is taking me or bringing me closer and closer to love, compassion, closer to heart connection, to warmth, to gooeyness, to fuzziness, to attraction, to sexiness, to sensuality?

Do I feel I'm sexy?

Do I think I'm a sexual being?

Am I comfortable with my body?

And sex and the sexuality point is a topic that I'm going to be talking about shortly which is really important as well.

3. Activities that create love

So the next thing that may be obvious to you is; one the best ways to meet men is to get out there and do some activities that are of interest to you. Unfortunately though, a lot of people aren't doing those things themselves. We know what we could or should be doing BUT we're not.

If you're already out in the world acting on your interests and your hobbies regularly, you may have actually met someone already. Maybe. You're going to see why I said "maybe" shortly because I'm going to be

talking about the key things that women do that block finding a man that is husband-material even if they are in a hotspot.

So, your activities, what do you enjoy? What makes your heart sing? Is it dancing? Is it yoga? Is it archery? Is it pistol shooting? I know about the gun laws and etc but it can be a sport in a healthy fashion. Now that I've mentioned it, I actually quite like pistol shooting, not that I do it very often. I've only done it a couple times in my life but I thought it was great fun. Anyway, moving on...

What about singing, choirs, gym, cross fit, pilates, architecture? What do you enjoy? What gives you energy? What feeds you?

It could be cooking; going to cooking classes, learning about different foods from different cultures. What is it that you love? And if you love these things, why aren't you doing it?

So this is part of the Love-Land, your foundations; making your life fertile. Because you can meet the most amazing man but if you're not happy with you, if you're not liking you, if you're not engaging in your own life, then normally things won't flow with someone. You can be the most beautiful person, the most sweetest, kindest person, but still, if you're not engaged with your life, then you run the risk of becoming needy and putting too much pressure on a relationship to fill the lack of 'nutrients' in your life. I will bring it back to *your land*; lack of water, lack of food and the lack of nurturing that's going on in your own life will affect the relationship that you have with another because you become reliant.

And another thing is mental and emotional health - your mindset is linked into this. A lot of people when they talk about health, they talk about their body, how slim they are, how overweight they are, how good they feel -

though your emotional health is closely linked, and the way that you feel emotionally and how your body is, it's all linked into each other.

- ❖ So how do you feel about your body?
- ❖ How do you feel about yourself?
- ❖ How do you feel about your mind?
- ❖ How do you present yourself to the world?
- ❖ Do you feel good about you?
- ❖ Do you love your body?
- ❖ Do you feel healthy?
- ❖ Do you feel like you treat your body with love and kindness?
- ❖ Do you feel like you treat your mind with love and kindness?

If you want great big love; you want to bring and draw love in, then it's imperative to reflect on how well are you treating yourself with love?

I talk about this in great detail in 'Never Lose Him' and a lot of you may have read this, or maybe you haven't. Though in 'Never Lose Him', I talk a lot about your emotions and mindset and yourself worth and all that is so very important. If you don't believe you're worthy of love, then you won't create the love that you really want or you let it pass you by. It will just slip away from you.

Also, are you prioritizing love in your life? So many women have this idea that if they force it, that it won't come to them. They believe that love should just happen and one day they'll be walking down the street and they'll meet the guy or the man of their dreams, sure that *could happen*, this is true, though this is rare for most because of a few reasons...

Sitting on your couch or chatting with girlfriends on the phone is not going to bring love to you. Walking with your head down in the street so that you'd literally have to bump into someone is unlikely to happen. It does

happen but it's unlikely. Are you putting yourself out there and engaging with the world? So that's really important.

And another thing is that a relationship cannot be your answer to happiness. Happiness is one of the most unusual goals. I talked about this in 'Never Lose Him' as well, that so many of our parents or even you, if you're a parent, you might say to your children, "Oh, when you grow up, all I want you to be is happy." But the thing is that there are things that happen in life that don't make us happy. We get hurt. Relationships don't work out. Sometimes people cheat. Sometimes we're the ones cheating. Sometimes we're being lied to. Sometimes, we lie. The more honest with yourself you are, the more connected to yourself, the more loving, the more kind you are to yourself, the more you believe in yourself worth, then the happier you will be. If you want to survive in the dating world and meet a relationship-ready man who's ready to be a husband, to commit to his loving, beautiful, gorgeous, sexy, smart and savvy woman, then all this stuff, all these points need to be addressed and cultivated in your life. So no man is responsible for your happiness. You are responsible for your happiness.

I recently was speaking to a friend of mine, who was very much against looking for love. A lot of women worry about coming across as needy; your intention will define and will determine how you come across to other people. I believe that you've got to be gracious, heart-connected and centered in the process and then there's nothing wrong with getting out there and meeting as many people as you possibly can.

There is nothing wrong with getting out in the world and choosing to meet new people and friends. Though your intention is huge...

4. Intentions

I just spoke about happiness, now let's explore your intentions for a relationship.

Is your intention to become happy? That's a problem.

Is your intention to stop the loneliness? That is another problem.

You can be desperately, desperately lonely in a relationship that's not healthy for you. And you can also be desperately lonely in a relationship that's lovely with a great man. If you don't like yourself, you will still feel empty.

So the first part of this recording is all about you loving you, you being okay with you no matter what happens. This factor is going to be *the thing*. Like your Love-Land, your love foundations are *the thing* that are going to set you apart from the other women, and will allow you to more effectively find the love that you actually want.

Okay, so now that we've spoken about that, then we're going to move on to common complaints that women have, which links into mindset.

5. Where are the good men hiding?

Some women think that there are not enough men. They will say, "I live in a city where there's more women than men. There's not enough men to go around." - Well, there are women who are finding love in that city everyday! And they're probably doing something different than most other women.

So, what are those things that they're doing *differently*? I'm going to talk about that soon. Firstly though, is it really true that there aren't enough men to go around or enough men in the world for you to find someone that you love?

Other women will say, "I live in such a small town. I don't live in a big city. There are no men." - Maybe there aren't that many men, though there are

men out there and there are ways to meet other men, and/or you might want to move. Or maybe not, if that's not a solution or if that's not what you want, then there are ways of finding people. There's online, there are apps, there *are* ways. And if love is really that important to you, then you'll make certain things happen if that's what you really want.

Other women believe that **"no man wants a woman with kids"** - Why would he want a woman who's single with two kids, or three kids, or even four!!!! I know plenty of women who have children and are on their second marriage and very happy. The man embraced those children like they were his own, and there was never an issue. So, you're just going to have to find the right guy for that. There are plenty of men who are older, who didn't have children and would love to be with a woman who has children. They might not want to have any more children, or any children at all, but they would love to be with a woman who has children because it adds an element into their life that they feel they potentially have missed out or not experience, so they get to experience the taste of family and that community feeling, that sort of loveliness of the buzz and energy of children within that relationship.

Some women say they're, **"too busy for relationship"** - This is another common complaint that is once again crap. It's bull-dust. If you want love, you will find love. You invite love into your life. No one is ever really too busy. It is all based on your priorities. Everything is about what is your priorities. You can have other priorities and finding love can be one of these priorities - if you want it to be.

So as busy as we can get, and I can relate to that, I too get really, really, really busy, though are you REALLY too busy for love? None of us are too busy for what really matters. Some people are sitting on the couch for two hours at night because they are exhausted. They may be watching TV, or watching episode after episode after episode of a series that they love, when

they could be out making an effort to do something that allows them meet someone new, or they could be trying to meet someone online.

There are always ways to meet someone. You're never too busy for love if that's what you truly want, but you've got to be honest with yourself about what you really, really want.

6. Does having common interests matter?

One other thing that is a common misconception, and something that people can overdo or underdo - is **interests...**

Some people believe that having the same interests is the key to finding love. Is that true? Can you meet somebody who is completely different to you and still be compatible with them? I believe that interest do matter to only a point. If you don't have common character and value systems then trouble boils.

Someone's character determines whether they're going to be able to have a healthy, loving, connected relationship with you, not someone's interest alone. And some women don't think about interest at all and wonder why they can like someone and still not have any common ground. So it's a fine line.

Just because you both love pottery classes, or you both love sports, or you both love meditation and yoga, it doesn't automatically mean that you're going to actually like the person deep down. This does not determine whether you're compatible. You can like someone and still not be compatible with them. So, common interest is great. Though don't completely disregard someone if they have different interest to you. Pay attention to their character, and how their personality works with yours, and then you'll find common interest together.

I know of a lady who's a naturopath and her husband is in finance. They have a beautiful relationship. They've been together for over twenty years and as much as they've had their moments over the years, they love each other deep.

They have a common love for food, and I must say for a naturopath, she's probably not the healthiest... they love wine (in moderation) and they have a

glorious time together cooking and preparing for dinner parties and travelling and talking about food. It's like their thing. They also have children. So they're dealing with family stuff all the time and they genuinely like each other and they have a fantastic sense of humor. They love each other's sense of humor and they laugh a lot. So you just never know whether the combination of interests and the character of the person that's standing in front of you is compatible.

Or maybe they like something that you would never be interested in, and you maybe turn your nose up at them thinking, "Oh my God, a guy who loves that is never going to be right for me...", when in actual fact, he's a gem of a human being, he is beautiful and he is perfect for you. So you don't have to support that person's interest in the way of being 100% involved and always being there attending things with them. Though, you can still support them in a more healthy fashion. So I hope you understand what I mean, that I hope you're not cutting men out because of interest alone.

7. Where to find a man who is husband material

Now this next point is an extension to this topic. First of all, in order to meet a man that is husband-material then it's important to recognize who you are and what you really value. Before I spoke about character and interests, and so what I'm about to talk about next is going to expand on that a little bit further.

Before I talked about your love foundations and what kind of soil are you cultivating for the love you actually want - who are you, how are you showing up in the world? If you want to find the love that you really want and you want to skyrocket, jump and leap ahead from where you are right now, and be closer to your ideal relationship in the next couple of months, then it's really important that you recognize *who you are*. This is also going to help you to find and know where to meet the kind of guys who will be perfect for you. So,

as I said before, interests aren't everything, though interests are still a good starting point to finding love, okay?

So, as I said, character and your emotional health has a lot to do with compatibility. Let's just say that if you really want to find deep, connected love, then you need to find a man who's into deep connection. And as much as men might present that they're not, a lot of men are deeper than they let on. So what kinds of men are deeper? Or maybe you just like light-hearted men and you don't need a man to be that deep, you just wanted him to be a good guy. We're all different remember.

So when you know who you are, it's easier for you to find who you actually want. So this goes back to cultivating yourselves. If you love to go to movies and seeing movies and you don't make time for it, then go and see movies, BUT choose places to go where you can meet somebody. Outdoor cinemas where people are sitting in a park or the like are fantastic. This kind of environment can be quite interactive while people are finding their places or they're sharing chairs that they've brought along, or they're on a rug and they've got food and wine - this is a great opportunity for people to meet and mingling. Another great place to meet people along a similar vein are film festivals. Sometimes they're held at a normal cinema, though they've got drinks and appetizers and things like that, it's like a function. Try to get included or invited as part of a member of a cinema.

Farmers markets are a great place to meet people who love food. Food, as I said, cooking classes, great place to meet a guy who loves food, who likes to try new cultures. If you're into consciousness, personal development courses are a wonderful way to meet people, particularly if they do group exercises and so forth.

I went to a Tantra course recently and I had so many men ask me out. I wasn't available. I was dating someone, though it was unbelievable how many men were there. And the men who were there were there for a reason - they were not necessarily there to meet someone, though they were there because they wanted to learn about deeper and more intimate connections. They're interested in conscious sexuality, which is not really as much about sex, than it is about connection and intimacy. So someone who goes to those kind of courses are willing to overcome deeper issues or overcome fears and blocks around their sensuality and their sexuality and emotional challenges. So that's a great way to meet some people who are on the same page as you.

Swimming squads, outdoor exercise groups, car shows and courses are all fabulous ways to meet a like-minded man. Also language classes are wonderful if you have an interest or a love for a certain culture. If you'd love to know more about this culture and maybe even spend some time one day in that country, then there's a French class, Italian class, Spanish. What is it? What gets you excited in life? That's a great way to meet a great guy.

If you love charity or volunteering, then this is also another great way to meet someone who's kind of on the same wavelength. Dog parks are an easy way to meet someone when you're playing with dogs and talking about dogs. It's awesome.

And then of course, you can ask friends to introduce you to people. Now, this doesn't happen enough; though there are plenty of people out there and people who know people that we may never meet unless we're introduced, so don't be ashamed to ask. I know it can sometimes feel a little bit daunting and you may feel a little bit needy by saying, "Oh, do you have someone for me?" Or, "Do you know anyone that I'd be compatible with?" -

BUT there are plenty of people that I know who've met via an introduction through friends.

Actually a friend of mine recently had had such bad luck with dating. She kept going on dates, couldn't meet the right guy that she wanted. I'd see her every year or so, we weren't super close friends, though the last time I saw her, she was dating someone that wasn't working out, and then nine months later she's about to get engaged and met the love of her life. So, in that previous relationship, she was trying to make it work and it just wasn't flowing and that ended, then a friend of hers introduced her to this new guy and the rest is history. This new relationship flowed from the first date and has continued to flow ever since. So ask friends.

Of course there's also the gym. But don't rely on just some guy walking up to you in the gym. You've got to get involved with classes and get interactive. Recognizing who you are, what you like and also getting over your own limitations are important. What are you prioritizing in your life?

4 BIGGEST MISTAKES WOMEN MAKE

So before I go on further, I'm going to talk about the four biggest mistakes women make.

1. Waiting for a man to approach

If you want to find love, then you can't wait for a man to approach you. Women are allowed to approach men. They've been doing it for centuries and irrespective of that, approaching a man is all about intent and *approaching* is never the issues, it's what you do after you approach the guy.

Men love to be approached by women. Men get tired of feeling like they have got to be the one to make the first move all the time and men get shy. And a lot of men, just think, "She's busy with her friends. She wouldn't be available." Or, "She's standing there with another guy, or a couple of guys and girls, and maybe one of those guys is her boyfriend. I don't want to get into a fight or don't want to upset anybody. That's a bit embarrassing so I won't do it." Therefore, it's important that women feel comfortable making the first move. If you don't, then you're more likely to morph into that cat lady that everyone keeps talking about. So you've got to

approach men and feel okay doing it... I have more some tips about that coming up. That's number one.

2. Staying with your friends

The second biggest mistake is women staying with their friends when they're out. You've got to break free of the pack of girls. It's really important. No guy is going to walk up, not normally to a group of three plus women, two girls maybe, normally three and above, they're not going to do it. In fact they don't want to. As I said, men are shy and more insecure and more uncertain in this day and age than they've probably ever been...

So, it is okay for you to call a guy over, go to the bar on your own or say hello to a guy. Asking a man a question is a really great way to approach men when you're out somewhere, and I'm not talking about just in a bar. I'm talking about *anywhere* and it all starts with asking a question, and compliments work really well too.

Ask a guy a question, "Where is the bathroom?" or "Sorry, do you know where the bathroom is?", or "What drink do you recommend?", or "How do you get from here to here?", or "Do you know how long this place has been open for?" etc. I mean, it depends where you are. There's always something you can ask.

3. Leading with Sex

The third biggest mistake women make with men is leading interaction on a sexual level. In my report, 'Flirting for Love or Fun', I go into this point in great detail. Basically, it's really important to know there are different ways of flirting...

If you wanted to pick up a guy and have fun, and you want the guy to think you're sexy, then sure, go out and dress with everything showing, cleavage showing, your leg showing, lipstick's on, you definitely look like you want people to notice you and think you're sexy. Now, there's nothing wrong with that. So there's

the physical side of things, the way that you're presenting yourself on an aesthetic, superficial level, and there's also the way that you act...

If you are overtly sexual, then guys may think that, "I'm in-like-Flynn" for sex. Sometimes when the competition is fierce around you and there's lots of really good looking women around you, you may believe, "Well, unless I'm really aggressive in this approach, unless I'm really sexual and kind of baiting him with the physical, then how am I going to get his attention?" The fact is that, women get men's attention all the time. You can still be playful and sexy without trying to push the sexiness; without giving too much away. You can hook him in and tease him and play with him in a subtle way. This allows him to know that you're interested, and that you have that sexiness, sexuality and sensuality about you, but you're not giving it away. You're a woman of high value. You have high standards.

And the way that you talk, the way that you move your body, and the way that you flirt with him will determine that. So be clean in your behavior but also have that level of sexiness without forcing it, and without him thinking that he's got it, that he's going to get what he wants with you within that night or the next night.

4. Don't put the cart before the horse

And also the fourth point is that women don't screen men properly. Just because a guy is cute and you think he's sexy, does not mean he's going to be a quality guy. We want a quality guy for you. We want a husband-material, relationship-ready man for you. We want love, and we want snuggles, and touching, and walking along the beach, and weekends away, and a lifetime together kind of relationship.

A quality guy wants a quality woman. So what makes a guy a quality guy, and what makes a woman a quality woman?

A quality guy is a guy who's a man of his word, a man of good character, a man who consistently shows you that he's got himself, his life, his emotional side, his physical, spiritual and mental life sorted, he's got his shit together. He is quality.

As for a woman who's of quality, the same applies. You're sweet, you're kind, you're true to your word. You have boundaries. You know what you want. You know what you don't want and you know how to communicate these things gracefully and clearly - just like you would love a guy to be with you. You're willing to learn and grow. You're willing to share your life with somebody. You're not playing games but you're not giving it all away either.

So it's important; we want a quality guy for you, so the way that you approach men and attract and communicate with a guy will be different if you're focused on quality. It won't be just about getting attention and having someone like you and this is really important.

So they're the four biggest mistakes women make. Once a woman is clear about the signs of a man who is of great quality, she'll then know if the man she's got her eye on is able to have the kind of relationship they want.

CREATE YOUR COMMUNITY

One of the other tips that I'd like to share with you is it's great to ask your girlfriends or even your male friends to help you out with this. It's really important to build a community of friends that you can socialize with and do things with, though you want the mingling type of friends.

Friends that go up and speak to new people are fabulous friends to have. It doesn't always have to be you approaching men. You can have your friends helping you, as long as you have the right kind of friends to support you. As long as your friends aren't all single too, and you're not all competing for the same guys for attention and affection; because that can get a little bit messy...

That said, at the end of a day, a guy is going to like who's he's going to like and people are interested in different things - different women are attracted to different looks and types of men, etc. So of course, there is that element of competition that may not be ideal, but generally speaking, a wing-girl is ideally someone who's got a partner and is not competing with you.

One of the best ways to meet people is go out with groups of people and have those people invite friends along and create a fun community of friends - focus on creating this for you on a regular basis.

If your social circle is non-existent then join Meetup groups or singles groups where you can meet people. Particularly if you've been married, you're divorced, your friendships have changed or you've moved cities, and you don't know many people, then you've got to try and find ways to meet people. Go to networking events and suggest to catch up with people outside of your industry - be proactive about it. You can practice this with people in general, even one's you're not interested in as this is a great way to start building your confidence, which is going to help you to connect with men you may like.

The point is - create a fun social group of people and get chatting to lots of strangers.

FREQUENCY

One other thing that women don't think about is that an opportunity to meet someone happens multiple times per day for most people. It can be at the corner store. It can be at the laundry mat. It can be at the DVD store, not that many people go to DVD stores anymore, life has changed. Actually, I met someone I dated for quite a while in a DVD store when I was 20? I was pretty young at that time...

Anyway, so there are men everywhere. They're lining up getting food, lining up at the cinemas. They're everywhere and anywhere. He could be walking up a set of stairs, on an elevator, at the park, or sitting next to you at a restaurant. The opportunities are everywhere; it's just that rarely is anyone making that first move. Waiting for men to approach is just one of those big mistakes I said before. You can't do that. You've got to be okay to reach out first.

REJECTION

Another huge issue that will block love is rejection. So many people get caught up and worried about being rejected. Who cares if someone doesn't like you? Why wonder and kick yourself later- and go home thinking, "Oh, you know, I saw that guy at the bar or I saw that guy in the street, or I was standing next to a guy crossing the road and I didn't say anything, and now he's gone and I may never ever see him again"...

Why would you do that to yourself? You're rejecting yourself first based on fear, based on a mind-set that is not helpful. It's okay to be rejected. Who cares? The person doesn't know you; they're not rejecting you. They're just saying no to an opportunity. But *you're* creating opportunities and out of all those opportunities you create, there'll be a guy that actually reciprocates or multiple, so don't reject yourself first. Let someone else reject you and even then, it's not rejection anyway. It's just a choice and normally they don't have enough information, so does it really matter? Again, who cares?

This is about opportunity. This is about meeting as many people as you possibly can. Talk to everybody. Meet everybody. You don't know who they know. Stop

worrying about the guy liking you. Maybe you're going to like one of his friends, just be relaxed, casual and light at first.

Ask him to meet you out and ask him to bring his friends along. Ask him to meet you out with your friends. So it's NOT like, "Hey you know, you seem really sweet. I've got to know if there's anything here..." that's too much pressure.

Say something more along the lines of, "Would you like to catch up sometime. I'm heading out with some friends this weekend, come along and bring some friends if you like?". Or a simple, "Would you like to catch up sometime?".

Have fun. We thrive off community and connecting and a lot of us aren't doing that particularly well now, you'd think we are with the way technology is, though real connection is something we have to cultivate.

The world is changing; a lot of us are still working in offices, though more and more people are working from home. More and more entrepreneurs are popping up, more and more people working for a company are now also working from home. So open your opportunities. Stop worrying about what anyone says or thinks and just get clear about what you really want and put yourself out there.

So I've mentioned a lot of places for you to meet people, there are plenty. You could write 20, 40, 50 places that you could meet more men, BUT it doesn't matter where you go if you're not making the move, if you're not breaking the ice, if you're not approaching. That is the biggest issue, it's approaching. And it's not just approaching and saying, "Hi!" It's approaching and then asking them to do something or suggesting to catch up. Just do it. It's okay if you fumble. It's okay if you don't get the result you want. Don't have any expectations. Expectations and attachment to outcome ruins things...

Don't have any expectation other than to meet new people and move one step at a time closer to meeting your man that's husband-material and the kind of man that you want, and really be mindful of character. Cultivate your character; be the

best person that you can possibly be and look out for a man's character. Who is he? What does he stand for? How does he treat people? How does he treat you? It's really important. Is he open? Is he expressive on some level? Not all men are overly expressive, yet I know plenty of men who are expressive. So be clear about what's important to you.

HAVE A PLAN

So how do we move from being single to meeting your husband or your future husband? One of the ways to do that is you need to have a plan, and the first plan is just creating opportunities every day. Meeting, talking, approaching men every day. We have moments, as I said all the time; walking across the street, getting lunch, anywhere, okay? So it's really important to do that because if you are time poor, then making this a priority in your everyday life is number one.

The other point is to actually start creating a bit of a plan. Is it getting friends together? Is it planning more social outings, is it going to a singles event? Is it going even to a work-networking event where you can meet like-minded people?

What is it that is going to make a difference for you? So just start planning it and start doing something daily, as I said, although also really specific things, maybe once a week, do something that's a little bit out of your comfort zone, something that you've not done before.

If you love bush walking, then do that. I had a male client who said to me early on in our coaching relationship, "I'm so embarrassed to go bush walking on my own. Everyone's couples and I feel like an idiot." He also said, "If I go I'm like a loser

on my own." I said to him, "Is it true that people only in couples go bush walking? Is it true that people will think you're a loser if you go bush walking on your own?"...

I mean it was crazy. And when I asked him those questions, he laughed. He responded, "This is absolutely ridiculous. You're right. I can go love bush walking and join groups and go as a single." It's the perfect opportunity to meet someone, to talk along the walk. I mean it's perfect. And you're spending lots of time with groups of new people. And once again, you don't know who those people know.

So practice getting out of your comfort zone and practice challenging those mindsets, those beliefs that you have, like get 'fit' with your pro-love dialogue. *Exercise* that way of thinking so you can create new ways and allow beautiful connections to develop and come into your life at any time.

So every week, plan something. Do something. Go out more. Join in groups. Book a course. Whatever it is. Try and attend an event that has both men and women. It's perfect. And if you do an event where there are only women, then meet more women and then socialize with them more, and then get them involved in your life and then get them to bring some guys and men along to other events. So just use every social or networking environment to meet new people.

Go for it.

Don't hold yourselves back...

Believe in yourself...

Believe in love...

Remember, there are husband-ready, husband-material men in hotspots everywhere you go. So, get out there. Breakthrough your barriers and your beliefs that are holding you back and create opportunities.

THANK YOU.

SENDING LOVE YOUR WAY

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