



CONSCIOUS DATING

Finding the *Love* of your *Life* in today's world.



For Singles- Your Most Romantic Valentine's Day Ever

Thank you for joining us! Valentine's Day is for celebrating romantic love and our goal and intention is for you to experience your most romantic Valentine's Day... ever.

The purpose of this handout is to free you from taking notes so you can follow along with us on a heartfelt and inspiring journey, experience your experience, and review the material below at your leisure after the program.

5 Truths of Conscious Dating

1. You deserve to love and be loved

What you believe you can achieve. When you truly believe that you deserve to love and be loved you will find and choose someone who adores you exactly as you are who will be the true love of your life. Pull or magnetize the love you want and stop (unconsciously) pushing love away by overcoming the self-doubts and fears that have been preventing you from finding your soul mate.

2. Be ready and available for commitment

Your soul mate is seeking you at the same time you are seeking them. Finding the love of your life will happen when you have cleared a space in your life (and kept it open long enough) for it to be filled with what you really want. Contrary to what you might fear, when you're ready this happens faster than you can imagine.

3. Honor your deepest needs and requirements

Be "The Chooser" by acknowledging your requirements, needs, and wants, and actively find the relationship that meets them. If you settle for less, you get less, and you won't experience the love and connection you really want. Let your motto be "I'd rather be single than settle!" (Trust that you won't be single forever!) Trust when your intuition gives you a strong, unambiguous "YES!" when you have found the love connection that meets your deepest desires.

4. Be your true self

Be fully authentic, allow yourself to be vulnerable and reveal who you really are (including the parts you don't like) so you can connect with others and experience who they really are. This will allow you to find and attract your soul mate who will adore you exactly as you are.

5. True love requires risk

If you do what you've always done, you'll get what you've always got. Your understandable desire to stay safe and hope love somehow finds you will not work. Finding your soul mate requires leaving your comfort zone, putting yourself out into the world, and taking emotional risks.

Why are you single? What's your higher purpose for being single right now?

- Heal old wounds (emotional baggage)
- Learn relationship skills (we're not born with a manual)
- Learn to accept responsibility for your life, needs and outcomes
- Identify and change unproductive habits and patterns
- Identify and change unproductive attitudes and beliefs

Fall in love with yourself as the first step to finding the love of your life:

1. Appreciations- what do you most value/appreciate about yourself?
2. What is your higher purpose/destiny?
3. Practice extreme self care- Fun, Body, Relaxation (mind, body, spirit)
4. Identify your flaws, embrace them, identify the gifts of each
5. Identify and reframe fears and self criticism (from - to +)
6. Identify and embrace your progress on your path
7. Embrace the unknown as an adventure
8. Trust yourself
9. Forgive yourself
10. Daily baby step- go where your energy wants to go
11. Surround yourself with support
 - for your goals
 - for your learning/evolution
 - for who you are and want to be
 - for living your best life NOW

Bubble of Love

Purpose- find and live in a state of safety, protection, love, hope, excitement, passion, play, fun, freedom, and generate the conditions to find and attract your soul mate.

Level One- inside yourself, available simply by remembering it's there, giving love to yourself, creating safety, fun, passion, purpose from your inside-out

Level Two- Three feet around you, sharing your love with anyone you allow to join you inside your bubble

Level Three- The Universe- together you give love to everything and everyone, perpetual, self generating, world changing, reality shifting, the more you give the more you get back

The Bubble of Love will help you find and attract your soul mate and is available to you at all times, simply by remembering to choose love.

Thank for joining us- Happy Valentine's Day!

Our best wishes on your journey to find the love of your life and the life that you love.

David and Darlene Steele