



KEY POINTS TO REMEMBER

- The process of dating is not like going to school. It takes a different skill set and attitude ***that you already possess***, but just need to tap into.
- You have to get honest about your NEEDS, whether they are politically correct/21st century or not (if you want an old-school romance, own it!)
- You will attract the things you truly desire from a space of joy and ease than one of frustration and hurriedness. Tap back into your happiest moments of life and pull out those elements and incorporate them into your new self.

YOUR ACTION ITEMS

1. You need your list of your heart's desire for the type of man you want to be with. DO THIS TODAY AFTER YOU LISTEN TO THIS CALL.
2. Wean yourself/cutoff physical intimacy with the current guy if he's not suitable for you. You need to think clearly right now!
3. Go on 3 "light dates" in the next 1-2 weeks. Say your mantra every time you're getting ready to go on your date: "From this point forward, I will have fun and be honest with myself as I go on the adventure to find a loving relationship. I will honor my boundaries, enjoy the company of meeting another person, and keep my eye on the prize. I know that I am looking for my right match and he is looking for me."
4. After each date, write one good things about what happened on the date, even if it turns out not to be a good fit.
5. Revisit your list after each date and think about whether there were any qualities of any of your dates that you went on. Even if they weren't a good fit overall, you should smile and say, "Close, but not quite!" this sends the message to the universe that you are having fun and you are receptive still to the right one.

READY TO GO DEEPER?

THIS IS JUST THE BEGINNING. THERE IS STILL WORK TO DO. I want to know how you're doing and what happened when you applied the teachings from this call. Email me at nikki@nikkicro.com and give me an update. I'll be in touch as well.

I'm proud of you for taking this first step! You got this.

-Nikki

