

THE FIRST SESSION:

Coach Men to Find Love

#1 - GET CLEAR ON THE KIND OF WOMAN & RELATIONSHIP YOU WANT

- ▶ What kind of relationship are you looking for?
 - one woman or many?
 - just fun or long-term?
 - your ideal set-up?
 - not just their physical attributes?

- ▶ What kinds of things have you tried so far to meet the right woman?
 - (working from the 5-part coaching methodology we talked about, we may do some similar actions but in a much clearer & more focused way so you get much better results than you ever have in the past)

- ▶ What kind of attributes are you looking for in your partner?
 - (not just physical)

- ▶ What does she do for a living? What kind of education does she have?

- ▶ What kinds of things does she love to do?
 - (hobbies, interests)

- ▶ How important is her religion to you, and what kind of beliefs does your ideal partner have?

- ▶ If you had the woman you just described in your life in just the way you'd like, what would that do for you?

- ▶ **This week, have a look through our 'Ideal Partner Checklist'**, and fill it out, marking off 5-10 most important qualities you ideally want your mate to have, in each category. If you have any trouble doing this, bring it to the next session.

- ▶ Is there anything else you think you should be doing this week?

- ▶ How do you feel about your action(s) for this week?

- ▶ What did you find most valuable about today's session?

IDEAL PARTNER CHECKLIST

Looks

Height:

Body type:

- Slender
- Average
- Athletic
- A Few Extra Pounds
- Heavy Set
- Stocky

How important is your ideal partner's height/weight?

How important is that your partner be physically attractive?

Eye Color:

Hair Color:

Skin Tone:

Ethnicity:

How important is your ideal partner's ethnicity?

Likes

Hobbies/Interests:

Personal Income:

How important is your ideal partner's income?

Occupation:

Level of education:

How important is your ideal partner's level of education?

Religion:

How important is your ideal partner's religion?

Smoking:

Drinking:

Exercise:

Style

It's important that my ideal mate be:

- | | | |
|--|--|--|
| <input type="checkbox"/> On time | <input type="checkbox"/> Compassionate | <input type="checkbox"/> Genuine |
| <input type="checkbox"/> A great planner | <input type="checkbox"/> Attractive | <input type="checkbox"/> Open |
| <input type="checkbox"/> Love to help others | <input type="checkbox"/> Loyal | <input type="checkbox"/> Self-aware |
| <input type="checkbox"/> Is adventurous | <input type="checkbox"/> Witty | <input type="checkbox"/> Over-Achiever |
| <input type="checkbox"/> Is tidy | <input type="checkbox"/> Spontaneous | <input type="checkbox"/> Vivacious |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Sensitive | <input type="checkbox"/> Wise |
| <input type="checkbox"/> Warm | <input type="checkbox"/> Under-Achieve | <input type="checkbox"/> Bossy |
| <input type="checkbox"/> Clever | <input type="checkbox"/> Generous | <input type="checkbox"/> Leader |
| <input type="checkbox"/> Dominant | <input type="checkbox"/> Moral | <input type="checkbox"/> Kind |
| <input type="checkbox"/> Ambitious | <input type="checkbox"/> Adaptable | <input type="checkbox"/> Calm |
| <input type="checkbox"/> Outgoing | <input type="checkbox"/> Communicative | <input type="checkbox"/> Healthy |
| <input type="checkbox"/> Submissive | <input type="checkbox"/> Honest | <input type="checkbox"/> Knowledgeable |
| <input type="checkbox"/> Introverted | <input type="checkbox"/> Sensual | <input type="checkbox"/> Outspoken |
| <input type="checkbox"/> Aloof | <input type="checkbox"/> Liberal | <input type="checkbox"/> A Follower |
| <input type="checkbox"/> Energetic | <input type="checkbox"/> Patient | <input type="checkbox"/> Opinionated |
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Resilient | <input type="checkbox"/> Romantic |
| <input type="checkbox"/> Adventurous | <input type="checkbox"/> Optimistic | <input type="checkbox"/> Well Educated |
| <input type="checkbox"/> Frugal | <input type="checkbox"/> Conservative | <input type="checkbox"/> Shy |
| <input type="checkbox"/> Predictable | <input type="checkbox"/> Passionate | <input type="checkbox"/> Trusting |
| <input type="checkbox"/> Affectionate | <input type="checkbox"/> Reflective | <input type="checkbox"/> Artistic |
| <input type="checkbox"/> Intelligent | <input type="checkbox"/> Caring | <input type="checkbox"/> Competitive |

My ideal partner's friends would describe him/her as someone who would agree with these statements:

- My personal religious beliefs are important to me.
- I enjoy a good joke.
- I enjoy mingling with people on social occasions.
- I am satisfied with my level of emotional development.
- I am able to express myself in unique ways (e.g., words, music, art).
- I have a high desire for sexual activity.
- It is easy for me to engage in conversations with people I have just met.
- I tend to think "outside the box."
- I view myself as well adjusted.
- I greatly appreciate the physical beauty of the opposite sex.
- I often see humor in everyday life.
- It is important for me to be viewed by others as a successful person.
- Being in settings where I will meet new people is an important part of my life.
- I ask questions in search of information.
- I think it is important to continually try to improve myself.
- I care a lot about the physical shape I am in.
- I like to look at people of the opposite sex.
- It is important for me to take time to "smell the roses."
- I need to spend time creating things to feel satisfied.
- I have an ability to make others laugh.
- I work much better if people follow my lead.

- My emotions are generally stable.
- I am proud of my educational background.
- If I am not in control of a situation, it is better if I leave.
- My friends come to me when they are in difficult times because they know.
- I can handle emotional crisis.
- I am more comfortable being a follower than a leader.
- I get upset easily.
- People who are controlling irritate me.
- I think it is important to express my feelings whether they are positive or negative.
- I prefer not to be around people who have emotional swings.
- I tend to either like someone a lot or dislike him/her a lot.
- I like to be pampered.
- I generally feel better when I am around other people.
- When I get mad I tend to take it out on someone.

My ideal partner strongly agrees with the following statements:

- I am looking for a long-term relationship that will ultimately lead to marriage.
- When I get romantically involved, I generally tell my partner just about everything.
- It is difficult for me to let people get emotionally close to me.
- A "serious" relationship needs to be exclusive (i.e., monogamous).
- I know I can always count on the people who are closest to me.
- I don't need to have close friendships to be happy.
- Being monogamous helps build intimacy and trust in a romantic relationship.
- People often let you down if you depend on them.
- It's important to me to have close friends in my life.
- Being exclusive (i.e., monogamous) is one of benefits of being in a successful relationship.
- I sometimes find it difficult to trust people I get romantically involved with.
- I find it easy to get emotionally close to people.
- Being monogamous causes relationships to get boring over time.

The following are extremely important to me:

- My partner's skill at resolving conflicts.
- My partner's friendliness.
- My partner's capacity for emotional intimacy.
- The friendship between me and my partner.
- Being able to easily talk about personal problems with my partner.
- Being able to tell my partner everything about myself.
- Being able to discuss with my partner how I am feeling towards him/her Having my partner be open with me about how he/she feels toward me.
- Enjoying physical closeness with my partner.
- Being able to spend as much time as possible with my partner.
- Doing special things to let my partner know how important he/she is to me Being able to make compromises.
- Showing my partner that his/her needs are as important to me as my own Having similar ideas on parenting.
- Knowing that my partner is usually to blame when things go wrong.
- Having similar educational background.

My ideal partner has interests similar to mine in the following categories:

- | | |
|---|---|
| <input type="checkbox"/> Live Music | <input type="checkbox"/> Camping |
| <input type="checkbox"/> Eating | <input type="checkbox"/> Religious Community |
| <input type="checkbox"/> Backpacking | <input type="checkbox"/> Playing a Musical Instrument/Singing |
| <input type="checkbox"/> Astrology | <input type="checkbox"/> Science |
| <input type="checkbox"/> Movies | <input type="checkbox"/> Teaching/Coaching |
| <input type="checkbox"/> Listening to Music | <input type="checkbox"/> Volunteering |
| <input type="checkbox"/> Watching TV | <input type="checkbox"/> Watching Sports |
| <input type="checkbox"/> Reading | <input type="checkbox"/> Going Out |
| <input type="checkbox"/> Parties | <input type="checkbox"/> Protecting the Environment |
| <input type="checkbox"/> Dining Out | <input type="checkbox"/> Conversation |
| <input type="checkbox"/> Board Games | <input type="checkbox"/> Religious Faith |
| <input type="checkbox"/> Gadgets | <input type="checkbox"/> Hosting/Entertaining |
| <input type="checkbox"/> Traveling | <input type="checkbox"/> Maintaining a healthy diet |
| <input type="checkbox"/> Art | <input type="checkbox"/> Learning |
| <input type="checkbox"/> Participating in Sports | <input type="checkbox"/> Church Involvement |
| <input type="checkbox"/> Shopping | <input type="checkbox"/> Video Games |
| <input type="checkbox"/> Friendship | <input type="checkbox"/> Exercising regularly to stay health |
| <input type="checkbox"/> Hunting | |
| <input type="checkbox"/> Politics | |
| <input type="checkbox"/> Pets | |
| <input type="checkbox"/> Children/family | |
| <input type="checkbox"/> Spending time with friends | |
| <input type="checkbox"/> Spending time with family | |
| <input type="checkbox"/> Animal rights | |
| <input type="checkbox"/> Participating in Sports | |

My idea partner is great at:

- Socializing.
- Entertaining at home.
- Achieving personal goals.
- Using humor to make friends laugh.
- Creating romance in a relationship.
- Keeping physically fit.
- Remaining calm yet resilient during a crisis.
- Helping those who are less fortunate or in need.
- Resolving conflict.
- Making art and culture an ongoing part of my life.
- Finding and taking on challenging activities.
- Finding creative solutions to everyday problems.
- Maintaining a healthy lifestyle.
- Making new friends.