

# THE FIRST SESSION:

## Coach Women to Find Love

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

- ▶ Let's start by getting you clear on the kind of guy you want... (can use checklist if you wish)
- ▶ What does your ideal man look like?
- ▶ What does he do for a living? What kind of education does he have? What kind of income does he have?
- ▶ What kinds of things does he love to do? (hobbies, interests)
- ▶ How important is his religion to you, and what kind of beliefs does your ideal man have?
- ▶ If you were in a great relationship with that man, what would that do for you?
  - your ideal man is not a perfect man.
- ▶ 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.
- ▶ What have you tried so far to find the man of your dreams?
- ▶ What **actions** do you think you should take this week to find your soul mate?
- ▶ 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:**



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

**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.