

A romantic silhouette of a man and a woman about to kiss, set against a warm sunset background with the sun low on the horizon over water. The image is framed by a white border.

# 3 EASY STEPS “STEP ONE”

*Written by*

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# STEP ONE

## **Hello, hope you're doing well...**

Yes, three simple steps to Find and Meet and Talk with people who are good matches...and then you can enjoy dating... as often and as long as you want until you find that special someone and the relationship you hope to experience. These 3 Simple Steps will also enable you to meet new friends, companions, and lovers.

## **FIND THEM**

Step ONE is about finding good matches. Step TWO is about meeting those good matches. Step three is about connecting and having an initial conversation with these people.

STEP ONE—getting out in the real world while enjoying life— doing things you enjoy or love, are interested in, or something new you would like to try. Choose things that will involve being around people.

Because of technology and COVID, our face-to-face communication skills have weakened. But it's time to get past COVID. This includes building our confidence socially.



And growing our face-to-face communication skills—this is what you will be doing while practicing the 3 easy steps.

Are you having a hard time meeting good matches—people who you would enjoy dating and who could lead to a real and authentic, satisfying relationship?

Are you struggling with online dating and dating apps? Many people are today.

Imagine... often meeting and talking with people whom you find interesting and/or attractive—desirable.

Imagine...that some of these people have partner potential—if that is what you hope to find someday, a boyfriend / girlfriend or a long-term relationship—maybe marriage.

Dating websites and apps are not working for most people. There is a better way to meet desirable matches. And it's easy and fun. In addition, it will enable you to enjoy life more and even increase your happiness.

Many single people are experiencing loneliness and isolation. I deeply care about people who are dealing with it. It is not fun! I was dealing with a lot of loneliness and isolation after moving over two thousand miles from where I had lived my entire life. I had just gone through a divorce in Michigan and decided to



move to the state of Washington. I knew no one there nor had any family nearby.

It turned out to be a positive thing, like most changes in life. The loneliness and isolation influenced me to learn new communication skills and figure out what to do to meet and talk with new people. I returned to college at forty and worked to get a degree in communications. What I learned in college was helpful. It all worked out, and in ONE year had six new friends in the Pacific Northwest. Friends I could spend time with while doing things we enjoyed or simply meeting for coffee.

Now I am using what I learned, and a few new things, with dating. I, like you, want to meet good matches. People who have the potential for a satisfying relationship. Recently read that 46% of Americans are single—the highest percentage ever.

Many are frustrated with dating apps and websites. Step One is another way to meet desirable singles. For anyone using online dating...how is it working for you? Is it working for you? There is a common misconception that online dating is the only way to meet good matches in our modern world. Actually, there is another way. And it is an easier, faster, and cheaper way than online dating to meet desirable singles. This is what's working for me and for others.



# MY METHODOLOGY

This first step of the 3 Easy Steps is about finding great matches. And, to enjoy the experience, realize and accept that you will have to meet more than one or two people. You likely will not meet Mr. Right or Ms. Right this Friday or Saturday night.

However, by doing what you will learn with Step One, you will know where you can often meet desirable singles.

And it's easy—simple to do. That's why they are called **3 Easy Steps**. Take some of the time you currently give to screens—often with minimal reward—and enjoy the presence of people. Not only will you meet desirable men or women, but you will also enjoy life more. We are social creatures and benefit tremendously from being around others.

One of my favorite poems talks about this. It is called, “***I Sing the Body Electric***” by Walt Whitman, who wrote...

“I have perceived that to be with those I like is enough,  
To stop in company with the rest at evening is enough,  
To be surrounded by beautiful, curious, breathing, laughing flesh  
is enough...

I do not ask any more delight, I swim in it as in a sea.  
There is something in staying close to men and women and



looking on them, All things please the soul, but these things please the soul well.”

WOW—HUH...love that poem

These 3 Simple Steps will enable you to find, meet and talk with the men or women you see out in the world. This works for women finding, meeting, and talking with men. And also for men finding, meeting, and talking with women. And with whomever you would like to meet and talk with. And this works for introverts and shy people too. I was once very shy.

Please get out in the world more while enjoying life and other human beings. This alone can add much positive stuff to one's life. I love that line by the Who in the song Baba O'Riley, “Let's get together before we get much older.”

**Here are a few suggestions of what to look for and do to get around people:**

- certainly things you already enjoy doing...
- things you have thought you might like doing...
- reflect on things that sound like they could be fun...
- things that interest you...



—spiritual meetings, including a nearby church... all kinds of spiritual groups today...

—MEET UPS—there are all kinds of these

—find ones that look like they have a good regular attendance and then go a few times and see if feels good

—EVENTBRITE—also has all kinds of meetings and classes

—CONFERENCES

—SEMINARS

—VARIOUS GROUPS that are not listed in Meetup or Eventbrite

—when I first moved to Washington, I joined a mountaineering group and not only learned how to do something I always wanted to do but also met a lot of people, including women who also enjoyed hiking.

Try to think of and find one or two activities where there will be lots of the opposite sex. Like they tell duck hunters, “***go where the ducks are.***” Find 4 activities that sound good and will enable you to get around people. Then—most importantly— start put them on your calendar. Next, plan and commit to going to them.

## **Finding More Time**

#1 Is there anything I can let go of? Things / desires that are taking time and life that are really not worth it?

#2 Where is good enough, good enough?



#3 What do I truly need to know? This is especially relevant today with the continuous bombardment of free information and courses. It's very important to have filters that keep much of this away from our awareness.

#4 And last, What deserves my attention? Also, I learned a good concept about time from a movie that Will Smith was in. The movie was "Collateral Beauty".

There was a person in the movie that represented time. "Time," told Will Smith very convincingly, that he and we have all kinds of time, we just have to use it wisely.

Realize people had great dates that became great relationships before online dating. Many still do. We have been led to believe that dating apps and sites are the best way to have a successful dating life and to meet that special someone. Actually, when you're not spending time on these sites and apps, you will have more time and energy for parties, spontaneous encounters, social or business meetings, and doing things you love to do around people.



Recently, I read that 1 out of 5 long-term relationships was from online dating. Well, that's only 20%, so 4 out of 5 people are meeting these significant people in real life. You will learn how to do this with these 3 Easy Steps.

Do your best to relax while realizing and accepting that being single for a time and without a boyfriend or girlfriend can bring good things into your life. During which, you can take your time and be more effective at finding an awesome / excellent partner or someone simply to date and have fun with. Let go of any urgency to be in a relationship. Not being in a relationship is actually less stressful than being in a suboptimal relationship. Relax and enjoy the journey toward finding and developing a satisfying relationship. Dating doesn't have to be hard or a bad experience.

One reason why meeting people out in the world works well is that there are not overwhelming paralyzing choices. With all these dating apps and sites, relationships that should've happened are not happening. The reason they are not happening sometimes is that we believe we have an abundance of people we can meet and choose from. One person said, "when people are just one click away, it is easy never to settle." At the same time, people are so frustrated with online dating that they are



staying home and lonelier than ever. Fewer relationships are formed now than there were 10 years ago.

You can still have standards and a flexible list of desired qualities. But, while not haunted by a universe of possible choices. And thus, be happy to choose from what is around you. This is what naturally happens when we choose from the people we come into contact with in our life— at work, at social and business classes and meetings—and going out in the world and doing the things we enjoy. You simply allow yourself to attach to someone you are attracted to in real life.

Please, get out in the world more, and enjoy life. There are so many wonderful things to do. And, while you're not staring at a screen, there will be many wonderful and interesting people all around you.

Going to activities out in the world around people is the easiest way to meet other singles. Other good places to find desirable singles is when you're out in the world doing errands and daily routines. Wherever there are people around. I am including grocery stores, malls, food courts in malls, outside restaurants, coffee shops, getting gas, laundry mats, cleaners, movies, walking, hikes, etc. And, whenever waiting in a line, you can talk to others in the line.



When doing these things, there are people everywhere. My methods and strategies to meet good matches will work wherever there are people nearby. Many of them will be single— remember one out of two. Before I share specific places you can meet people, I would like to help you prepare mentally and physically for success.

First, let's talk about your mentality, which includes your attitudes about yourself, people, life, and the world. Also, your thought processes. Our attitude and how we think determine what we're able to do and our feelings. Here are nine things you can practice that will enable you to have a good attitude and create positive emotions.

## **9 things toward a great mindset...**

**#1** It's important to think of yourself in a positive way. Also, to be aware of your insecurities.

**#2** A common problem in dating is that people are too passive about meeting people. They assume that a special person or love will simply appear. By doing nothing or not much, you decrease your chances. You have to get out in the world, meet people, and find good matches. Love will not simply fall out of the sky, nor good matches that you could enjoy dating or have a satisfying relationship with. Beware of the media and Hollywood—and



marketing that tries to show us that love is fate or predetermined. It is not. Your fate, your success with dating—including if you find love, you create for yourself by being proactive.

Another belief that will hinder women from meeting good matches is that it is the man's responsibility to initiate anything and move the relationship along. Ladies, go after what you want.

Get out there in the world around men, and don't wait for them to approach you. Just do it—as Niki says, meet and talk with that man you see.

If you are an introvert, if sometimes you feel shy, do not let that keep you from being proactive in dating. Don't allow being introverted or shy to influence you to be timid and stay within your old comfort zone. I realize the thought of talking with a new person can influence anxiety. However, it does not have to be that way. I will teach you how to approach people in a creative and fun way. I was there where you are several years ago. Now, it is easy—and fun—to find and meet and talk with new people.

And the rewards are awesome! You can get beyond any shyness or certainly lessen it.

**#3** Do your best to have a positive attitude. Are you usually hopeful and optimistic? Do you have a good outlook on life and enjoy living? Yes, there are challenges and problems sometimes—small and big. But hard times always pass, and I believe



something good comes from almost everything. I like to share with people, “keep on keeping on while knowing and expecting more good things are coming.”

**#4** How is your self-image? Do you like yourself? How do you deal with your shortcomings? Your inadequacies? Your issues? If any of these need to be changed, put effort into doing so. Find a book or a course, or a counselor to help you with this.

**#5** Do not be too judgmental of others. This includes making a quick judgment of someone. In addition, do not have a long list of qualities they must have before you date them a first or second time. Give people a chance.

**#6** Do your best to remove or lessen any pressure you feel about dating. Learn to be comfortable...relaxed...with where you are in life with dating and romantic relationships. Look at it as a journey and give yourself permission to enjoy it. Think of it as an adventure while being ok, not knowing exactly where it will take you.

**#7** Availability—we live in a busy world and often are on autopilot getting things done. Other single people read this that you are not available to be approached or even for a friendly exchange. Also, this busyness and being on autopilot hinder us from being



aware of opportunities to meet people around us. Project warmth and openness—be available. Practice smiling more, relaxing your body, breathing deeply, pausing, and looking around. At all times, do your best not to appear aloof and unavailable. Flirt with your eyes. Project that you are available.

**#8** Awareness—it is very important to be aware of the people around you when out in the world. Like they say, “be here now”—not walking through your environment in a daze, oblivious to life and the world around you. In addition, observe people's body language and how people interact with you—their bodies, voice, facial expression, eyes... Wherever you go, look around for other single people. And be aware of any person looking at you. No, they're not looking at that tree behind you—haha. How are people reacting to you...are you making them comfortable or uncomfortable? Do you think or feel people enjoy talking with you, or do they want to end the conversation soon? How do they react to your sense of humor? What do people say about you? Pay attention to how people respond to you. Ask a few people about these things.

**#9** Anxiety—become aware of your thoughts and feelings when you see someone you find desirable. Write them down and look at them while realizing they often are silly. Go through any anxiety and talk to people you do not know. That's the definition of



courage—doing things even when anxious or afraid. Practice with everyone. Enjoy being a friendly person. Learn not to be afraid of people you do not know. Maybe you could think of them as another human being you have not had the pleasure to meet yet.

Remember, we are talking about a simple conversation—maybe just a few sentences. Don't make a big deal out of it. And realize—here's a little secret—the art of meeting and talking with great matches is simply starting a conversation with a new person. There is nothing to fear. Step Two teaches a very simple and easy way to meet new people.

It sometimes surprises me how easy it is to start a conversation with someone. And how enjoyable and satisfying it is. Believe me, that wasn't always so. I had to figure out what to do and then practice. And that's all you need to do. It is a very, very valuable skill and will bring new friends and good matches into your life. Actually, you won't need to figure it out—I already did. So you will only need to practice 3 Easy Steps.

Here are several things you can do to lessen anxiety and fear about meeting other singles.



# How to lessen anxiety and fear

A—Know how you will have something to say—more on this in Step Two

B—Have a good attitude regarding any perceived rejection of you or your approach

C—Relax—take three deep breaths and be open to whatever happens

D—Be careful of the stories you create and allow to influence your feelings and actions

E—Do not think you need to be perfect—including your mentality and physical appearance

F—Act quickly—within three seconds or at the end of three deep breaths. Try to approach them as soon as you are aware of a desirable single nearby. You can learn to think of what you will say as you walk towards them—that is so much fun. Again, Step Two makes it very easy!

G—have goals. Start with a small one. One of my goals is to talk to 7 new women every week. These are not necessarily women I am attracted to. I try to do this every day for practice and because it's fun. You will build your skills and confidence with everyone you meet.



Ok, now let's talk about the physical—your outward appearance.

You do not have to look like a movie star to be successful in meeting desirable singles. You just want to look your best.

However, realize that your attractiveness to the opposite sex is greatly influenced by your attitudes toward yourself and life. If you can find one, I encourage you to get a copy of “**Inner Looks**” by Jane Seymour. I saw one listed on Amazon recently. That book shares the above truth very well and how to increase your inner attractiveness.

Regarding fashion, you can glance through a few popular magazines and get an idea. Better yet, hire a personal shopper. Also, you can ask a person of the opposite sex if something looks good or not.

One of the most important things you can do to be ready when a desirable single appears is to dress and groom well. Make it a practice never to leave home unless you look good. A personal shopper/image consultant encouraged, “**Wherever you go, always dress and look like you are on a date.**”—great advice. Exercise, sure, is a big topic today, a lot of interest there. You do not have to have hard abs or a great butt to be attractive to great matches. If you have them—good, but not necessary. Exercise is so important, especially if we are over 40. Move every day, even



if it's just 30 minutes of walking. Do whatever will motivate and influence you to be consistent with exercise. Try to throw some fun things in the mix. I love a long hike in the mountains, one or two days a week. On other days, I do yoga, a walk, or a short gym workout.

Diet, eat as healthy as you can. And if you do not know how—learn how it's important. I am not talking about the latest fad diet. Food has enormous power to heal and keep us healthy. And how we look. Also, what we eat has a much bigger impact on losing weight than exercise. Although both what we eat and exercise will impact the outward you and people will notice.

Single people are everywhere. Lonely people are everywhere. One out of two people you see are single—that's a lot of opportunity and fun. Know that if you are not meeting other quality singles, you have to do something different. What you have been doing is not working. There is never a lack of opportunities to meet singles. Even if you live in a small town.

You just need to know what to do and then be proactive. A dating coach I had used to say, “**Action is All.**”

The 3 Easy Steps will enable you to meet good matches in the most effective way. It's actually what people did before the internet. Meeting people out in the real world is fun, challenging... and exciting. This way of meeting great matches is



very rewarding. To be successful in meeting people out in the world, you have to get around people and have the skills to meet them. The best and easiest way to meet other singles is by going to activities.

But do not miss the opportunities that are around you every day during your daily routines and wherever you go. Remember, you will need to be proactive and appear available...which is not happening if you're staring at, texting on, or talking on your phone.

Write out your daily routines for each day of the week.

Then, think about all the places you go where you could meet other singles who also happen to be there. Realize how many opportunities you're missing every day to meet people.

Every day before leaving your house, focus on being aware and available when around people. Do this again as soon as you get out of the car. Do whatever you need to remind yourself to do it. Use post-it notes, affirmations, a song...whatever works. Your likelihood of meeting someone new will be influenced by how conscious and alert you are.

It's important to get over fears of meeting people or certainly lessen them to be successful in meeting great matches. There will always be a little anxiety—a few butterflies. Try to turn that into excitement. Knowing the skills to meet people and then practicing them will lessen anxiety and develop confidence.



Ok, here are 19—yes **NINETEEN places** where you can meet other singles. You can find, meet and talk with single people in all of these. Plan to be proactive when at any of them. Remember, one out of two people you see are single.

- #1 Coffee shops
- #2 Supermarket
- #3 Bookstores
- #4 Movie Theater
- #5 Department stores and boutiques
- #6 Gym
- #7 Yoga
- #8 Beauty salons
- #9 Libraries
- #10 Airports and Airplanes
- #11 Dry Cleaners
- #12 Gas stations
- #13 Work
- #14 Parties and weddings
- #15 Hiking trails and parks
- #16 Dog parks
- #17 Organizations and political campaigns
- #18 Vacations
- #19 Taxis



There are many places and opportunities to meet other singles—they're everywhere. Come up with some that are not on this list, and be creative as to how you will meet people there.

Michelle Preston is someone who also encourages people to get out in the world and meet people rather than online. She shared in a recent blog post that, yes, it is easy to have an attraction to someone online. However, "it is nearly impossible to predict if that attraction is real until you've actually met that person."

Preston shared a recent study by the University of Utah.

Samantha Joel, a professor there and lead author of the study, said, "***A relationship is more than a sum of its parts. There is a shared experience that happens when you meet someone that can't be predicted beforehand.***"

The chemistry two people will experience when they first meet cannot be known through an algorithm. It's a chemical reaction. Preston shares, "***When you meet someone in person, you can sense things about them straight off the bat. Call it intuition. Call it science. Whatever you call it, it's not easily explained***". But we know it when we see it... feel it...



And so, rather than spending all that time online looking and emailing and messaging and then often being disappointed when you finally meet them face to face, get out in the real world and meet them there. You may have to push yourself at times to do this, but you will be happy you did. And realize by getting out in the real world to meet people, you will be skipping that big time-consuming step of finding and meeting someone online.

Good luck out there in the world. Enjoy meeting and talking with people. See it as a fun adventure. I am confident you will be glad you are using 3 Easy Steps to meet desirable people. You will have a BIG! advantage over all the people who are dependent on dating apps and websites to meet someone.

Yes, please get out in the world around people. You may have to push yourself at times to do this. But, you will be glad you did.



# SUMMARY

And so Step 1 is about getting out in the real world. This will take finding the time...making the time, and then just doing it. Find activities you can go to soon that sound fun or interesting.

## Three Action Steps for Step ONE

#1 Decide on 8 things you want to do that will involve getting out in the real world around people.

#2 Put 4 of them that are happening in the next 30 days on your calendar...AND GO. Try to go to one before the next class of the workshop.

#3 Work at...practice...being aware and available when out in the world during your daily routines and errands.

It's important not to look at these activities only to meet good matches. What I am saying is that sometimes you will go to an activity and you won't meet someone you find desirable. And so, it's good to have an intention of, you are simply wanting to enjoy



the activity and enjoy being around people /social. Then if you don't meet someone you would like to date, you will still have had a good time. Also, this is important because you don't want to give off the vibe that you are hunting or you are desperate. Remember, this is a journey.

I want you to have a positive experience from Step One asap. Therefore, go to one of the activities you put on your calendar. And enjoy the experience and being out in the world around people.

**Ok, now on to Step Two. Step Two is about Meeting those good matches that you see out there in the real world.**

***Bye for now...***