

HOW TO GET A DATE NOW!

The dating guide to get you out there and meeting the right people



Including first hand advice on

Meeting people in bars/pubs

Online Dating

Speed dating

Making dating fun not scary

Written by your very own

Dating Coach

Jo Barnett

HOW TO GET A DATE NOW!

Jo Barnett | Dating Coach | Ebook #1

If you want the experience of going on a date this week then this chapter is for you. Put everything down and allow yourself some 'Me' time, this is just for you so enjoy.

I have put together a step-by-step guide to getting out and meeting singles with a view to dating them! I hope you will find my tips insightful and told with humour and the best possible guidance a dating coach can give you. Especially with a dose of firsthand experience!



A FUN AND PRACTICAL GUIDE TO ALL YOU WANTED TO KNOW ABOUT DATING

Having worked with hundreds of singles whilst running a dating agency, and as a personal dating coach, I am bringing you the answers to the most frequently asked questions and things that YOU want to know about dating.

I've kept it to the point and there is no sugar frosting, use this e book to work for you by following the guidance then getting into action, dip your toe in and out of the waters and enjoy trying something new.

I am really looking forward to hearing from you with your feedback, once you have read it ALL, please do not hesitate to contact me with any questions you have.

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In this e book you will get to cover three great ways of meeting people today;

1. Getting out and about
2. Online dating
3. Speed dating

If you are reading this e book I am hoping that it's because you are ready to date. It's vital that you are in the right frame of mind, you have done a bit of work on yourself, you know your strengths and weaknesses and what you have to bring to the table. One other important factor is being aware of how quick you are to make judgments. For the purpose of this exercise I request that you leave all judgements behind now and start with a blank canvas.

There are several ways to approach getting a date and I want to give you some tips on all of them. First of all I would like you to have an idea of what you are looking for in a date. I suggest that you include MOST of the following;

Connection
Fun
Interaction
Open Mindedness
Generosity
Humour
Compassion
Authenticity
Honesty

Fact – there are lots of lovely people out there waiting to meet someone like you, so why deprive them? Remember the other person is on a date too, so

ALL YOU NEED IS LOVE...

like you they want to have fun, good connection, laughter and they do not want to be judged or 'interviewed'. The more you give the more you will get back. Make them laugh even if you end up the only one laughing, it's all fine. Have compassion for yourself and your date and feel at ease, you will find it is contagious.

All you need is love....

It's all about the love, what do you love about yourself? What would someone else find lovable? If you are stuck on this then I urge you to ask a friend or family member. I recommend that you do not date until you have these answers under your belt. Love yourself, love the person you have become and the person sitting in front of you will see what you have that is unique about you.

Notice I am focusing on YOU and not the DATE; this is because the foundations of a good cake need to be in place. You want to come to the table as a whole cake, one that just desires a nice dusting of toppings, not huge holes that need filling....

The biggest mistake people make in dating is that they put all their focus on the other person not being 'right'. Well that may be, but how would Laurel and Hardy ever have got together if Hardy was at home complaining about the size of his bank account, or the pain that his parents caused him??

So now you are in the right frame of mind try to keep thinking of this 'date' as an opportunity to get out and meet someone nice to have a fun evening with. You are not looking for your future partner on this first date, so no pressures, nothing too serious!

Next step / Dress Yourself Well

Ladies first; please make an effort when you are going out ALL THE TIME, you just don't know who you will bump into. (I can tell you a nice story about that sometime!) Best to invest in some good fitting clothes, colour, not all black, a short skirt, dresses, heels and most of all you are aiming to look feminine and sexy. Men home in on bare skin so show some (not too much, just enough). Your hair is your crowning glory, treat yourself to a good hairbrush and dryer, some new products and a big helping of TLC, after all you're worth it!

A bit of makeup is a must for most unless you have natural film star looks in which case skip to the last page. I like a lipstick with some colour and a creamy foundation that blends in well with your skin, some nice rouge on your cheeks and some sexy smoky eyes, if you are not sure, you could go into Fenwick and get it done for free, watch what they do and invest in some of the products. You will feel sexy and confident when you look good and this will help your mood and your date.

Ladies, I am telling the guys and so I am telling you, weight – loose some. Who do you fancy? What type of body do you find attractive? Remember men are very visual and like to see a nice curvy shape on a woman. No starvation diets needed, but do cut out bad sugars and stodgy carbs, exercise and feel at your best, it will do wonders for your confidence.

MOST important a SMILE!

“Notice I am focusing on *you* and not the *date*; this is because the foundations of a good cake need to be in place. You want to come to the table as a whole cake, one that just desires a nice dusting of toppings, not huge holes that need filling....”

Dress up – make an effort to look good, you will feel great and have more confidence on the date.

Next step for the Gents / It's all about the detail

Please pay attention to the little details, women do notice your shoes, your nails, and hairstyle. Go out and get trendy. Last week I took a male friend of mine into Marks and Spencer, we kitted him all out in Autograph and he got some great stuff, two new outfits and shoes for just over £200, he looked and felt the business. As he was a larger man we got some dark jeans and dark shirts, one with some print on but still in a navy colour. My friend bought a pair of modern brown shoes, which set it off brilliantly and had his hair cut short and gelled; he looked HANDSOME, I was so proud to be seen out with him!

Now let's talk about weight, whilst women don't necessarily expect Daniel Craig to turn up, we still like to see a man who looks after himself and is in reasonable shape. How much more confident would you feel with a better bod? I recommend you get yourself down to a local gym and book a session with a trainer to get some pointers. Weights are great to improve your pecks and upper body; women are a sucker for a good upper body!

Guys & Gals / Getting out and about

Make a plan with a friend to go somewhere new this week where you know there will be some single people of your age to meet. Try a trendy bar, club or pub. Most towns have pubs or bars where people go for a drink after work.

I remember going into a pub with a few friends who were just standing in a group and not meeting anyone, what a waste!

I stood a little away from them so that I was not surrounded by a 'pack of girls' and looking a bit more approachable, I was on the way up to the bar and **looking around the room smiling, engaging people with my eyes.** Before I knew it the guy next to me was chatting to me. We had a laugh and a flirt; he took my number and asked me out, easy! All I did was notice people around me and hold some eye contact, smile and be willing to talk to a complete stranger.

Had I have stayed stuck to my girl friends I'm not sure if I would have meet MR. A , so TAKE A RISK and GET MIXING IN WITH PEOPLE AROUND YOU.

For you guys, notice how this man took a risk and just started talking, he smiled and chatted away like we were old friends, it was perfect.

I'm going to go over this as this is where people seem to get stuck, going into a bar or club/pub and how to engage with someone you like the look of;

Easy steps to attract the opposite sex when you are out:

- * Dress up!! Look your best
- * Go out ONLY with friends who are FUN and interesting.
- * Be looking to chat to new people around you.
- * Make eye contact and smile
- * Dance/ sip your drink/ laugh / look like you ARE having fun already....
- * Say something to the guy/ girl near you that you like the look of.
- * Start a conversation
ANYTHING IS FINE.
- * Ask them if they like the music?
- * Where are they from?
- * Who are they here with?
- * Introduce your friends and get chatting....
- * Keep chatting and then decide to stay or move on.
- * Do it again!

Think we have that covered, so just keep happy and chatting, it's your night out you are MEANT to be having fun and relaxing, so make the most of it.

Oh and don't shy away, if you like them stay! Keep chatting, eye contact, smile, and make them laugh, get a drink together, go outside and chat together, dance. Finally if you get on well suggest exchanging numbers. Ladies you can wait to be asked, men get in their quick.

PHEW!!!!

I feel like we have had a big night out on the town already.

Stand away from the crowd so you are more approachable.

Online Dating in 4 easy steps

Now that you are feeling more confident about getting out and about, let's take a look at the minefield that is internet dating. I'll break it down into four easy steps.

- Choosing your site
- Getting your profile up
- Choosing your photo
- How to use it properly and effectively
- Getting the date

Firstly, I invite you to remember why you are doing this little exercise; because you want to meet someone special to share your life with. Internet dating has been fun for me over the years, it's pretty painless and an easy way to chat to people from the comfort of my own home! It's amazing how many diverse men I have met just by being 'online', did I meet my prince? Well I certainly did meet some potential.

Everyone, take a deep breath and visualise yourself with your ideal partner, where you want to be living in five years time, how you see yourself and your life looking?

Now choose a website – they are all a bit similar, unless you are looking for a specific category/ religion I can suggest the following;

- Guardian Soul Mates
- Match.com
- My single best friend
- The times encounters

How do I choose?

Take a look at a few sites and simply PICK ONE!!! You can chop and change and try one out for a few months at a time.

Getting your profile up

So the basic stuff is easy; you know how tall you are, your colouring, what you do, hobbies,

Little tips / Make it sexy – eg

'I am a fun loving girl with plenty of zest for life. I enjoy horse-riding, drama, exciting walks in the country, exotic food and being around people who make me laugh.'

Now compare this to;

'I am a warm person, who likes to go out and socialise. I like seeing friends, walking in the country, cooking and sharing company of others.'



Doesn't the first girl sound forty years younger and so much more appealing?

Think about what you would like to hear, what would endear someone towards you and what would grab your attention?

Good example of a male profile

'Interesting, well travelled gent, looking for the right lady in his life. Enjoys a variety of sports, plays tennis and football, open to new adventures. Loves fine dining and good food and enjoys it even better with good company. I promise to make you laugh and take you out for a most entertaining evening'

Bad example of a male profile

'I am new to this so not sure what to say! I like going out at the weekends for a drink, watching football, spending time with my mum, and relaxing. Please get in touch if you think we have something in common.'

Feel the difference?

Choosing your photo / Get a good one

Please take a picture of you on your own, not with an ex or a child/ animal next to you, it's you they are meeting, not the whole family. A flattering photo is always good, dress up for it; take one when you are out having fun with mates. I suggest having two photos, a regular one and an action one, you jumping into the pool or the sea, rock climbing, cycling, dancing, something that proves you're not a couch potato (not that I have anything against couch potatoes, honest!). You can also add in a professional photo, I bet you look handsome in a suit!

Show the photo to some friends and ask their opinion, look at it yourself, would you want to contact this person?

Ask a friend to look over your profile and photo and give their opinion!

If you are a perfectionist or anxious about the photo / profile

Something I did a while ago was to get a professional photo taken. You will find someone who knows someone (and face book is great for this) to take a nice professional photo shoot of you for not much more than £70, may be worth it to set your mind at ease and if you can afford it. For me it was so worthwhile investing in, I even used it on my website.

How to use dating sites effectively... Be in the driving seat.

Have a good look through (search for people in your age category), contact the ones you like the look of straight away, send an email or chat to them online, don't waste time with winks!! They don't work.

Be on top of it, every time you go online to the dating site, once or twice a week (more if you are serious about meeting someone and have time) contact ten members in the same way.

An example of a good email to send online - Make it down to earth and engaging;

'Hi, I loved your profile picture and wanted to break the ice, I notice you like scuba diving, where do you like to dive?'

Give them a call to action.

What not to email;

'Hi, I'm new to the site and thought we may as well say hello', my name is David, let me know if you want to meet up.'

DO keep up with your emails and messages; try to reply within a day or so when someone contacts you. Don't worry about looking cool, rather they don't lose interest or think you have other things on the boil!

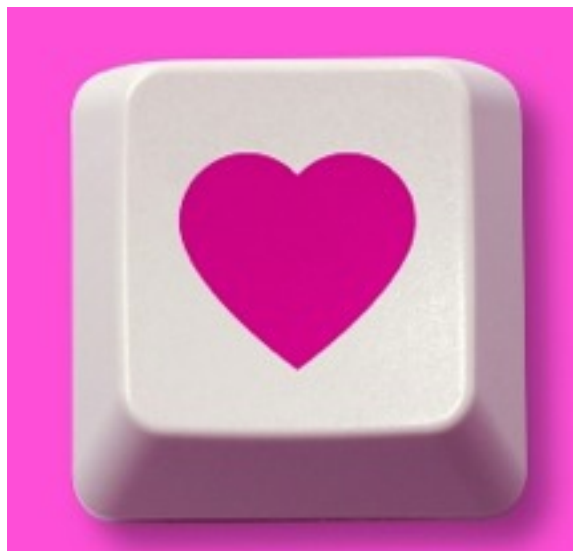
GET TALKING!!!

If like me you want to start out spending hours and hours doing online chat then fine – I can assure you that its all a bit of a time waster.

I soon wised up and limited my online contact to about three or four messages, after which I would suggest we chat on the phone (if they do not suggest it first).

Guys – after exchanging a few rounds of emails, liking the girl's profile, getting a good vibe – ask for her number and CALL!!!

JUST DO IT!



Online dating was set up so that people MEET – go out and date, not find life long pen pals.

This shows CONFIDENCE AND ASSERTIVENESS WHICH WOMEN LOVE!!

Ladies – here is your part, contact by email, msm, skype or whatever you both decide, and then get him on the phone! There is no point wasting your time with someone who gets a kick out of just 'chatting up' women on line, you are wasting your precious time.

One friend of mine saw someone she liked on line and initiated an online conversation. After a couple of minutes she suggested that if he was free they should get off the computer and go out for a coffee that night. Four years later they are living together sharing five kids and a dog. Get the point... **ACTION ACTION ACTION!**

**Be warm in your tone
it does not pay to be aggressive**

Stay feminine and warm in your tone, for example;

"It has been lovely chatting with you and I'd really like to hear your voice now, perhaps we can chat on the phone next time?" This is non-threatening and inviting.

What not to say

"I am losing patience with all this online business, its not getting me anywhere. If you want to speak to me then just ask for my number already!" Again – one phone call one date!!

Get the pattern?

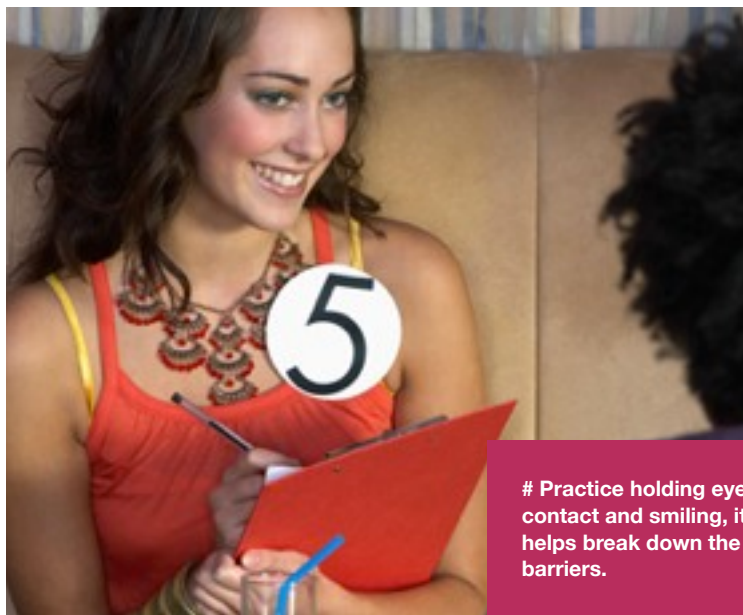
Pheww! Another point off my chest, we are nearly ready to move onto the really fun stuff...

Speed Dating

Think of speed dating as supermarket sweep only without the trolley! You are scanning the tables for something worth bagging, it's fun, fast and a bit ferocious at times.

I'll tell you a little about my memories of the speed dating days;

It all begins by taking a well-needed alcoholic beverage from the bar then finding your table. The room is often dark and candlelit, with a good ambiance and flattering lighting. Often the ladies will be sat at a table and it is the guys who have to move around, as you have about five minutes to get to know each of the twelve candidates. Again everyone is in the same boat – all there to meet someone and have a night out.



Practice holding eye contact and smiling, it helps break down the barriers.

Why go speed dating?

- **You will have a sociable night out**
- **You will get to chat properly to about 12 people of the opposite sex**
- **Its good for your confidence**
- **You never know who you may connect with**
- **You get to meet real live people and see if there is a spark!**

Conversation

You will be timed for the five or seven minutes that you get to talk and at the end a bell will ring telling you it's time to move on, at which point you will either be totally relieved or surprised that it has come to an end already.

When your new date approaches, I recommend taking the warm and friendly attitude even if you know that you have absolutely nothing in common with the person in front of you. Its best to stay open-minded and greet each person as you would greet a friend, with kindness, a smile and a bit of light hearted banter.

It doesn't really matter what you say, the trick is to get a conversation flowing. What do they like doing out of work is a good one, no one wants to talk about their work all evening. Find out something interesting about them, what music do they like, when did they last

go on holiday and what kind of trip was it?

Events like this involve an element of risk and an understanding that not everyone is going to be your cup of tea. There may be just one connection you make that night and then it will be worthwhile.

Getting down to business...

You will get given a card and will be asked to keep track of who you want to see again, so you need to write their name and something like a tick by, want to see them as a date, see them as a friend, never want to see them again! Once you have ticked all the columns the leader of the event will collate all the information and contact you if you have a match.

One thing that I learned is that if you 'like' someone tick him or her as a friend and more/ date. Sometimes it happens that you tick them as a friend and they tick date, you will not be given each other's details unless it's a complete match.

Stick around

For those who want to be really bold and friendly don't rush off! Capitalise in on all the opportunities. There is always an opportunity to stay and chat to people afterwards and if

you really like someone why not suggest taking numbers yourselves. GUYS – women love a man who knows what he wants. WOMEN – take first pick and don't wait to be in a queue!

Same rules apply as being out and about – smile – eye contact – talk – connect.

I had a client who was looking to get back into the dating game and I suggested he went speed dating. He was apprehensive, nervous and went anyway. One of the ten women he spoke to was very interested and so he took her number. She was lovely, really friendly and a nice distraction from other worries that he was dealing with and so he went on a date. That was seven months ago and they are now in a very happy relationship.

Important Speed Dating TIP!
One thing that I learned is that if you 'like' someone tick him or her as a friend and more / date. Sometimes it happens that you tick them as a friend and they tick date, you will not be given each other's details unless it's a complete match.

And now it's over to YOU!

I've given you my best first hand knowledge on getting out there and meeting someone, read it again and contact me if you have any queries. Maybe you will meet someone maybe you will just have some lively nights out, it's all new experiences and this is what counts in taking you closer to your goal.

Get the practice in and be bold, no one ever learnt anything with out making a few mistakes, so please be kind to yourself!

Finally, enlist a friend or two that will be your dating buddy, someone who wants the best for you and will spur you on. Oh and if you like, contact me and I can let you know how I can support you as your coach on this adventure!

Reading this back reminds me of my last four years of dating. I really wish I had someone to share all this knowledge with me when I was starting out again!

As your personal dating coach I am rooting for you all the way and just know that you will be perfect at doing it your own special way. What I want for you is that you get out there and try new ways of connecting with people. Open up, be silly, take risks, make a fool of yourself, get it right and get it wrong. Then go back out the following week and do it all again!

Maybe you will meet someone maybe you will just have a different learning experiences, it's what makes being single so diverse and interesting.



Final Important Tip

Keep doing what you enjoy and try out new hobbies and interests.

You need to have interesting conversation to bring to the table.

I hope you enjoyed my tips on getting you a date, and if you didn't, try it out anyway – what have you got to loose??

Warm Wishes & Good Luck!

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PART TWO

'It's all about letting your light shine and letting others see the real and complex you'. This is where you can be loved and appreciated in all your glory.



Turning your hesitation into Confidence

Part Two of my book gives you some powerful exercises to do that will take you from hesitancy to competence. It's straightforward, easy to read and holds the truth that your friends won't tell you!

This next section is going to help you grow yourself and your confidence so that when you do go out there you are putting your best foot forward.

My intention is that you will put this book down feeling rejuvenated and ready to try out dating from a completely fresh perspective. Finally, I finish the chapter by sharing some of my best blogs from my new website and some brand new exercises to get you up on your feet and dating for success!

Lets work it out!

In this chapter we will look at the following necessary steps that will help give you tremendous confidence when dating, and in yourself in general.

'It's all about letting your light shine and letting others see the real and complex you'. This is where you can be loved and appreciated in all your glory.

In the following section we will cover;

- What are you bringing to the table?
- How do you allow someone to see these qualities?
- What are you passionate about?
- What sparkle does this give you?
- How will I know when it's the right one?
- Looking at values

What are you bringing to the table?

This is not about the chicken

I am talking about what is special and unique about you? When you let down your armour and be fully seen what will make Mr or Miss right fall head over heels in love with you?

Timing – The tricky thing about this is that it's all in the timing. On a first, second and third date, you really need to be showing the best side of yourself, the no moans and groans, fit well person that you are.

Having said that, you become interesting when you let someone get to know you. Giving a little away about how you feel, what you see for yourself in the future and what excites you about life.

Exercise 1

Think back to when you were a small child; get an image in your head. If like me your memory needs a prompt then get hold of a photo where you are looking adorable, all sweet and innocent!

Take about five minutes to look closely at this photograph and just see the child who is looking back at you. What do you notice? Take a moment to look into the eyes of that child. What emotion does the picture bring up for you? Write it all down as you read through this exercise, be very generous with your imagination and just go with whatever comes up for you.

My hunch is that you see a child who is totally perfect, nothing is wrong and nothing needs fixing. Now look at the innocence and wonder in the child's face, and take a moment to imagine what great things are possible in this the child's life as he or she grows up, make a mental note. What was possible for this child?

This great human being is you! With all your wonder and magnificence. You are the one with this great life ahead of you, the same life to live right now, no more time to waste! Take a moment to think about your qualities and strengths and stay connected to the image or the photo in front of you.

Notice the feelings resurfacing, what you want for yourself going forward, choose two or three things that you really want to make happen for yourself.

Write it down or display somewhere for the next few weeks, maybe a post it note by your bed or the bathroom cabinet. Get into the habit of adding to your qualities at the end of the day and noticing the ones that were honoured by you.

Congratulations, you are well on the way to your new self, the one that loves, respects and admires the work that you do and wants the best for you.

It's all about the voice

The little chatterbox in your head has a big part to play in how much success you allow into your life. The chatterbox is there to challenge you and test you, so be strong and make sure your own voice is louder!!

Your inner voice will say things like;

'I'm not good enough'

'No one will want me once they know me'

'I will be on my own forever'

To take this exercise further, come up with an image for this chatterbox, shut your eyes and picture what he or she looks like. Is it a male or female, tall or short, what is he or she dressed like? Notice when they come out to play, its usually at a time when you are about to take a risk or step into being your higher self.

Take action!

Send your chatterbox away on a vacation, somewhere you know they will be happy and well looked after. For example one of my clients came up with the image of a little old lady who was bossy and interfering, she reminded her of her mum! She sent her away on a world cruise, and keeps the image in her head, sailing happily around the world, interfering in everyone else's business but her own!

This may sound a bit far fetched but believe me it's a great strategy and if it works then what have you got to loose?

The quality of the conversations you have in your head will determine the quality in which you live your life.

Now let's turn the above statements around;

'I'm not good enough'

'I am the best'

'No one will want me once they know me'

'I have so many great qualities to share with people'

'I will be on my own forever'

'When I am ready I will find my true partner'

The best way to tame your critic is to really notice when they come out to play. For example, if you start hearing the old record of, I'm not good enough, playing in your head, you know that Mr chatterbox has come out to play. Notice what he or she is saying and then replace it with your new mantra.

When I gave my first workshop, I had a belief that I was just not loud enough for public speaking. This thought kept me safe for many years, as I did not have to push myself and get out

What are you passionate about?? Adding your Sparkle...

of my comfort zone and deliver. Then one day I decided to do it anyway and set up several workshops and just did my best.

Having now run dozens of successful workshops, I have the evidence and the belief that I am a great workshop leader and I am more than loud enough. What changed? I took the risk and pushed through my limiting belief, the result was life changing, I thought, if I can do that, I can do anything!

The same applies to dating it's getting out of your comfort zone and into the unknown. When did you last do something challenging and really succeed? What did it feel like after the event?

What are you passionate about??

This is the icing on the cake that will make YOU sparkle.

Notice how people come alive when they are excited and passionate about something. This is how you get to see the real person, when someone is animated and enthralled they become interesting to us.

When I was working at the dating agency I used to get the phone calls from the men and women with their 'feedback', on the date they went on the night before. The persistent complaint I got was that people wanted to see some passion in another person. To put it bluntly they found the other person dull and boring!

“Most people would love to hear you talk about a hobby or a pastime you have that you just love”

Isn't it great to see someone's face light up with enthusiasm when they are really into a subject?

I was travelling in the car with a guy who is really passionate about farming. Well let's face it, farming does not really do anything for me, but it was interesting to learn something new and to see this man in a different light. Hearing his enthusiasm and how he cares for animals and the land, it made me see him as someone who really stands for something in the world. He showed that he is caring, intelligent and worldly, some great qualities that I decided to pursue!

This is not to say that you should bore the other person senseless on your 'topics', but simply have a few things up your sleeve that you are interested in and knowledgeable about.

What if I don't have any hobbies or interests?

GET SOME!!!

Having spoken to thousands of singles I can tell you with great confidence that having something you like to do independent of the relationship is essential, and this is why;

- It makes you interesting to be around.
- You become alive when you talk about something you love doing.
- It opens up the space for the other person to share something about himself or herself.
- The other person gets to know you better.
- There is something to admire about you.
- It shows that you have interests outside of work.

Develop your passion

It can be anything from painting to pantomime. But indulge yourself into something you want to do for you. Then let others see you sparkle!



Putting your best side first.

Letting the real you shine

It doesn't matter what your interest is, be it gardening, dancing, cooking, hiking, skiing, painting, music, art, theatre, poetry, tennis, swimming, film etc.

My personal challenge to YOU is to take on a new hobby or interest this week. Look into it, do the research, make the plan and get there! What is the thing you have wanted to do for a while and not got around to? **If you are serious about dating then having outside interests is a must, make it a priority!!**

One particular client of mine had wanted to go to a dance class for ages and she kept saying she would go and never did. Finally without telling me, she made the effort and drove herself to the class. When we spoke that week it turned out that she had not only enjoyed the class but also met a great guy who she spent half the night dancing with and the other half talking with. He took her number, asked her out and they have been dating ever since. This young lady had not been on a date in two years!

When you follow your passion great things will happen.

This is a favourite verse of mine from *Oh, the places you'll go* by Dr. Seuss.

'Everyone is just waiting.'

'Waiting for a train to go or a bus to come, or a plane to go or the phone to ring, or the snow to snow or waiting around for a Yes or a No or waiting for their hair to grow. Everyone is just waiting.'

My wish is that YOU become my next inspiring example of how simple it is to go out and do things you enjoy. Let me know how you naturally connect to wonderful people, who are just dying to meet YOU.

Instead of being the one waiting, make a decision to be the one doing...

Step 2

This next section is about putting your best side first. How to allow someone to see what you have to offer and being able to manage your mood when you are on a date.

How will someone else see my strengths?

Let's imagine that your list of your qualities/strengths looks something like this;

Fun
Engaging
Intelligent
Loving
Caring
Loyal
Interesting

Take a look at each of your strengths and think about how you would show this to your fellow companion on the date. Ask yourself the following question;

If I want to show my fun side, how do I have to be behaving?

You will have your own unique answers and for the sake of this exercise I will share with you my actions that would show off my fun side if I were on a date;

- Laughing at myself and at other people's jokes.
- Physically relaxing and having open body language.
- Putting a funny spin on something that could be becoming too serious.
- Talking about a fun experience I have had recently or in the past.
- Looking to get the other person to talk about something that makes them light up.
- Finding something amusing to talk about that is in the room.

I highly recommended that you work your way through each of your strengths and go through the actions, as above, that will demonstrate to someone else the wonderful qualities you have.

Create a positive space for yourself.

Lots of people I work with are stuck in the past and trapped by negative feelings or memories. Here are some simple steps to get beyond these blockages and feel positive and excited about your future.

- Think of a time when you felt truly alive, invigorated and excited by life.
- What were you doing? Where were you and who was around you?
- Close your eyes and feel the energy of this place. Notice the sensation you are connecting within your body.

When I first did this exercise, the image that came up for me was a hike I went on when I was sixteen. We were in Israel climbing up a mountain and it was both thrilling and scary. I remember that I was linking arms with two best friends and we were laughing all the way. There was support, love, warmth, connection and friendship present and I felt fully alive, life was great.

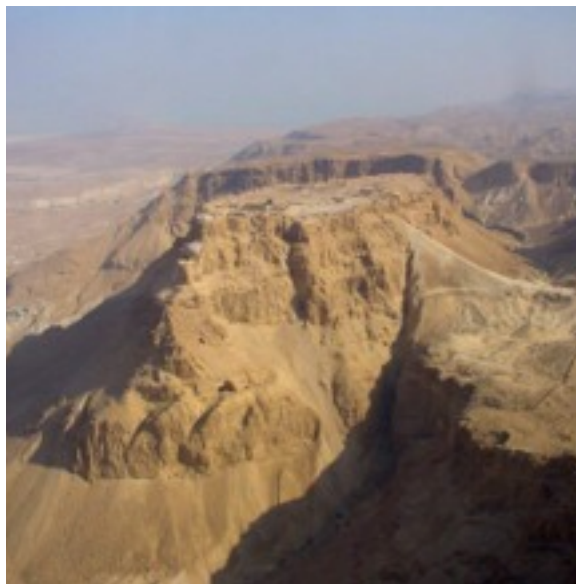
This is the type of memory that we want to treasure. It captures a place that makes us feel like we can do anything we choose, there is freedom, choice and opportunity.

Now take a moment to remember your event. Close your eyes and breathe, shut everything else out and focus on the experience.

Write down what was there for you, what it is that made you feel fully alive and at peace with the world.

Spend a few minutes each day with your thoughts in this place and allow the energy to rejuvenate you. This is your special place to connect to all those wonderful values.

Just before you go out on a date or even speak to someone new on the phone, get into this space, feel the energy that is in your body and bring it into the room. Connect with the love, depth and compassion that are in your heart. From this place you will act lovingly, understanding and with



The image that came up for me was a hike I went on when I was sixteen. We were in Israel climbing up a mountain and it was both thrilling and scary

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kindness, then who knows what the possibilities are!

To summarise;

- Put your best side forward.
- Become really familiar with your special qualities.
- Practice showing your strengths on a daily basis
- Tame your chatterbox and create positive affirmations.
- Take up a new interesting hobby.
- Hold a vision of a positive memory where you felt fully alive and excited about life.
- Get into this space when you are meeting for a date or chatting.

Now you are really ready to date, I have shared my best secrets with you

and know that when you follow these steps you will enjoy the dating process a whole lot more! Imagine what is possible for you when you are out there connecting with people from your best self.

This eBook is aimed at giving you all the skills you need to go out there and get some dates lined up, to experience new relationships and to enjoy connecting with all sorts of wonderful people. You will get to practice all of the above skills and more. The most important thing to hold onto is the fun. You are going on a date to have a fun night out and to make it fun for the other person too!



Be the change you want to see in the world....

How do I know when I have met the one?

Lets take it a step further, imagine you are a few months down the line, you have been out on several dates and meet some great people. One or two have made an impact on you and it time to decide if you want to choose to date exclusively. 'Is he/she the one?' This is one of the popular questions people ask. I will share with you some handy tips on working this out all for yourself;

- When you are considering if this person is 'the one' ask yourself the following questions;
- Do I like myself when I am with this person?
- How do we compliment each other?
- How do I feel about him/ her when we are not together?
- Do I enjoy doing things together?
- Do we have similar ideas on what we want in the future?

- How do our values compare? E.g if laughter and creativity
- are a must for you, where does that sit with your partner
- Is there mutual care and respect?
- Ultimately, can I see myself growing old with this person?

If you have any further questions do not hesitate to get in touch with me. I wish you the most exciting and heart warming journey as you go out and explore. Take out of this book all that is right for you and adapt it to your own natural way of being.

A wise friend once said to me; Be the change you want to see in the world.

With love
Jo Barnett
Dating and Personal Development
Coach

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