

YOUR JOURNEY TO A LASTING LOVE MADE SIMPLE

FINDING
YOUR

Love

AT LAST

FIVE SIMPLE STEPS TO
ATTRACT YOUR SOULMATE
WITHIN 90 DAYS



Action Guide

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Know Yourself Guide

Give yourself the gift of discovering your top 5-6 values. Read the following 20 questions to help you get into the introspective mood. Take a clean sheet of paper and pen or better yet, get yourself a notebook or journal devoted to the work that you are now doing for yourself and answer those questions to the best of your ability. Once you have completed that part (don't forget the bonus question below the 20 questions), write what you think and feel are your top values. Remember it has to be something that is a must in your life and is non-negotiable. Don't worry about the order at first, just get them down on paper. If you have more than 5-6 values, that's okay, but be aware that the top 5-6 values will impact you most in a long term relationship.

Once have your set of top values, now put them in order of importance. Take your time on this process. The heirachy of your values are almost as important as the values themselves, so take your time and enjoy the process.

Remember this is the foundation of everything else you're going to do here on out so don't rush to get to the "fun" part of the exercise that outlines what you're looking for because without this foundation, everything else pales in comparison. In fact, if you didn't get to complete the rest of this book, you would have more success by just doing this exercise and not the work in the rest of this book. That's how important it is to know you first.

Here are some interesting and introspective questions that might help you find out who you are, what you value and what your beliefs are:

1. What is your idea of ultimate happiness?
2. What are you most fearful of?
3. What character trait that most hate about yourself?
4. What trait do you hate most in others?
5. Which person do you most admire that is living or deceased?
6. What is your greatest extravagance?

7. What do you consider the most over rated virtue?
8. What do you dislike about your appearance?
9. What is the quality you most like in a man or women?
10. Who or what is the greatest love of your life?
11. Where and when are you most happiest?
12. If you can change one thing about yourself, what would that be?
13. What do you consider your greatest achievement?
14. Where would you most like to live?
15. What is your most treasured possession?
16. What do you most value in your friends?
17. What is it that you most dislike?
18. What is your greatest regret?
19. How would you like to die?
20. What is your motto?

“What I know about myself for sure is”

Values:

A-D	E-M	O-Z
Abundance	Eagerness	Obedience
Acceptance	Economy	Open-mindedness
Accomplishment	Ecstasy	Openness
Achievement	Education	Optimism
Acknowledgement	Effectiveness	Order
Activeness	Elegance	Originality
Adaptability	Empathy	Outrageousness
Adoration	Encouragement	Passion
Adventure	Endurance	Peace
Affection	Energy	Perfection
Affluence	Enjoyment	Perseverance
Aggressiveness	Entertainment	Persistence
Altruism	Enthusiasm	Persuasiveness
Ambition	Excellence	Philanthropy
Appreciation	Excitement	Playfulness
Approachability	Expertise	Pleasure
Assertiveness	Exploration	Power
Attractiveness	Expressiveness	Practicality
Balance	Extravagance	Preparedness
Beauty	Exuberance	Proactivity
Being the best	Fairness	Professionalism
Bliss	Faith	Prosperity

A-D	E-M	O-Z
Boldness	Fame	Realism
Bravery	Family	Reliability
Brilliance	Fashion	Religiousness
Calmness	Fearlessness	Resilience
Candor	Fierceness	Resourcefulness
Care	Financial independence	Respect
Carefulness	Fitness	Sacrifice
Certainty	Flexibility	Security
Challenge	Focus	Self-control
Charity	Fortitude	Selflessness
Chastity	Frankness	Self-reliance
Cheerfulness	Freedom	Sensitivity
Clarity	Friendliness	Sensuality
Cleanliness	Frugality	Serenity
Clear-mindedness	Fun	Service
Cleverness	Generosity	Sexuality
Comfort	Giving	Significance
Commitment	Grace	Sincerity
Compassion	Gratitude	Skillfulness
Connection	Gregariousness	Sophistication
Consistency	Growth	Spirit
Contribution	Happiness	Spirituality
Control	Harmony	Strength

A-D	E-M	O-Z
Cooperation	Health	Success
Courage	Helpfulness	Sympathy
Courtesy	Heroism	Synergy
Creativity	Holiness	Teamwork
Credibility	Honesty	Thoroughness
Cunning	Honor	Thrift
Curiosity	Hopefulness	Tidiness
Daring	Hospitality	Timeliness
Decisiveness	Humility	Traditionalism
Dependability	Humor	Trustworthiness
Determination	Independence	Truth
Devoutness	Integrity	Understanding
Dignity	Intelligence	Unflappability
Diligence	Joy	Uniqueness
Directness	Knowledge	Victory
Discipline	Leadership	Vitality
Discovery	Liberty	Wealth
Dominance	Love	Winning
Duty	Loyalty	Wisdom
Dynamism	Making a difference	Youthfulness

My Top 10 Values: (write in your 10 values, not in the order of importance)

Values 1-5	Values 6-10

My Top 10 Values in Priority of Importance:

Values 1-5	Values 6-10

Manifestation Letter Guide

In a new notebook or journal, begin writing in blue ink your manifestation letter. To get you started, use your list and information from “Know Yourself” as a guideline to get things rolling. Focus first on your ideal mate’s values and beliefs then organize the rest of the manifestation letter anyway that you’d like. Remember to write in the present tense as if it had happened already. If you’re not one to sit down and write, make it fun while writing. Play your favorite music in the background or start with the easy stuff first like what kind of vacations you’d both like to be experiencing, places you’d like to see, concerts you’d like to hear. Remember to include in your descriptions and detail as much sensory information as possible like what you see, hear, feel, smell and taste. This is the most important part of the attracting process after “Knowing Yourself”. So take your time and enjoy the process. Does this seem like a lot of work? Yes it is! But I promise you, if you follow the steps exactly as I have outlined it for you, your rewards will outweigh your efforts 10 fold! So be patient, let the power of RAS and your manifestation letter do the heavy lifting. I’ve included some questions below to stimulate your creative self in this process of “Love by Design”. Enjoy!

Bonus Step: “End of the Movie”

(This is for all of those “go-getters” out there committed to quickly finding their Mr. or Mrs. Right)

Create an “end of the movie” scenario about you and the love of your life that includes the following information. This is a slice of life from the life you’ve created staring you and your ideal mate. You can write this short story on note cards that you carry around with you and read during breaks at the office, long stop lights or waiting for a call. So put down your iPad or cell phone, stop playing “Angry Birds” and enjoy a piece of life. Remember write everything in the present tense.

It’s Sunday morning and you and your ideal mate are having a leisurely breakfast together. Describe your experience. What aromas do you smell? What do you see? What sounds in the background do you hear? What flavors do you taste? What looks do you get from your lover? What words come from them too? Remember you are the star, editor and audience to your “end of movie” story.

“Love by Design” Questions to Help Fuel Your Creativity in Writing Your Manifestation Letter:

What specific values do you cherish that need to be in your ideal mate’s top 5-6 values too?

What specific beliefs of yours that need to be your ideal mate’s beliefs too?

Describe what your Mr. or Mrs. Right looks like, sounds like, smells like and feels like?

What activities or hobbies do you like to do together? What are okay done apart?

How many showers does your partner need to take as a minimum standard?

Does he/she have kids? How old do they have to be? Is there a cut-off age like no babies but teens are fine?

Are they clean shaven (both men and women!)?

Are they physically active? Do they play a sport? Are you okay if they spend time with that sport?

Are they an extrovert or introvert?

Are they a dress-up, dress-down or appropriate to the occasion kind of person?

Do they travel for their job? Do they work from home?

Are they financial secure? Is money important to them?

Do they own or rent a home?

Do they like to travel?

Are they open to personal transformation and development?

Are they religious? Do they have to be a specific religion? Are they more spiritual with no ties to a church? Do they believe in God?

Do they care for a pet? What kind of pets?

Do they get along with their parents, siblings, extended family?

Do they have close life-long friends? Activity friends? Work friends?

Do they like to dine out? Dine in? Both? Do they cook? Clean up? Both?

What kind of movies do they like? Books? Periodicals? Blogs?

Are they active in social media? Do they Facebook or Tweet?

Are they a “joiner”, meaning very social or inclusive, belongs to clubs, chamber of commerces, networking groups, etc..?

Are they a mountain person, desert person, city person or coastal person?

What is their political affiliation? Are they considered more liberal, conservative or moderate?

Does he/she smoke cigarettes? Cigars? Pipes? e-Cigarettes?

Does he/she meditate, chant or pray?

Does he/she enjoy artificially induced altered states (do they like to get high!)?
How often and for how long?

Make a list of common dating questions like “Does your ideal mate smoke?” and list them in a column. You can use some of the questions that you just read or add the questions that are important to you. Add three more columns titled, Must, Maybe and Never. Put a check in the column that best answers your questions. So for instance, to answer this question about smoking and you don’t care either way if they smoke or not, check “Maybe”. If you checked “Never”, then this is what we call a deal breaker and no matter how perfect that person seems to be in other areas, this is the deal breaker and you have to move on. Remember, this is your life. Don’t give in to the short term thrill of finding a partial love of your life. Go all the way and get the person you deserve and stick to the long term plan of Love at Last!

Love by Design™ – Characteristics	Must	Maybe	Never

My Ideal Mate
(write in blue ink please)

Values:

Type of Career/Business:

Other Interests/Hobbies:

Appearance:

Daily Activities:

Health:

Where to Find Mr. or Mrs. Right Guide List

Pick one online web site to apply to your search and one offline example that you feel comfortable using. You don't have to stick to the list that we've provided; these are just different suggestions to get you into action. You may find from your searching efforts some new, creative ideas to find Mr. or Mrs. Right. Please feel free to share it with our Facebook community so we all learn from each other.

Popular On-Line Dating Sites to Use:

I've included the most popular dating sites as well as more specific to cultural, age and religious belief websites. The larger more popular websites like Match.com include these same cultural, ages and religious belief specifics as well but if for instance your belief is very strong in one particular religion, culture or age preference, the specific, overall smaller website may suit you better. For instance many of my love clients who are Jewish have found much success on Jdate.com even though they were on Match.com as well. So you can do the same and join one large site like Match.com and one smaller, more specific dating site if that applies to you. One word of caution to the person new to dating online, join only one online dating site at a time. When you're a new member you will be overwhelmed with requests to meet at the beginning because in the words of another client of mine, "you are fresh meat!" I suggest sticking to one site at first to prevent overwhelm and sucking the joy out of your search efforts because it begins to feel like work.

Match.com – This was the site that I used to find my "love at last" and has been around the longest and is still the most popular of all the dating sites

ChristianMingle.com – It's obvious from the name this is a great site for Christian singles looking for other Christian singles. User friendly with many interactive features like prayer requests, Bible study and daily Bible verses. With a growing network of users and over 1 million members currently using the site every month, it is an obvious choice for Christian singles looking for a match.

LDSSingles.com – This website is specific to Mormon or Church of Latter Day Saints (LDS) singles.

Jdate.com – This is the number one site for people of Jewish faith to meet other singles of Jewish faith. If finding a person of Jewish faith is one of your most important beliefs you'll have an easier time finding and have much more of a selection available to you.

eHarmony.com– Their claim to fame is their scientific approach based on an intensive personality questionnaire to finding love. Also a focus of Christian singles. They claim that 90 couples a day get married as a result of meeting on their site.

Zoosk.com This is the dating site for the new age of dating, syncing seamlessly with social media and mobile devices. Their claim to fame is the unique behavioral Matchmaking capability that improves as you use their website with the theory being that the more use you have the more likelihood that you'll find exactly what you're looking for in a match.

BuddhistDatingService.com – “Find Nirvana with some special” is their marketing speak. Once again if being with an individual who's belief systems follows Buddhism, this may be the right site for you.

BuddhistConnect.com – The largest Buddhist website for dating, social networking and business networking.

BuddhistPassions.com – Largest free dating and social networking site for Buddhist singles.

GreenSingles.com – Yes, it's a place where ecologically minded singles can find like-minded available eco-conscious singles. Once again, this is perfect for the person whose values and beliefs are highly driven by making the Earth a better, more environmentally healthier place.

BlackPeopleMeet.com – The name says it all, this is a website devoted to serving black singles. Though it has a smaller user base than other sites like Match.com and eharmony.com, BlackPeopleMeet is a growing site for exclusively for black and interracial dating.

PlentyofFish.com – POF (as its lovely referred to my enthusiasts) is one of the largest free websites devoted to finding the love of your life. Once again this is a simple to operate website that has a phone friendly app to appeal to our increasing appetite for anything mobile.

SingleParentMeet.com – This name says it all as a place that focuses on singles with kids and as the statistics show, this is a growing segment in the dating world. It takes one possible negative disclosure out of the looking process by addressing it right up front. My husband Jim shared with me his dating experience and found that in the Silicon Valley area of California that was a huge issue to some singles. So he can see the value of the approach this website takes. Now the only thing to address is the question of how many kids and how old.

SeniorPeopleMeet.com – This is a massively growing segment of our population looking for that second or third chance for love that focuses on singles over 55. A few of its unique features is a website that is easy to navigate, audio and video messaging and daily suggestions based on your search criteria

OurTime.com – Another popular 50+ website for mature singles. They also simplify the online dating process so as not to alienate some technology challenge individuals.

JustSeniorSingles.com – This free dating site is also devoted to 50+ mature singles. This site also simplifies the online dating process to make it user friendly especially for some technology challenged seniors.

ChristianMatchmaking.com – Do you want to join a dating site, but you're only interested in dating within the Christian faith? Then this is the place for you. They embrace all branches of Christianity including Catholic, Greek Orthodox and all of the different types of Protestant groups. So if you're looking for someone beliefs being solely Christian in general or if you're looking for a specific type of Christian, this would have a great selection of singles.

CompatiblePartners.net – This is a website devoted to gays and lesbians to find the love of life. Brought to you by the people who brought you eharmony.com, they also use the scientific approach based on an intensive personality questionnaire to finding love

Chemistry.com – This is a website devoted to LGBT (Lesbians, Gays, Bisexuals and Transgender) to help them find their love at last. This site does most of the work for you through strong personality matching results. Members are limited in their ability to search independently through profiles so if you like to do the looking yourself; this may not be the site for you. But they are focused in helping members find long term love relationships.

OKCupid.com – This is a free site that connects LGBT singles for casual meetups to looking for that long term love. As with any free site, you run the risk of meeting people who are less than committed in the search for Happily Ever After

MeninLove.com – This is a local website for gay men to find casual meetups, to dating to finding the love of your life.

The Dating Web Site That I Choose to Post My Profile is:

I Will Have My Profile Copy Complete By:

I Will Have My Quality Headshots Complete By:

I Am Ready to Post, Review & Participate in My Online Search By:

Places, Circumstances or Events to Find Your Love at Last:

Remember, the whole phenomenon of online meeting and dating is fairly new in comparison to how it's been done for millennia. So here are some examples of creative and traditional places, circumstances and events that create opportunities for you to find your Mr. or Mrs. Right or at the very least, put you in action towards the direction that you want to go. From your efforts of taking action you may not meet your ideal mate in any of these ways but what you're doing is telling the universe loud and clear that you're ready for the love of your life. So when you pick an activity or event to attend, remember what was shared with you in Chapter 2 Finding Mr. or Mrs. Right, "ask and you shall receive."

Grocery Stores	Especially specialty or health oriented grocery stores are best because they may be connected to one of your search outlines. People with health values tend to shop at better quality markets like Whole Foods, Sprouts and Follow Your Heart. Or if you want your ideal mate to be Asian or appreciate Asian food and culture, you might try stores like 99 Market and Galleria Market.
Dog Parks or Popular Dog Paths	What better place to find your love candidate then through one of your "kids". My Jim, since he's been with me, has said that he had no idea what having a dog with you will do to the ease of finding a pretty girl. Especially if it's a cute, small dog like one of our Maltese's. It must be the natural maternal instincts that take over to make a total stranger come right over to you and begin to interact with you over your dog. So they become a natural conversation starter in all situations.
Restaurants	Don't be afraid to go to a restaurant by yourself once in a while. It makes you more open to the opportunity to meet someone. But if you need a posse, make it with people that don't look like your significant other. Especially if you're sitting in a fairly crowded or cramped restaurant, you can see what other people are ordering and comment how good it looks to break the ice to a possible conversation. Remember, even if they are right for you or are currently available, they have friends too!

Philanthropic and Charitable Events	Now we're really cooking! You may be attending a charitable event that benefits a cause that you really believe in. Maybe your future Mr. or Mrs. Right has the same passion as you and he or she is just waiting to meet you. So say yes to that next charity function. The worse that could happen is a great dinner out and a tax write-off.
Charitable Walks and Runs	Now this could be a double threat. Finding someone who is passionate about your cause and has a strong value in health. If you're a guy who has had a female member of your family who has been affected by cancer that primarily affect women and you supporting her recovery by doing a charitable walk. What's the likelihood that a female walker will be there as well?
Ski Lift Lines	Well lines in general are always an advantage. But ski lift lines are more focused on someone who likes at least one interest of yours, skiing and possibly one value, health. So the next time you begin to complain about the long lines to get to the top, think opportunity.
Lines	Bank lines, grocery lines, ticket lines, you get the idea. You got a human who isn't too preoccupied or busy to talk, what a great opportunity for a mini-conversation.
Golf Driving Range & Pro Shop	Hitting golf balls at a driving range can be a great place to connect with someone who is passionate about the game as you are or just passionate about being outdoors and active. There are times in between driving the ball where you can get bits of conversation into the mix. And you can always meet up in the pro shop later to continue that conversation.
Film Festivals	Like I said earlier, a first date to a movie is not a good idea, but a film festival is quite different. You have parties, mixers and lots of time space between movies to connect with someone who may have an interest in the type of films being shown that day.
Baseball Games	The word on the street is that women go there to meet guys and guys like a girl who likes to be at sporting events. Besides with all that space of time between innings and pitches, it's a great place that's conducive to conversation.
It's Just Lunch	Yes, this is a matchmaking service that specializes in putting you together with someone over lunch but remember, you know who you are and what you want. So when they have you fill out a profile, it will be a piece of cake!

Volunteer Work	<p>You'd be surprised who you'll meet at a volunteer situation. It's great networking in general but wouldn't it be great to do some good in the world and meet the love of your life as a bonus. Jim and I would help feed the homeless once a month for a while. Most of the work is moving bags and packaged food from one part of the table to another so skilled help is not necessary. We noticed lots of pretty single girls who would have loved to meet a helpful male volunteer (that's what we call a hint ☺)</p>
Apple Store	<p>You'd be surprised how many people gather at the Apple Store to look, ask questions and take one the many free classes they offer. Now if you're a baby boomer looking for someone special, these free classes are mostly made up of people 50 years and older learning how to use the latest mobile gadget. If one of you top values in learning or intelligence or continual improvement, well you might be meeting someone who has similar values at one of the classes. The worst thing that would happen by going to class is that you'll learn about one more app that you can put into your I Pad.</p>
Adult Learning or College Continuing Education Classes	<p>Wow, this is a big one. You can possibly meet someone who may have multiple values and belief's as you do and you leave with an education. Win, win to me!</p> <p>I mentioned earlier in this chapter about cooking classes and meeting people there. Well back in the day when Jim owned a restaurant and cooking school, every few months they would offer a singles only cooking class where the class was designed for everyone to have a chance to cook together before you actually sit down and enjoy what you made together. Besides being lots of fun, you can learn a lot about people's character and personality make up from cooking and food preparation. In fact, Jim would share some of those personality traits with the class prior to starting the class. Maybe if we're nice to him, he'll bring back that class during our next weekend "Find the Love of Your Life" workshop.</p>

<p>Religious/Spiritual Singles Events and Outings</p>	<p>Every good size church will usually have a singles event planned every month or so. Agape the non-denominational church run by Rev. Michael Beckwith in Los Angeles, California has singles mixers on a regular basis and periodically they'll have ski trips and other outings. This is true for many of the Christian Churches as well and if this fits within your spiritual beliefs, then this could be a great opportunity to find someone that fits your profile. If you currently belong to a smaller congregation that can't support a single organization or the numbers of single is too small to offer much choice, look for a larger, mega-church in your city that would be able to support such an organization.</p>
<p>Meetup.com</p>	<p>Meetup.com has a variety of events in a neighborhood near you. Once again, it's a great opportunity to stretch you to learn new things and meet new people. Remember it's about putting yourself out there in the world.</p>

So bottom line, you can't find Mr. or Mrs. Right sitting on your sofa at home unless you think the UPS guy is your right match. Even online dating eventually puts you out in the real world. So commit to breaking some cocooning habits and get out there and see the world. Even if the love of your life is not out there yet, you'll have more fun being among the living!

Luvaluation Process Guide

For you really eager beavers out there. Go the extra mile with organizing yourself with an added review page. Track you're conversations and meetings by preparing a review page that includes the following information:

1. Appearance
2. Personality/State of Mind
3. Conversation
4. Engaged
5. Core Question #1
6. Core Question #2
7. Core Question #3
8. Core Question #4
9. Core Question #5
10. Next Step

Super Tech Bonus Action Plan:

If you're a techie type person and are familiar with CRM's (customer relationship management), you can set up a free mobile program to maximize your organization process. Jim and I use Zoho.com. It's got a free version that you can customize to needs and meeting questions. Each "love lead" can be put into the program as a "lead" and besides customizing your lead form to standard information, you can also add comments and notes in a thread form to keep track and organized.

Appearance:
Personality:
Conversation:
Engaged:
Core Question:
Core Question:
Core Question:
Core Question:
Core Question:
Your Next Step: