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**TOP 5 WAYS  
TO FIND  
MR. OR MRS.  
RIGHT**



**Love at Last**  
Your Journey to Love, Made Simple and That Lasts

**RENEE MICHELLE GORDON**

# TOP 5 WAYS TO FIND MR. OR MRS. RIGHT

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*The team at Love at Last would proudly bring Renee Michelle Gordon to your live event. For more information or to book an event, visit the Love at Last website at:*

[www.luvatlast.com](http://www.luvatlast.com)

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## Renee Michelle Gordon

Renee Michelle Gordon's heart is big enough to help you too!



Renee was frustrated and sometimes just angry that she couldn't find the love of her life. And it wasn't because a lack of interest or social life. She, just like many people, kept on attracting the wrong person and kept on repeating the same mistakes...

1. Find a guy
2. Fall in love (or she thought)
3. Accept his proposal
4. Woke-up and smelled the coffee
5. Broke it off just before the wedding and repeated this 9 times!

With this type of track record you think she would have given up by then. But luckily, she was strongly influenced by the books and life lessons that her father taught to her and part of those lessons is that you can accomplish anything you want once you put your mind and heart to it.

So before she stumbled into wedding proposal number 10, she took to time to learn more about the affairs of the heart, relationship matching, manifestation of goals and interview techniques. She also was (and still is) mentored by one the worlds authority on relationships, Ava Cadell. From all of this intense study and knowledge she created what we know as "Renee's Top 5 Love Attraction Strategies" and was ready to put this into action for herself.

She, like many people used the internet as one of her tools for attraction and during a short 3 month period had attracted over 2,659 interested guys!

Now for most people, that would see like a fantastic success. But her goal wasn't to be the most popular gal on the block. Her goal was to find the love of her life.

So with a few adjustments to her process (something you'll learn about later), she refined her approach. This is when she found the person of her dreams who later became her husband of over 10 years.

What was so amazing is even though she found her guy, and they did get happily married, she never really had an official wedding proposal. Because everything was so right, it was a natural progression to join in matrimony, thus skipping being proposed to a 10th time!

*For your FREE “Luvvaluation” with Coach Renee*

**Call Now!**

**Tel. 424-281-0170**

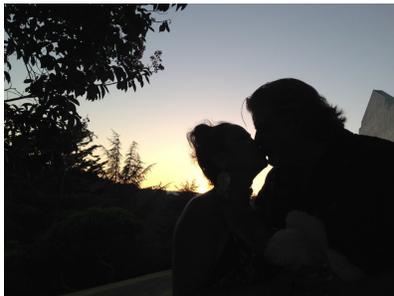
**Email: [renee@luvatlast.com](mailto:renee@luvatlast.com)**

**<http://www.luvatlast.com/contact.html>**

# Introduction

I have the honor, privilege and delight to be the recipient of Renee's amazing process to find "Love at Last" because I am the one who got to experience this the first time and first hand. I'm Renee's husband. I get to share with you my experience going through her "Love at Last: 5 Simple Steps to Finding the Love of Your Life in 90 Days or Less" process.

I've never met a women in my life that is so creative, intelligent (street smart), personable, inclusive, loving and mysterious (yes, even to this day!) that I thank God every day to be married to her. Then I thank God for the process that she created that allowed us to find each other. I know if it wasn't for this process, we would have never found each other thus enjoying the life that we have together.



## My Love Journey

But before I explain to you about Renee's love finding creation, please indulge me to share with you my love story. Like many of you who are experiencing this program, I had been previously married to a wonderful woman. And she is a wonderful woman, but not for me. You see as wonderful as she is and was to me, some of our core values and beliefs were very different. We loved each other very much and were blessed with an awesome son Christopher. But love was not enough. Even my son could see it after we split to become two households. He understood that our break-up and later divorce was best for everyone involved.

At first, after our break-up, the last thing I wanted was to be in another relationship. I resisted the temptation to latch onto another person out of loneliness. Remember the loneliness did not start right after our divorce was final; it had started in the years that lead up to our initial breakup. As much as I yearned for the companionship of another woman, I was wise enough to know that I needed to work on myself first before I brought in another person into my life. You see I was fortunate enough to realize that the one common denominator in all of these issues that contributed to my breakup and later divorce was me. I was at the center of all of these issues so I figured I better get my own head and heart on straight before I began another romantic relationship.

That time that I spent between the divorce of my first wife and my meeting and subsequent marriage to my sweetheart was 12 years! This journey of self-discovery was the greatest gift I could have giving myself to prepare for the love of my life. Could I have been ready sooner? Sure, but I had no guidance or direction to pursue. I guess I could have devoted my life to only the pursuit of the love of my life, but I didn't. I spent years re-designing my life to have the life that I always dreamed of and deserved. But when I was ready for my life partner, I was really, really ready.

Like many of you, you probably did what I did when you decided it was time to find Mr. or Mrs. Right. You told your friends, you put yourself out there through your network or gambled on the open market online. Maybe you joined some dating groups that hooked you up with more singles than you could shake a stick at! I had some success. But for the most part, most of my relationships lasted no more than 3 months tops! I had one relationship that was officially 1 year long and unofficially 2 years in length (that is a whole other story in itself!) None of my searching produced anything concrete enough to be considered real. Oh, I was engaged very, very briefly during what my son and best friend considered the day an alien took over my body. That relationship was like a shooting star; it burned bright then poofed out of existence almost as quick as it came. So nothing real until...

It was late April or early May 2000. A girl friend of mine (unromantic girlfriend) was having a hard time finding the right guy for her. Being a good friend I offered my services as an unbiased set of “guy eyes” to check out her profile page. She called her profile page, “Are You the One for Me?” the title of the book that I had given to her and written by Barbara Di Angeles. So I proceeded to search her out. She was on Match.com and even back then, it was one of the largest online dating services on the web. In the process of searching her profile title, I noticed an interesting profile title located just above my friend’s profile called, “Ex-Model/Chef”. Well that profile headline got my attention, short and seemingly conflicting (little did I know then how accurate it really was and not conflicting). Well because I was professionally trained as a chef, even though I wasn’t doing that as a career at that time, I was curious to take a peek as who this person could be. I mean, after all the title seemed contrary to itself. A chef likes food and usually likes to eat well, where a model avoids food to keep her physical shape in check. I had to see this person. Little did I know that that was the beginning of something life changing and also the beginning of the “Love at Last...” process for me.

Yes you guessed it; I had coincidentally stumbled onto my future life partner’s profile page! Remember, it was the headline that got my attention, and then I got to see her obviously professionally produced picture of her and her canine companion of 17 years, Bianca. Renee was attractively dressed in a unique outfit of zebra stripes with matching hat and boots. Stunning I thought. And she was posed like a model would pose for a magazine shoot, very elegant. I was impressed! But what really made me take action and write to her was reading her profile. It wasn’t made up of the usual silly crap that I would read from other people looking for their love interest. You know what I mean, the “let’s hold hands on the beach” or the “are you my soul mate?” BS. She was real, this woman knew what she wanted and more than anything else, she knew who she was to the world. This struck me as very confident woman; which is very sexy to me. So I didn’t hesitate, I wrote her a message that I won’t share with you right now (I’m showing a bit of mystery in me to. But I promise I’ll share that with you in one of our live workshops or membership learning academy’s).

We talked on the phone for hours every day for 6 – 7 weeks, 2–4 hours every day! It was obvious we had a connection. The challenge was she lived in Beverly Hills, in Southern California and I lived smack in the middle of Silicon Valley, Northern California in San Jose, a good 5–6 hour drive away from each other or 1 hour plane ride away. Finally I flew down to see her. We met for brunch at a luxury beach hotel and we haven't been apart since. But it was her process that brought us together and keeps us passionately connected to this day.

Now that you know my side of our story, let me share with you why this process of finding the love of your life even exists for you. It wasn't until about 6–7 years ago, I found out how we had really met and that I was actually a part of a process that was created by my sweetheart years earlier. Yes I had heard the stories about the 9 wonderful guys that she was engaged to in the past. But I had never given it any thought to how we had found each other until she shared it with me that day. She explained the 5 step process that she created for herself because she was tired of attracting great guys that were wrong for her.

When I realized the challenges that I had gone through in my search for my own love at last, I said, "I wish I had this process when I was looking for my life partner, with all the time and money I spent looking, dating, calling and breaking up, I would have spent anything, done anything to get the results that I know have. When I was ready to find the love of my life, I wanted to learn the things and take the proper actions to get me to my Mrs. Right in a path that was more of a straight direct line. Of course, now that I had found my Mrs. Right, I didn't need her program anymore, but there are many people like me who would be giddy to know they can have a process to help them find what I have found, a relationship with someone who fits, who matches so well that you look forward to waking every day to continue your journey together. So I encouraged my sweetheart to help other people as she had done with us and help others find their own love at last!

So with the birth of "Love at Last", through her coaching and teaching processes, Renee has helped hundreds of people find their one true love for their own life. She has also helped these couples re-commit the passion that they have with each other when most relationships become stale and tired. She is passionate in helping you discover the core values and beliefs that drive you to building the best relationships that you can possibly have and pursue your

mission and purpose in life together. Now Renee is ready to take what she's been doing for the past 7 years for real people just like you and share it with the world through this book, her online love academy, her live relationship bootcamp and of course her "5 Simple Steps to Love at Last in 90 Days of Less!" workshop and personal one-on-one coaching.

By the way, the name of her love and relationship coaching business, Love at Last, was created because we know that the love and relationship that we both found was not just for each other, but within ourselves. So Love at Last is all about the creation and discovery of the love that we have first with ourselves, then with our life partner, then with our community or tribe of friends, family and colleagues. Love at Last is the yearning that we all are looking for in our lives to be accepted and loved unconditionally. So like a parachute, which only works when it is open, do the same with your mind and heart as you experience this process. Open your mind and heart so you really see, hear and feel the message that is right just for you. So with all of that, I'd like to introduce my love at last, my Mrs. Right, my life partner and best friend, Renee Michelle Gordon. Please enjoy the process and have fun in your own journey to the love of your life!

With all of my love, hope and anticipation,

Renee's "Love at Last",

A handwritten signature in black ink, appearing to read "Jim Connolly". The signature is fluid and cursive, with a large initial "J" and "C".

Jim Connolly

## Chapter 1 - Know Yourself

*"Open your arms to change, but don't let go of your values".*

- The Dali Lama

### **In the Beginning**

Knowing yourself is not just imperative in finding your love of your life, but it's critical to know for all areas of your life! Most people don't take time to self-evaluate who they really are and after all how do you expect to find your love of your life if you don't know yourself first. Building your new relationship with someone special without knowing yourself first is like building a home on a poor foundation that could collapse at any time. You'll learn that your values are the building blocks to knowing who you really are and how important they contribute towards your "Love by Design". Learn that interests and hobbies are only secondary when finding your life partner and are the sprinkles on top of the sundae not the ice cream itself. Understand that by clarifying your values and beliefs that you are 80% closer to finding your "love at last".



Why is it so important to know yourself before starting to look for your love of your life?

What makes values so influential in your decision making process in looking for Mr. (Mrs.) Right?

What's the difference between values, beliefs, interests and hobbies?

## Why Do You Need to Know Yourself?

The most successful relationships often start with someone you're passionate about. And to find a fantastic match that is congruent to your values and beliefs in the world, you've got to look first inside yourself. By knowing yourself, you'll be much more likely to find that special someone that makes you happy for the long term. But more importantly is to be happy within you first. You are not looking for someone to complete you, you are already complete. You're looking for someone to compliment you. In fact both my Jim and I had the same revelation the day before we connected on-line. We both said that, "I'd rather be alone and happy than married and miserable."

It's knowing the foundation upon who you are as a person, so you've got to start with yourself first. Where most people get in trouble is they perceive themselves one way when they're really another.

It's very much like building a house on a rocky, unsecured foundation, so that no matter what the house looks like, the foundation, the essence of that person isn't on concrete. For instance, if a woman thinks that all it takes to find Mr. Right for her is to make some physical changes to themselves like getting her lips and boobs done, and thinking that's all she needs to find a husband, that's absolutely wrong. Yes, she may find lots of men that would be attracted to her, but not the type of man who would necessarily be with her through "thick & thin".

Instead of spending time and resources only on external frivolous extras, spend some of that money on either a really good personal development program or a coach to purge and get rid of all the emotional baggage you've collected throughout your life. Remember, "A Band-Aid will not cover up those emotional bullet wounds from your past". Start brand new on a clean slate so all that baggage won't be brought into your next relationship, because you'll carry that with you wherever you go. Start with knowing who you really are before you outline who you'd really like to be with in your life.

You might be thinking, "Maybe I'll move to another town like New York or Miami and start over fresh, then I can find my life partner there." But wherever you should go, your emotional baggage will always follow you. If you don't like yourself first and embrace who you really are, how do you expect someone else to do so?

You can go on all these different online dating sites where you can slap together a profile and put some pictures up. I understand how tempting that may be, but going back to what I said earlier, if you keep doing what you've done, you'll keep getting what you've always gotten! But if you don't get that foundation of knowing yourself right first, it's like throwing spaghetti against a wall and hoping something sticks. If I had not taken the time to know who I was first, to then know who I wanted in my life, my first and only attempt with online dating on Match.com would have been awful. From April to September of the same year, I received 2,874 emails from men of Match.com who were attracted to my profile. I'm not telling this because I want to impress you, in fact the reason I'm telling you this is because if it wasn't for my beginning love process, I would have been overwhelmed with that many requests from interested men. And even though they may have not taken the time to read my profile and know what I was looking for, I was crystal clear in what I wanted, so the elimination process was made much easier. But I know that among all of the email requests I was getting that there was someone in that bunch that would be right for me.

I only wanted to find maybe five or six guys to choose from, so when I put up my profile and was immediately swamped with requests, I refined my process some more. It got me to thinking that I had to tighten what I wrote in my manifestation letter so I could fit the most vital information into the then required 120 words maximum. So my profile was carefully analyzed, and each and, an, but, etc., were put in and taken out.

## **What is a Value?**

A value is the foundation of who you really are and its how all your decisions are made and how you see the world. Your values become the filter that you see, hear and feel things that come into your life. Therefore, how you live your life is first determined through your values.

For the sake of this book and our training program, the distinction is a value is a stance that defines who you are and who you've decided to be. A belief is a reflection or the action you take that represents those values. So a belief can be adjusted or changed, depending upon the experiences you have and the current information that you hold to that belief.

An example, we understand that if we have the value of health in our top 5-6 values that we'd talk and read about health, do things that would improve our health, surround ourselves in our home and office environment that had to do with health, and spend money on things that involve our health. Our value is non-negotiable; it's a part of who we are to everyone especially ourselves.

Now a belief could be connected to our value and I'll use the example of being connected to our health value. Now the difference for a belief is that it becomes a belief through our knowledge and experience. A belief is somewhat negotiable. Here is the example: So our belief could be that all carbohydrates are not good for our health. Then through updated scientific research and reports you find out that all carbohydrates are not created equal and that some are actually very important to your overall health and some can be eaten less frequently. Now the new belief has begun to take shape and where before you wouldn't touch any carbohydrates, now you have specific carbohydrates that you firmly include within your diet.

## **Hobbies and Interests**

Now imagine you had a hobby or interest in riding bicycles so you ride as an option to support your health. You meet a person who's also values health in their top 5 values but is more of a runner than bicyclist, is that a deal breaker or not? Well for me, it's not because it's more important that they value health and that they put it into practice through running instead of riding a bike is totally okay for me. In fact, because our value of health out trumps my interest in riding bikes, I'd be open to running more as a type of variety in supporting my value of health. So you now see why it's so important to know your top 5-6 values and the heirachy it lays on your list.

## **Hierarchy of Values**

Say for instance your number one value is health and your partner's number one value is God/Spirituality and Sunday morning you're going on a long bike ride that will take 4-5 hours so there is no time to plan anything else that morning. And imagine your significant other wants to go to Sunday morning service with you, well that may cause tension in that relationship when one wants to go to church as a couple and the other a long bike ride in the country. And depending on your other values and their hierarchy may help in deciding how you solve this issue.

## **What Are Your Values?**

Give yourself the gift of discovering your top 5–6 values. Take a clean sheet of paper and pen or better yet, get yourself a notebook or journal devoted to the work. 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.

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.



## Workshops, Speaking & Online Courses

As a Single Woman or Man, have you ever wondered...

- Is there a Mr. or Mrs. Right out there for me?
- is there a way to find the right one and not repeat old mistakes again?
- How do I avoid attracting that Mr. or Mrs. Wrong?

Have you ever worried about...

- The longer I wait, the less chance I'll have to find my right one?
- Maybe I wasn't meant to be happy in love and that I'll end up alone?
- With all the effort, money and time that I've devoted to my career or business will be wasted with no one special to share it with?

What if you could...

- Find a way to attract your Mr. or Mrs. Right?
- Learn the reasons why you've attracted and keep attracting Mr. or Mrs. Wrong?
- Be confident that this time, the person you attract will be the "Happily ever-after", right person once and for all!

The "Love at Last" process begins with finding out who you really are so you can best describe who is right for you in our "Love by Design™" process to finding your Mr. or Mrs. Right. You'll be able to determine who is the perfect person for you and once and for all, identify the pretenders, the Mr. or Mrs. Wrongs who keep popping into your love possibilities. Finally a way to find the right person so you won't be lonely and you'll be with your best friend to spend your life doing the things you love to do with them. So don't settle and don't repeat the mistakes of your past, let's begin your journey to love, made simple and that lasts!

**Contact us now:**

**Tel. 424-281-0170**

**Email: [renee@luvatlast.com](mailto:renee@luvatlast.com)**

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## Chapter 2 - Know What You Want!

*"Insanity: doing the same thing over and over again and expecting different results."*

– Albert Einstein

### Love by Design™

Now that you know who you are, what values and beliefs that you live by, now you are ready to attract your love at last! With the benefit of "Love by Design™" learn how the "manifestation letter" can be your most powerful tool in finding your Mr. or Mrs. Right. Use the power of your unconscious to attract what you want by only reading about it twice a day. Understand why you've kept attracting the wrong person for you and how to turn it around to benefit only what you want. See how one simple focus can help you identify if you're going in the right direction or not.



What is "Love by Design™"?

What is the reticular activation system or RAS and how does it benefit me?

What is the make-up of a manifestation letter?

All the way through Chapter 1 we talked about knowing yourself, and understanding the difference between values and beliefs versus hobbies and interests. It's important to have common hobbies and interests, but from what you said it's critical to make sure there are also common values and beliefs.

Now we're moving into Chapter 2 which is knowing what you want. Let's talk about "love by design," and how it affects finding Mr. or Mrs. Right.

"Love by design" means taking time to design what your ideal mate looks, sounds and feels like. Maybe you imagine them in your living room or at your kitchen table having a cup of coffee and reading the newspaper. So what's the type of quality time you can envision spending with this person? What does he talk about? What goals does he see for himself? How many showers does he take in a day (don't laugh, that's actually one of my own design points)?

Most people spend more time planning a vacation than planning for their ideal mate. They leave it up to total chance or fate to provide them with Mr. or Mrs. Right. Spending time designing your ideal person is key to finding or manifesting your ideal mate. Even better is not only thinking about them, but also writing it down in what we call a "manifestation letter" or visually representing it in a "vision board".

But with regard to writing a manifestation letter, you want to write down exactly what you want – not what you don't want, because you will attract what you don't want.

For instance you would like to attract a man over 50. Men over 50 most likely have been married once or twice. Let's say you're a woman in your late '30s or '40s. You love kids, but you don't like kids under ten years old because dating and having young children is harder on the family. Whereas children who are 15, 16 or older would be ideal because they're more mature and can handle their parent's separation, and they can handle their now single parent's newfound love.

So in order to attract children over 16 you don't want to write "I don't like little kids" or "I don't want young kids" in your manifestation letter. Your letter has to focus only what you do want in your life, not what you don't want. This is key to attracting the person you do want in your life. Your mind and the universe (you can use the word God, creator, Mother Earth or anything that makes you feel more comfortable, I used universe) does not understand the idea of negatives. So when you say, "I don't want a man who is bald", you'd say instead, "I want a man with a full head of hair."

The next step is write your description in the present, so using the “full head of hair” example, I would write, “My man or my ideal mate has a full head of hair.” Writing in the present is an important part of writing your manifestation letter. By stating it in the present, you are telling the universe that you are ready for it now instead of writing “I want...” which perpetually puts it in the future just outside your grasp.

I get very specific, and this letter is for your eyes only so don't hold back into every little sorted detail that's important to you. So you want to write down as much as possible to get into not just the tree in the forest, but also every leaf and branch on the tree. You want to go into minute detail starting with the values and beliefs, because as we discovered in Chapter 1 Know Yourself, they are the foundation of a great relationship.

From my experiences, with respect to the 9 gentlemen that I was previously engaged, it may have looked like everything was ideal on the outside, he's good looking; he's got great character; he's got a sense of humor; the way he makes money, and his financial blueprint on how he views money in general, but what I was missing was that deeper, inner connection through values and beliefs. I did what most people, who did take the time to think about what they were looking for and was focused on the external, what we call, “what looks good on paper” attributes. I learned the hard way that will never get you what you truly yearn for in a loving, complete relationship.

Now you can see that this step #2 in the process is so important to take the time to clearly outline the person of your dreams. Don't do what most people do and that is to settle. Settle for that person who may not be who you want to be with, and do what many people do and to try to fix them. Life is too short to try to be fixing everybody. You can care for them and hope they get help. But it's their responsibility to get help. Therefore, if you allow people to be, they'll get fixed on their own. Imagine the time that you spend trying to fix someone to be the person of your dreams instead of applying that time now to write down at the beginning the complete person who you deserve.

## Reticular Activation System

Now the more you work on your manifestation letter, the more you are focused on that specific person or in this case, what you really want. I look at the reticular activation system or RAS as a sorting machine in your brain. You put the search parameters on paper, blue ink to white paper. You read them twice a day at a time when you are most receptive to suggestion (your suggestions). You then let the RAS do the sorting unconsciously. In my case, my Jim and I have talked about this phenomenon in relation to how we met. We ran in different circles, so meeting casually would not have been possible. He worked in corporate America doing leadership trainings and team building programs, I was an entrepreneur that wouldn't be attending a corporate training program. Jim wasn't even a member of Match.com when he found me on it. He just happened to go on it to check out his (girl) friend's profile to make her profile more "guy friendly" and my profile was located just above Jim's friend's profile. It seemed the more I focused on what or who I wanted and not so much as how I would find him, that RAS sorting machine brought us closer and closer together.

The reticular activation system in your brain is kind of like a filter. In fact, it sits at the base of your brain which, through the five senses (sight, sound, smell, taste and touch) takes in about 11 million bits per second. We only process about 20 bits per second in the thinking part of our brain, so all that stuff is constantly going on.

A good example is have you ever bought a car, and all of a sudden it starts appearing all over the road? Well that's the RAS filtering out all of the cars that you don't want so you get to focus on the car that you do want.

That's the reticular activation system in action. As it relates to relationships and what we're talking about, writing a manifestation letter opens the gates to the filter much wider. Your reality has shifted and changed, and you're allowing the type of person you're defining to come into your life because the filter is now turned off. You've altered your reality.

This is the science of manifestation – not the woo-woo power of attraction. This stuff actually works, and we're now proving that you can speak brain-to-brain without any physical communication at all.

## Your Manifestation Letter

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!

## Chapter 3 - How Not to Attract Mr. Wrong

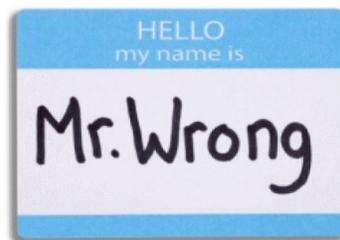
*"The Wrong person won't think you're WORTHY their love, loyalty or respect. So, they'll offer you something less. DON'T ACCEPT IT. Know your worth and move on.*

-Sonya Parker

### Mr. Wrong Again?

Do you get frustrated that no matter what you do, you keep attracting what we like to call, Mr. or Mrs. Wrong? Learn why you keep repeating unwanted old patterns that seem to pull you towards the wrong person every time.

Understand that everything that you do is determined by your own values and beliefs, so there is hope for you. Learn the three step process to interrupting your unwanted repeating patterns and keep you on track to finding your Mr. or Mrs. Right and your love at last.



Why do I keep repeating unwanted old patterns that attract Mr. or Mrs. Wrong?

What can I do to break the old habit of attracting Mr. or Mrs. Wrong while I stay focused on finding the love of my life?

What steps can I take to interrupt those unwanted patterns so I feel confident that I'm going in the right direction for love?

Chapter 1 was "Knowing Yourself," and figuring out the distinction between values and beliefs.

Top 5 Ways to Find Mr. or Mrs. Right

Then we went into “Know What You Want” in Chapter 2, where I introduced “love by design,” and how you go about writing an “I Want” program which is about visualizing and finding that optimum partner.

Now we’re going to go into Chapter 3, which is probably near and dear to many people’s heart since we’ve all gone through this, even I have for nine engagements that didn’t work out, so we all got pretty good at finding Mr. Wrong.

But my nine guys that I was engaged to, I wouldn’t call them “Mr. Wrong,” because they were all great guys and successful as multimillionaires. I would have to call them “Mr. Next!” Now the Mafia hit man that I dated was Mr. Wrong big time (I won’t do that again).

But you’ve got to learn from your mistakes. If people don’t learn from their mistakes and are “comfortable sitting in their poop” and repeating their history, they’re going to keep finding Mr. Wrong.

So you’re probably thinking the same as most, a big question people ask is why do they attract the wrong person over and over? What goes on there?

Unconsciously they’re comfortable in attracting that same kind of person. So I tell people if you’re in a bad relationship, and you break up or they leave you, take a break from relationships to assess yourself. As I mentioned in the previous Chapter 2, I tell people don’t get involved with another relationship until you work on yourself; otherwise, your RAS and the Law of Attraction will attract the same wrong person over and over. It’ll become a habit you’ll unconsciously be comfortable attracting, but consciously you’ll be unaware of it. I call finding the same wrong person over and over and then going through a repeated heartbreak as being “comfortable sitting in your poop.” As strange as that may sound, we all get something out of every experience. Even if we look at that experience, in this case, constantly attracting the wrong person, as a negative experience, we still get something that we need or want from that experience. And after all, when we do it enough, it becomes very familiar to our unconscious self and there is a certain level of comfort with familiarity.

Get some help like at an emotional boot camp to kick your butt and jiggle your cage a little bit to look at and value yourself, and then to tell yourself that you're worthy of much more than that. In most cases you need to do something outrageous and out of character to break your unwanted state and insert a much more empowered state of awareness. However our upcoming 3 step process should help most people get beyond their challenge of being attracted by the wrong person and put them on the right path to finding Mr. or Mrs. Right!

As I said in the previous chapter about writing your "manifestation letter", if you focus more on what you want and less on what you don't want, this will be a big step for the people who attract Mr. or Mrs. Wrong. They need a support team or system to help save them from themselves. I tell my clients that if you continue to do what you've done before (in attracting Mr. or Mrs. Wrong), you'll continue to get what you've gotten. So take a bit longer to make a decision. Reassess who is right for you by going back to your own values and beliefs. Does this new person match with you in the areas that keep you safe in a relationship? If you need to, during your reassessment time, use close friends to support your decision. Introduce them to this process and share with them what you're trying to accomplish in your goal to find love at last. If they are any type of friends at all, they will help you. In fact they were probably the ones that constantly helped you pick up the pieces of your life when you get involved with Mr. or Mrs. Wrong so they would be more than willing to assist you in a process that is positive.

Your manifestation letter in this instance is key to attracting the right person and putting you on the right path towards Mr. or Mrs. Right thus out of harms way.

## **More Tools**

You can boil it down to writing a few key things in blue ink (like a blue felt-tip pen) on three or four 3x5 index cards. You can write some of the most important key values and beliefs that in this case, will keep you from repeating old patterns. As an example, say you were attracted to an abusive relationship. This should be step #1; awareness to old habits. Step #2 is look at your values that you created from Chapter 1 Know Yourself. Look for the value that speaks directly to the opposite of your old habit. It might say, "I value safety in my life".

Focus on that value. Write it in a form that applies to your ideal mate like, “My man/woman is kind and provides safety to our relationship”. Write this on a minimum of 5– 3x5 cards and tape them on places that will remind you of what you want. You may tape it on your mirror in the bathroom, on your laptop, on your stirring wheel in your car, anywhere that will be a reminder of what you need and want in your life. Put that manifestation statement on your laptop screen saver, your phone, everywhere that will keep you in the conversation with your unconscious self.

An abusive relationship should not be taken lightly. Normally when you want to change an unwanted old pattern, the best way is to interrupt that pattern with outrageous, gregarious, out of your comfort zone type action. It can be something as simple as a rubber band on your wrist that you snap every time you have a thought about calling, texting or IM’ing Mr. Wrong. This is called aversion therapy and it’s a great way to keep your awareness sharp. Also as you snap that rubber band, say out loud what you do want. In this case say, “My ideal mate is kind and provides safety to our relationship.” The more you focus on reviewing your own values, re–reading your manifestation letter, noticing note paper with manifestation statements placed around your environment, before you know it, you’ll be with the person of your dreams and find love at last and the connection that you’ve always yearned.

It’s living your life with intention and purpose, because if you live your life with intention and purpose, you’ll find your Mr. or Mrs. Right.

If you go through life just hoping you’re going to find the right person, it may or may not happen (most likely it won’t happen). You’ll repeat the same pattern of falling in love with the wrong person again, and you’ll waste a lot of time or worse, you’ll end up in an abusive relationship.

You can always make money but you can’t make time. We all have only 24 hours in the day so you need to find the right person now. You can’t be hoping he’s going to marry you, or that he’s going to fall in love with you, or that he’s the right person, or that he’ll please your family. You have to do it within yourself authentically and what feels right.

## Chapter 4 - Where to Find Mr. or Mrs. Right

*Finding love is like finding shoes. People go after the good looking ones, but they end up choosing the one they feel comfortable with.*

~ Unknown Author

### Where to Go?

Now that we've designed our perfect mate, it's time to look where to find him or her. Chapter Four: Where to Find Mr. Right is more than going to a place online or offline, its more of a state of mind. The act of searching and being clear on what you're searching for will turn on the reticular activation system to attract Mr. and Mrs. Right to you. With so many places, opportunities, events, websites available to us, it's really a matter of picking one and taking actions.

LOVE ISN'T ABOUT  
FINDING THE PERFECT  
PERSON. IT'S ABOUT  
REALIZING THAT AN  
IMPERFECT PERSON  
CAN MAKE YOUR LIFE  
PERFECT.

Where is the right place to find my Mr. or Mrs. Right?

Is it better to go to an online dating site or offline in the real world?

Which is the best online dating site for me?

What choices do I have to meet my ideal mate in person?

How can you be your authentic self while looking for the love of your life?

Just to recap, Chapter 1: Know Yourself

This chapter's focus is knowing how to know yourself; the difference between values and beliefs, and hobbies and interests in finding your ideal partner.

Chapter 2: Knowing What You Want; using my approach of "love by design" and the manifestation letter.

Chapter 3: How Not to Attract Mr. Wrong Again; here we talked about how not to attract Mr. Wrong again, and some of the steps in boiling it down into a chief aim and reading that every day. In addition to what you want to focus on, breaking those old habits so you don't fall back into your old behavioral pattern of looking for the person who really isn't a good fit or connection for you.

Now, in Chapter 4 we're at the point where it's all about where you go to find Mr. Right.

One point I want to make before we continue into this chapter, is there are a lot of online and offline places to look for people. Though these sites claim people connect and having marriages, we still have almost a 60% divorce rate in this country. I don't know if they track that, but I'd be very interested to see if these online systems really work to keep people together.

However, I'd be very suspect of that, because if you're not doing the work we're teaching you to do in Chapters 1, 2 and 3, you're still going to have a high chance of falling out of that relationship, and now you've got to go back to square one.

So I want to get into this notion of okay, I've read these other chapters, so why couldn't I have just started here? Why couldn't I have just jumped on an online site and put up my profile, and started dating people?

Just because you have an easy online tool where there's a whole bunch of people hanging out doesn't necessarily mean that's going to get you to your goal of finding that perfect mate like we've been talking about.

I attracted 2,874 men to my Match.com profile but all I wanted to attract was 6-8 good candidates with the possibility of finding that one love at last. Even I had to go back and re-post my profile and description of who I wanted to attract because I was attracting too many people. I know what some of you may be thinking, "Boy, that's a good problem to have that many hits of possible life mates!" But it isn't really a good situation if you think about managing that

many “love leads” coming your way! It was insane at the beginning. I felt like I was dropped in a tank full of hungry piranha fish and I was the new item on the menu! It takes lots of time to manage that many “love leads” which is why I chose to re-adjust my profile and wants list. If I could knock out some of the people who would be obvious non-candidates, that would be a good thing for me. The point I am making is this is not a popularity contest and winner being the one with the most numbers. This is about finding the right person for you, period!

Now a short bit of my love history. Before I came up with this love at last process and before I spent the time and money to learn about who I was through my personal development mentors. And before it became socially acceptable to look for your ideal mate through the internet, I would do what some of you may have done in the past and either tell your friends that you’re looking for the right guy or you hire a dating service/matchmaker. This was the method that I used to find those 9 multimillionaires who I got engaged to but eventually broke up with before it was too late. I realized then what you are probably realizing now, that no one and I mean no one can find and prepare yourself for your love of your life except you! I was what those expensive Beverly Hills matchmakers would call “a catch” and each and every guy that I was put together with looked perfect on paper. But it doesn’t matter what the paper says, it’s what’s in your heart and gut feel is what matters.

So when I realized that going through matchmakers, dating services and even high end on-line dating web sites didn’t matter. I had to know myself first then what I wanted before I could begin my search or use technology and services to find Mr. Right. There was no process out in the world that could get me the love of my life. So I made it! My only flaw was that I didn’t have a coach to guide me, but that doesn’t have to happen to you because I am here in your corner, to hold your hand through the process and help you find the right person for you.

So if you don’t do the work on yourself, you’ll just start dating people and you’ll get whatever is out there. It’s a waste of time if you’re looking for that right person, and you have no idea who they are. Like I said earlier, you can always make money but you can’t make time. It’s pointless, it’s futile, you get bored and you lose interest. That’s why some people say “I only find losers on dating sites” or “all of the good ones are taken.” You’re finding losers because that’s what you’re attracting. You’re not manifesting what you want.

## **Step #1 - Be Real**

Well first of all, be the person who you've outlined to be from the work you've done in Chapter 1– Know Yourself. Your values and belief become your code of conduct in the world. How you think, how you act, how you express yourself is though knowing yourself though your values and beliefs. When you are congruent with your values and beliefs, you can stand tall with confidence that this is exactly who you'd like to present to the world the real authentic you. Earlier in Chapter 1 we talked about how some people would think they had a value in health. But they didn't practice it in their own life. They didn't show up in the world this way through their words, how they looked and how they acted. You acted and showed up incongruent to the value that you stated so the only way to correct that is either accept that health is not one of your values and is more of an interest or be that value to yourself and the world. You don't have to look like a model or run like a world class marathoner to hold health as a value but you need to show it, feel it and be it to be congruent.

So once you're congruent with your values and your actions, it becomes easy to bring that out to the world because you are authentic. So you don't have to act the part of being a person of health, you are a person of health. You're not a pretender but an accurate depiction of who you are.

So your ideal mate will not only see it in your physical sense, hear it in your conversations, but he or she will feel it from the energy that you give off, you are a lot more transparent then you think. Maybe you might be able to fool a few people some of the time, but not for very long. That's why it's important to take your time to get to know your ideal mate to experience them in different situations. When the heat is up, like certain social situations and events like birthdays, weddings, holidays, the real you will always appear and the pretender will be exposed. But if you're accurately matching "who you are" with "who you want", your love of your life will feel it in the energy that radiates around you and you will get that from them as well.

## **The Search**

Become friends with lots of different people, not just single people. You'll meet people at dinner parties; you'll get invited to difference places and to different restaurants. Sometimes people like to do restaurant hopping, so you can go to a different restaurant every weekend with people you just met. So keep your

circle of friends wide, and wherever you meet people they know people. The key is to be your authentic self always and continually read your manifestation letter. Our five senses pale in comparison to the power of reticular activating system (RAS) and by being out there among other people, they become a conduit to their network that will be influenced by the power of your manifestation letter and RAS.

One of the tips I have on finding people is instead of only going on different online websites, tell all your friends and family that you're available and ready to date. You don't have to tell them about the manifestation letters or anything like that. But you will just attract them. If it doesn't work out, don't blame that person for introducing you to the wrong person. You're putting it out there and they're doing you a favor. Just be your authentic self always.

I mentioned earlier about finding your authentic self, and finding that person in your environment that has your same lifestyle. If you like to cook, take cooking classes. If you like to play golf, a driving range is a great place because you can chat a little bit. However, if you're playing tennis it's hard to chat with somebody.

## **Go Online**

Remember, be ready at all times, that Mr. or Mrs. Right could be right around the corner, at a good friend's birthday or visiting a neighbor. Be ready for miracles.

But if you feel you need to speed up the process, then let's move onto the great world wide web of possibilities! Pick four or five sites you want to go on (i.e., Match.com, or if you're Christian there's ChristianMingle.com). Sometimes they give you one or two months for free, so go ahead and check them out. Spend about three or four hours a week uploading photos and revising your profile.

I think when you revise your profile you increase your ranking position, just like you would for SEO on the Internet. If you change a photo your rank goes up again so it looks like you're a brand new member, so that's kind of a cool thing.

Before we move on to the next topic, I'd like to talk about photos. You want to have a photo just of your face or a full body shot with nobody else in it. You

could include your dog. But don't have them always be about your dog or your cat because it's only about you.

There are some places where you shouldn't look, so one of the places I'd never look for someone is on Craigslist.

But some other popular sites that might work for you are: eHarmony.com; Match.com; ChristianMingle.com, jdate.com. It all comes down to finding the site that matches your beliefs or interests so you're crossing off one obvious need on your manifestation letter. So if you're looking for a Jewish Mr. or Mrs. Right, try out jdate.com as an option in your search. There are sites for senior groups, religious groups, lifestyle groups and more. Also make use of event type web sites to be in the search like meetup.com, where you can find groups that feature activities that are important to you and your future Mr. or Mrs. Right.

## **Chapter Four Action Plan**

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 Web Sites**

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.

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. Now the only thing to address is the question of how many kids and how old.



## Workshops, Speaking & Online Courses

As a Single Woman or Man, have you ever wondered...

- Is there a Mr. or Mrs. Right out there for me?
- is there a way to find the right one and not repeat old mistakes again?
- How do I avoid attracting that Mr. or Mrs. Wrong?

Have you ever worried about...

- The longer I wait, the less chance I'll have to find my right one?
- Maybe I wasn't meant to be happy in love and that I'll end up alone?
- With all the effort, money and time that I've devoted to my career or business will be wasted with no one special to share it with?

What if you could...

- Find a way to attract your Mr. or Mrs. Right?
- Learn the reasons why you've attracted and keep attracting Mr. or Mrs. Wrong?
- Be confident that this time, the person you attract will be the "Happily ever-after", right person once and for all!

The "Love at Last" process begins with finding out who you really are so you can best describe who is right for you in our "Love by Design™" process to finding your Mr. or Mrs. Right. You'll be able to determine who is the perfect person for you and once and for all, identify the pretenders, the Mr. or Mrs. Wrongs who keep popping into your love possibilities. Finally a way to find the right person so you won't be lonely and you'll be with your best friend to spend your life doing the things you love to do with them. So don't settle and don't repeat the mistakes of your past, let's begin your journey to love, made simple and that lasts!

**Contact us now:**

**Tel. 424-281-0170**

**Email: [renee@luvatlast.com](mailto:renee@luvatlast.com)**

**<http://www.luvatlast.com/contact.html>**

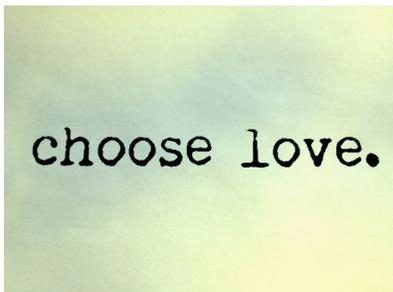
Top 5 Ways to Find Mr. or Mrs. Right

## Chapter 5 - How to Choose

*"It's not hard to make decisions when you know what your values are."*  
-Roy Disney

### **You've Done the Work, Now Choose**

So congratulation! You are more prepared than 99.9% of the people looking for the love of their life. So be confident that with all of the work you've done that when you begin making these choices, they will be the right ones for you. Up till now, everything was about building the foundation to choose the love of your life. Well the time is here to begin the process of evaluation and eliminating. If you didn't know it by now, you'll be eliminating more than putting people through to the next level. So get comfortable in being discerning with your decisions and listen closely to what is being said because now its time to choose!



How do I logistically set-up my date/interviews?

How do I keep myself safe while putting myself out in the world?

How to I discern who to continue to see versus who to let go?

What are core value questions and how do I use them in my choosing process?

How do I keep track of all of these suitors so I don't loose the goods ones but get ride of the wrong ones?

In Chapter 4 we discussed how and where to find Mr. Right; how you introduce your authentic self to them; and which online site(s) would be best suited to find them.

In Chapter 5 we're going to be moving into "The Choice is yours." There are lots of places to find people. I mentioned that I had 2,874 guys contact me, but for people who have 100 to 150 that's kind of a daunting amount.

The question you've got to ask is after you work through your profile and get it all set up – and now you have a lot of men or women contacting you.

Out of the 2,874 guys I received emails from; I went out with only 84.

Some of you might be thinking, "You must have had to do multiple days per night as that would take half a year!"

It actually didn't take that long. Here's how I went out with 84 in just a few months: I'd schedule four to five dates or more at a Starbucks in Beverly Hills or Brentwood near where I lived. So it didn't look like something odd was going on, I'd tell the cashier that I was casting a movie, and I'd be interviewing men for a part. The truth was, I was interviewing men for a part, a part in my life as my love at last.

So I'd be meeting five to eight men, one man every 30 to 40 minutes. "I'm going to be holding this table for a few hours as my office." So that's what I said.

But I didn't want to say, "I'm looking to meet my future husband" because it would sound ridiculous. So I thinking casting a movie sounded more realistic, especially since in L.A., Hollywood and Beverly Hills where everybody's about being in the industry.

Before I interviewed them – before they got to that "second tier" as I call it – I looked at their profile. If they were a possible contender, then I'd take the next step and meet them in person.

So you get to that first cut where they were a contender before you met them in person. What was going through my mind to make that cut?

Well I was thinking I'm going to refer once again to values and beliefs. I only wrote short paragraphs in my profile, and on the bottom I wrote what I was looking for. Would you like me to tell you what I wrote?

I wrote that I was looking for somebody...

- Over 50
- Who's been married once or twice
- With children over 16 years old
- Who was an entrepreneur or corporate (i.e., a partner in a law firm, an architectural firm, or a CPA firm)
- Who would allow me to be me
- Who loved to eat delicious gourmet food and drink fine wine

That was about it. Because the amount of words I could write on my profile was limited, I didn't want to talk about walking on the beach or horseback riding like you see many women write about in their profile. I wanted the words that I wrote to count. I just wrote those basic things.

Then on the profile itself I put things I like to do: Skiing, golfing, tennis, and adventurous new restaurants – basic stuff like that.

So going through this initial selection process to pare it down, I wrote what I were looking for and I read each person's profiles beforehand to see if they had those things in there.

I stayed open-minded if the potential was there – if they knew where they were going in their life -- and their vocation was of some substance (i.e., they weren't in college; they weren't in their '20s or '30s, etc.). I wasn't crazy about meeting a school teacher or somebody in a government job because I wanted more of an entrepreneur. But if they were in that realm of possibility I still gave them an opportunity, so we'd go back and forth on emails.

Then I'd call them on the phone just to feel their energy and vibration. I'd listen to their tonality and how they enunciated certain words, and asked them a few

more questions. Then if I thought they were a possibility I'd say, "Yes, let's meet for coffee."

I kept notebooks instead of journals. I wouldn't print everybody's profile, but some I'd write down their name and handle. Others I'd print their profile (I used a lot of printer ink), and then cut and pasted, no literally got the scissors out and the Elmer's Glue-All and pasted it into a notebook so if they'd email me again I'd know I had already talked to them.

It took several months of dedicated searching. I'd have them call me and leave a voicemail message, and then I'd call them back. I had a private caller ID on my phone on purpose so they wouldn't know my number. Now I'd suggest getting a Google phone number. Get a dedicated Google email account just to keep track of your emails and have a virtual phone number that I can eliminate or turn off the forwarding phone call functions. It's really a great way to keep track of your "love-leads" electronically too.

The reason why I'm writing this book is that I obviously made mistakes and learned by my mistakes. I just happened to score a lot of men emailing me, which was very fortunate. I've heard from other people that they don't get as many. All I wanted was six or eight men to email me, and I was going to pick one and say okay, this is a good one and I'll have him as my husband.

Little did I know it was going to be almost 3,000 men, which I've heard from other people is more than usual. Like I said earlier in this book, a lot of credit to the success that I had in attracting what I call "love leads" was that I had worked hard on myself to know who I was and what I wanted. It showed in my profile and how I was perceived. My husband Jim who was on the other end of my process told me much later after we were married that he got from my profile that I was very successful and very confident. Yes my photo did get his attention and my exotic looks fit what he preferred in a life partner, but what prompted him to email me was the sense of confidence that he got from my profile. He said that was and still is a big turn-on for him. He made a commitment to himself not to attract women who needed fixing. He wanted a woman who knew who she was and walked the talk of who she was to the world.

Just a side note before we continue. I want to make it very clear that you don't have to be a former professional model like me to attract your Mr. or Mrs.

Right. We want you to attract your right person, so that's why we spend the time to be clear to what we want through our manifestation letter after we confirm our values and beliefs. But you do want to invest in a few great current pictures taken by a professional or at the very least someone who is talented in taking good photographs. My lead photo on my profile was taken by a very good professional and I'm sure that contributed to me getting more attention than the average girl. But it was the profile that hooked them into taking the next step to send me an email.

## **The Process of Elimination**

In going back to the process, let's say the average woman gets 150 contacts. So you ask what's the process to quickly go through them so it doesn't take weeks or months?

I definitely believe that knowing who you are and where you want to go is going to help make your journey faster, so you create guidelines for yourself so you are very clear. If a man's profile has 9 out of 10 hobbies and interest you want – and 4 out of 5 of the same values – he has lots of potential. So I'd say email him or try to get him on the phone, because it's better to listen to their tonality and articulation, and then go from there.

Then you can ask them a few key questions in a certain sequence to get them to talk about themselves. It's better to ask more questions than to talk about yourself, but in a way he doesn't know you're interviewing him. All you're doing is carrying on a conversation about him, and most people like to talk about themselves so that should not be a problem. When I say probing questions, what I mean is for you to come up with a minimum of 5–6 questions that will give me a good sense of this person to see if they qualify to go the next step. These questions are taken from your manifestation letter of what you're looking for in your life.

This is what I would ask for my search:

1. Do you believe in God?
2. Is family important to you?
3. Do you have a stable income or way of making money?

4. Is health important to you?
5. Who do you love?
6. Do you continually learn and improve about yourself?

Now I'm not looking to have all of these questions answered on one call and I'm not looking to use these questions to be asked exactly as I have them written. I'm using these questions as a reminder or guideline to keep me focused. In fact on every call that I have, the probing questions will change depending on the conversation so as to keep it natural.

More importantly once you begin the evaluation process, first from reading their email to you, then through reading their profile, then by having that first phone call and subsequent calls, you must use all of your senses to evaluate at each step if they get a green light and go to the next level, yellow light, caution, proceed very carefully or red light, stop and get off this mountain. Listen carefully with both your ears and your heart and always go with your gut, listen to your intuition because that never gets fooled by all of those pretenders.

### **Make the Cut**

Now if they made the cut, you plan for a face to face meeting at Starbucks or Jamba Juice. So getting at the heart of the matter through questions. So here is a formula or sequence for asking good questions that help you to quickly determine if this man or woman may be a good fit.

I'm going to go with my values as an example. My number one value is God, then family, financial security and stability, health, love and finally continuous personal development. Let's say you talk to this person before you go for coffee. You're talking about religion and you say, "Today is Sunday. Did you already go to church?" He says, "No, I'm an atheist. I don't believe in God. I just believe in science, and God never comes into the equation because I've been hurt before." Blaming God and religion and other things for whatever heartaches they've had is a red flag no matter what they do for a living.

If God is important to you, but he's putting Him down, it isn't going to work. Just forget about it. But if he believes in God and he just went to church, great. That's a green light and you get to go forward.

Then you might ask them, "Are you going to see your family today? Do you visit your kids on the weekend?" "Oh, no. My son's in rehab, my ex-wife is an alcoholic, and my mother is crazy. They're the ones who created all this pain in my life." You just hit a yellow light, proceed with caution.

If they continue to go on and on talking about themselves for 20 minutes without ever asking you a question, my perception would be they're self-centered. You already have drama in your life so you don't want more drama. Drama creates stress on a relationship as well as your body and you won't live long.

Oh and ask open-ended questions, because close-ended is a yes or no response. Open-ended questions are more about getting them to open up and talk to you so you can listen. You want to lead them on that path of those five to six values as soon as you can, but you need to create the questions first.

So once they meet the cut over the phone and you meet in person, it's all about hitting the green lights to continue on, move cautiously if it's a yellow light and game over if a red flag comes out of the conversation.

My rule of thumb is to give them about 30 minutes. And if things are going well and there are a lot of green lights, then you continue exploring the conversation with that person. But it also keeps you on point as well knowing you've only got about 24 minutes. Now, if that time is going quickly because you're having a great time, just say, "I'm having a great time, so let me postpone what I have to do." Then step outside and make a pretend phone call.

That person will feel really good. Wow, we're creating something really good here. Maybe this is a possibility for me as she may be the one.

Or you could say, "I'm really having a great time, but I need to get to this other appointment. Would you mind if we meet for cocktails or a lunch another time? Does that sound good to you?"

Remember keep copious notes on each live meeting or you'll get confused during the interview process. When I am pressed for time I'll use an out of 10

code with one word index like, appearance 9/10, conversation 8/10, engaged 9/10, God 7/10, Family 8/10. The definition of this code is his appearance was very good, handsome, clean fingernails, nice cloths and hair. Conversation was very good. He asked lots of questions and didn't avoid or question the questions I asked him. Engagement or being present means that his eyes were not wondering and checking out the other girls, he looked at my eyes most of the time and not my cleavage (not necessarily the type of engagement that I wanted :-)). God means with regard to my core questions about God or creator how well he answered for the time we had for this meeting. This was my lowest score but it was still over half way so that would be a caution signal to be looked at later. Family means that he did well with my questions connected to my core question about family. So overall this person would get a green light and I would set up another date with him for either coffee, drinks, phone or lunch.

When I met my husband, Jim, we spoke for three-and-a-half to four weeks every day for two-and-a-half to three hours a day. He lived 300 miles away in Silicon Valley so we didn't meet in person for over 6 weeks. Besides the answers being spot on, it was fun and easy to talk to him which in itself was a very good sign for the both of us.

A lot of men I was attracting wanted to control me to be a bird in a gilded cage, and after a while it just got boring. They weren't fun and they didn't make me laugh. They were plain white bread.

There weren't any peaks or valleys; they were just boring flat line. I'm not talking about tachycardia where your relationship goes up and down and up and down all the time. Whenever we got together at a restaurant it was always a three-and-a-half hour dinner where we were always talking and laughing. To this day, where its 15 years later, we're still talking and laughing like it's our first date. How can you be bored with that?

You have values and beliefs, but obviously personality traits are very important. One of the things that's important is that I hold humor in very high regard as a personality trait, especially if someone is funny and can make me laugh.

And the other thing that's very important is respect for one another. Not only do Jim and I love each other, we respect each other and are committed to the relationship. Humor is right up there, but we also put each other on a pedestal,

if that makes sense. We praise each other to other people and we take care of each other and our hearts. Things like that are what Jim and I have in common. In fact I wouldn't be writing this book and helping people's relationship in my coaching and seminar programs if it wasn't for Jim. He is an expert trainer and coach in the corporate area focusing on team building and leadership development so it's all about building relationships with him. He said that if he had not found me that he would have been the first person to buy my book, take my seminars and be coached, because there was nothing like what I doing for people that produces real results like my process produces. That's why I'm here with you today.

We wake up happy, laughing and giggling even before we get out of bed. We've got dogs climbing all over us, and our 40 birds are yelling and screaming. It's a zoo, and it's fun and light.

We created this. It isn't like, Oh gosh, it's Monday. What do I have to do? When we put our feet on the floor the first foot says "thank" and the second foot says "you" (thank you God!). We're fortunate we have each other, our animals, our friends, our relationships we have with other people, and our home and our businesses. We're grateful every day, and we don't take anything for granted. This is what you can do for yourself as well, you deserve it, you can manifest it!

Once you have gone through this evaluation process, you'll end up with that one that matches your most important top values as close to your order as possible. The beliefs and character traits are right on line, now is the time that you commit to developing that relationship. Don't rush this process, as much as you see and feel it's right and your ready. Remember this is for keeps, so make sure he or she is the one.

I usually look at building relationships in three month increments. The first months are the most important because everything is new and it's easy to miss those signs. Usually a birthday, a wedding or a holiday pops up and you can learn a lot about a person from these events. Do they give you a nice gift? Do they celebrate the way you celebrate? Are you important enough to take to a family/friend function? Great opportunities to learn!

If they pass, give it a green light and proceed to the next three months and do the same. If at any time a yellow light appears, pay very close attention to the

issue because a person can pretend for only so long and they may have said that they believe in the same values that you do, but time is the great truth.

Once you've past that second three month journey together and all is green. Relax and let the marriage come to you. If you're really connected, you'll both want the same thing at that same time.

A word of caution. The following is my opinion and belief but it has a lot of truth to it as well. Keep you own separate residences or let me put it this way, **DON'T MOVE IN TOGETHER!**

I know it's very tempting, but you'll thank you later (when you marry the right person). It's so much easier to have a bit of a spat with each other and say that you rather sleep at home tonight to think things out. You can't do that if you live under that same roof. And it's not the same sleeping on the couch for one night.

Until you've made the true commitment, keep it real, keep it separate and you'll benefit from it some much more. And when you finally do move in together, you know it's not just a long holiday weekend, it's for keeps!

Enjoy the journey. Do the work on yourself first, then on your search. And if I can be of service to help coach you to find your Mr. or Mrs Right. Let me know by contacting me from the information on the last page. We offer many tools for many economic situations to help you find love at last. In fact this free eBook is based on the information from our book, "Love at Last: 5 Simple Steps to the Love of Your Life in 90 Days or Less!" Of course my book and the live and online courses of the same name include more examples, action plans and tools to help your journey go smoother and quicker.

I hope you enjoyed this book. Now it's time to take action and get out there in the world and find your own Mr. or Mrs. Right!



## Workshops, Speaking & Online Courses

As a Single Woman or Man, have you ever wondered...

- Is there a Mr. or Mrs. Right out there for me?
- is there a way to find the right one and not repeat old mistakes again?
- How do I avoid attracting that Mr. or Mrs. Wrong?

Have you ever worried about...

- The longer I wait, the less chance I'll have to find my right one?
- Maybe I wasn't meant to be happy in love and that I'll end up alone?
- With all the effort, money and time that I've devoted to my career or business will be wasted with no one special to share it with?

What if you could...

- Find a way to attract your Mr. or Mrs. Right?
- Learn the reasons why you've attracted and keep attracting Mr. or Mrs. Wrong?
- Be confident that this time, the person you attract will be the "Happily ever-after", right person once and for all!

The "Love at Last" process begins with finding out who you really are so you can best describe who is right for you in our "Love by Design™" process to finding your Mr. or Mrs. Right. You'll be able to determine who is the perfect person for you and once and for all, identify the pretenders, the Mr. or Mrs. Wrongs who keep popping into your love possibilities. Finally a way to find the right person so you won't be lonely and you'll be with your best friend to spend your life doing the things you love to do with them. So don't settle and don't repeat the mistakes of your past, let's begin your journey to love, made simple and that lasts!

**Contact us now:**

**Tel. 424-281-0170**

**Email: [renee@luvatlast.com](mailto:renee@luvatlast.com)**

**<http://www.luvatlast.com/contact.html>**