

THE PRACTICAL LOVE GUIDE

SETTING YOURSELF UP FOR LOVE SUCCESS



FIND & BUILD A LOVING RELATIONSHIP WITH
LOVE LESSONS

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"Love success is where preparation meets opportunity"

- Sarah Louise Ryan

Hey there,

I'm Sarah Louise Ryan, relationship expert and absolute advocate for finding and building happy romantic relationships and I am here to help you along the way to meeting your match. I believe you just need a positive mindset, allocated 'me time' and a deep understanding of who you are and what you want in your life. When we become clear on what we want we gain direction and affirm what in our minds what we are willing to accept romantically and, more importantly, what we are not.

It's so exciting that you're on the path to partnering and attracting the love you so deserve, if you're here it's because you're serious about finding someone who is serious too. I have a great feeling about this year and believe that for anything in life "prior preparation prevents poor performance" - setting yourself up to welcome love is no different.

I am certain (and excited) about the fact that you will work through the different areas of this practical love guide to bring your awareness to your life as a whole, inclusive of your health and happiness. Together we will become clear on where a partner fits into a life that you choose, a life which you design. Finding love isn't always and doesn't have to be circumstantial. The search for love can be intentional and you can meet someone who has the same intentions for their life as long as you set yourself up for success and practically know how and where to start your search.

Grab a blank notebook. Let's begin. Big Love, Sarah x



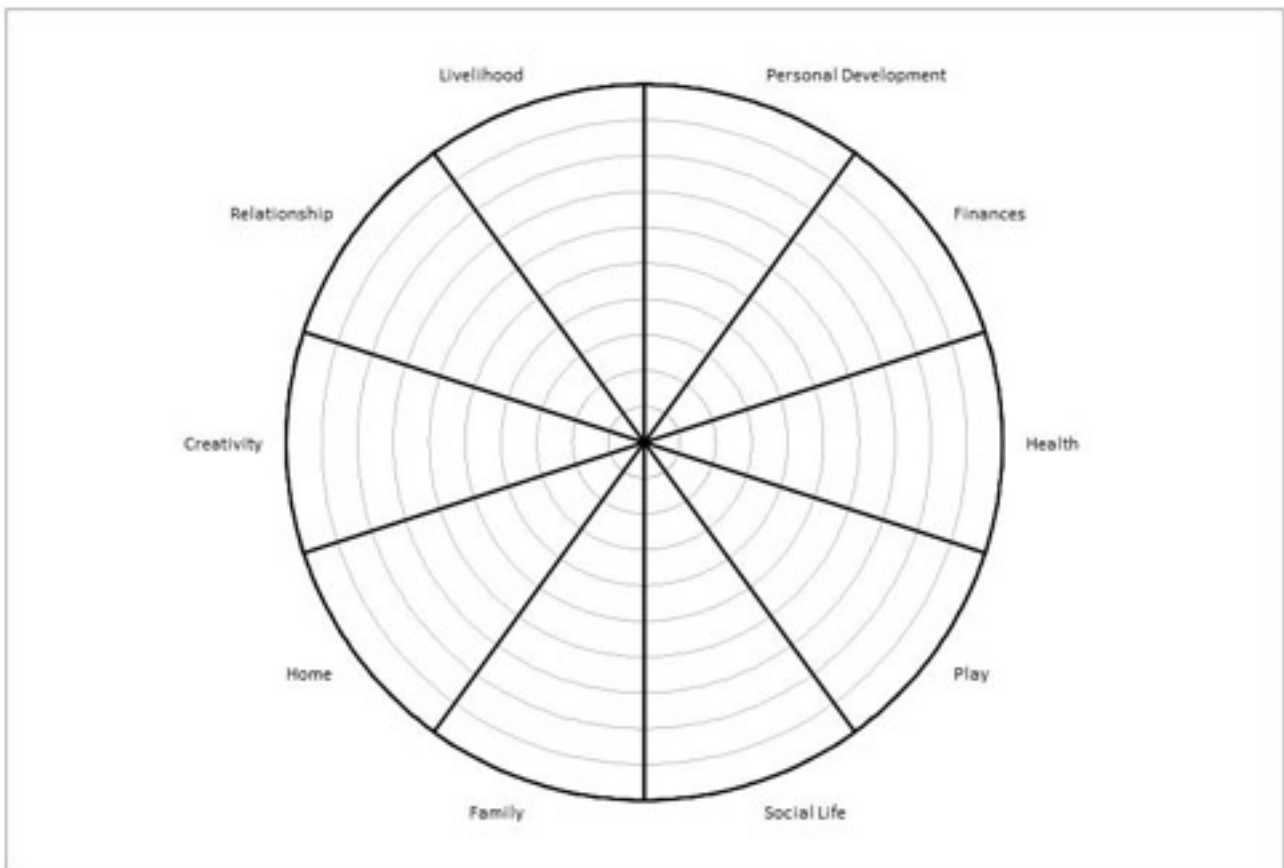
Part One - Getting Crystal Clear

Getting clear on where you're at, where you want to be and what you have learnt along the way is all a process of growing and gaining power in your life. By understanding yourself consciously you are able to move forward intentionally. It's not about writing down a few goals here and there in the hope they will come true and you will automatically be living your best life with the love of your life - you have to work towards what you want day by day. It's important not to hit the ground running with a huge surge of intensity as you may give yourself 'dating burnout' you have to be consistent, little and often in order to find love. Let's start by getting clear on your intentions for yourself, your life as a whole and the love you want to attract into your life. It's time to make space - physically & emotionally for yourself and for that special someone. Grab your notebook and let's get to work. Read the questions, take some time to reflect on your answers then write them down.

"In order to get something you never had you have to do something you have never done"

#1 What do you want for yourself & your life in the next year? What would your life look like if you don't actualise those wants or try to?

#2 How fulfilled do you feel in each of these areas of your life?



Rate them out of 10, 10 being the highest. You are rating the areas of your life which you feel (not think) are not quite fulfilled at the moment - this can sometimes be quite an uncomfortable process, but it's so necessary for you to get clear with yourself and continue to align yourself with what you truly want. Also, it's important to note that if one of the areas reaches a 10 it doesn't mean that there isn't more you could do to remain consistent and add steps to keep improving this area.

#3 Where do you want to be at the end of the year in all these areas of your life?

#4 What three steps could you take to improve each of the areas that you feel might need a boost?

#5 What might happen in your life when you achieve each step and improve that specific area - do this for all areas in which you have allocated steps.

#5 Where does a partner fit into all of your plans? Do you have space - what could you do in order to create more space for meeting new people and accommodate time for yourself and your partner?

#6 What does your personal life look like - how much time do you have for yourself alone to be pro-active in self-care?

- each day?
- each week?
- each month?

#7 What things in your life are no longer serving you - they don't make you happy, they are no longer serving you in one way or another and are taking up time which is the one thing in life you can't get back / make more of? Write down the steps you can take to minimise your time on these things / with these people and gain more time for yourself and meeting your potential partner.

#8 Is there a hobby you have always wanted to take up? If so, look at all those hours you could save / do already have - taking up new hobbies can get you out there meeting new people - do some research and see if you can make taking up a new hobby work for you.

Part Two - Preparation For Partnering

"When you want something all the universe conspires in helping you to achieve it" - Paulo Coelho

#1 TAKING OWNERSHIP: You really need to be taking ownership of your dating life. Taking ownership is about management and leadership and you **are** the leader of your love life. You need to get crystal clear that you are accountable to your own actions and so if you aren't doing anything pro-active to meet someone then only you can take responsibility for that. You have to be motivated to find your match and focus on each and every single person you meet giving them your undivided attention.

Remember: Tenaciousness favours the brave. *If you half-heartedly look for love you will half-heartedly attract it/find it. You have to ensure to strike a good balance between being pro-active without adding pressure to the partner search, this can happen if you think about external pressure around you. Put yourself out there, always be consistent in the search but don't settle because you seriously want someone - make sure you partner with someone who you are absolutely bonkers about and they are bonkers about you too not for any other reason.*

#2 GET FOCUSED - WHO DO YOU WANT TO MEET? Yes getting back to the dating dating scene can seem overwhelming at first but if you make sense of all the apps your using, the places you're looking to meet people and why you are there as well as the online platforms that you are paying for then that's a good start. If you've jumped in feet first and covering all ground with trying to find your match then that's great but it's my job to help you date in a more concise and conscious way to save time and invested energy.

#3 BE REAL. Write down what makes someone likeable (romantically speaking) to you. Make a list of all the qualities and attributes you would like in a partner - anything you like. Put pen to paper, don't be shy. Take as much time as you need and really give it some good thought - what kind of person do you really want to meet. This is your opportunity to get really honest and transparent with yourself about what you want in a match.

#4 WHAT ARE YOUR VALUES? When you know your values to the core you really don't deviate from them. Knowing your values is such an exciting and positive step in the right direction if you can get clear on what your values are. It's a great way to really get to grips with you and what makes you tick as a person. Take some time to gather your thoughts and understand what you want values wise. This is important as you will become clearer on what it is that you don't want. **(list on the next page available to print out)**

#5 SHORTLIST VALUES FOR YOUR MATCH. Make a list of the shortlisted values which you'll be looking for in a good potential match. Knowing what values your next potential partner should possess will save you so much time and energy invested in the wrong kinds of people for you. I promise.

List of Personal Core Values

Accomplishment	Determination	Honor	Perfection
Abundance	Discipline	Improvement	Perseverance
Accountability	Discovery	Independence	Persistence
Accuracy	Diversity	Individuality	Personal Growth
Achievement	Education	Initiative	Personal health
Adventure	Efficiency	Inner peace	Pleasure
Approval	Environment	Innovation	Power
Autonomy	Equality	Integrity	Practicality
Balance	Excellence	Intelligence	Preservation
Beauty	Exploration	Intensity	Privacy
Challenge	Fairness	Intimacy	Problem solving
Change	Faith	Intuition	Professionalism
Clarity	Faithfulness	Joy	Progress
Cleanliness/ orderliness	Family	Justice	Prosperity
Collaboration	Flair	Knowledge	Punctuality
Commitment	Flexibility	Leadership	Purpose
Communication	Forgiveness	Learning	Straightforwardness
Community	Freedom	Love	Strength
Compassion	Friendship	Loyalty	Success
Competence	Frugality	Meaning	Systemization
Competition	Fulfillment	Merit	Teamwork
Concern for others	Fun	Moderation	Timeliness
Confidence	Generosity	Modesty	Tolerance
Connection	Genuineness	Money	Tradition
Conservation	Good will	Nature	Tranquility
Content over form	Goodness	Nurturing	Trust
Cooperation	Gratitude	Obedience	Truth
Coordination	Hard work	Open-mindedness	Unity
Creativity	Harmony	Openness	Variety
Credibility	Healing	Optimism	Vitality
Decisiveness	Holistic Living	Patriotism	Wealth
Democracy	Honesty	Peace, Non-violence	Wisdom

Part Three - Mindset Over Matter

The most important factor which is fundamental to determining success in any area of life is your mindset. The reason we are here today is to help you find and build a strong relationship with the right person. We're also here to gain a better understanding of how you think about yourself, your relationships and the kind of love you are looking for. It is important to note that how we feel about a situation or a journey to a particular place determines the outcome. There is saying "If you think you can or you think you can't, you're right", This statement is true of all things in both our personal and professional lives. And so, it's a good idea to assess where you are at in your dating journey, how you feel about yourself and how you think about dating as a whole to attract the love you deserve. Having an optimistic mindset increases the likelihood of meeting your match, and so it would be beneficial to determine if your attitude when it comes to finding love is a glass-half-full or glass-half-empty outlook for your romantic life.

*"Argue for your limitations and, sure enough, they're yours."
- Richard Bach*

#1 CHECK THE STORIES YOU ARE TELLING YOURSELF. Doubt, negative story telling, fear and worry about meeting all the wrong people is just a fear of being vulnerable by putting yourself out there into the world of dating, but you are not alone. You are missing out on the chance to meet your match if you are holding yourself back with the actions you don't take, the limiting beliefs of not having time or the bandwidth or emotional capacity to meet someone. What happens in your mind has such a huge impact on the action that you take in your life and if it's negative it's holding you back from finding love. If you think that you will start the search for love or give yourself the time you deserve on matters of the heart tomorrow, next week, next month or if you're reading this to get started next year, I can tell you that you are procrastinating and will not find your partner any sooner than you start. So let's begin.

#2 STOP SELF SABOTAGING. If you have always attracted the wrong men or women or keep telling yourself you only ever meet partners who bring less to the relationship / dating scenario than you deserve then perhaps your type isn't your 'type' - it hasn't worked for you so far.

#3 CHECKING IN ON YOUR CONFIDENCE LEVELS. When talking about confidence lets refer to confidence in yourself and in your ability to meet someone. Have you been settling for less than you deserve? It happens all too often, so many people do and it's because they haven't gotten clear on what it is that they truly want out of life, to welcome into their lives and their relationships. It could be that your confidence is low if you have knowingly been settling for less than love.

#4 DO YOU BELIEF YOU DESERVE ULTIMATE HAPPINESS? Or, do you find that you tend to sabotage relationships or your chances of meeting someone special? From now we will begin to tell ourselves more positive, new stories about what we are capable achieving in our love lives. We become what we believe and so if you are not 100% convinced that you deserve or will find the right person for you then you won't. If you don't believe that you deserve the best life then you will settle for a life less than you deserve and it's the same with your love life.

Part Four - Lessons Learnt & Welcoming Love

"Forget what hurt you but never forget what it taught you"

Forget what hurt you in the past, take the learnings from each and every one of those situations and begin to deal with those emotional hindrances that could be holding you back from meeting the person you so deserve. I hear all sorts of things relative to why people are single such as "all the good ones are taken" or "I am always meeting the wrong people." There are plenty of quality, seriously searching singles out there and if you're not meeting them you have to acknowledge that you need to do something differently such as search in different pools or be more pro-active in your search a partner, as well as taking a hard look at the kind of person you are attracting or who you are allowing to enter your life. It's about being patient but it's also about perseverance and being pro-active. You don't ever have to settle but you should also never make excuses - you just haven't met the right person for you, yet.

#1 WHAT ARE YOUR NON-NEGOTIABLES. Chances are you will have taken away from your previous relationship lots of learnings and you will know the things that were right and also the things that went wrong in your opinion. It's really important to not see anything in your last relationships as mistakes but only learnings, this means you will enter into your next relationship with a positive mind-set for your potential match. Write down three things that are nonnegotiable for you because you now know that it doesn't work Also self-check by making three non-negotiable points to ensure your morals and values in your life are not compromised when consciously looking for your life-partner. Get clear with yourself and you won't settle for less than you deserve.

#2 DON'T PLACE BLAME - TAKE RESPONSIBILITY. In short, the world doesn't owe you anything but you owe yourself everything. Take responsibility for your life, more over, for your love. You have to remember you are in control of your life, nobody else. Own it and be fully responsible for everything you go through and all of your lessons learnt.

#3 PRACTICE THE ART OF LETTING GO There is a saying, don't look back, you're not going that way, and it's true. You are not going backwards, only forwards and so you need to practice the art of letting go - journal it out, run it out, meditate it out or use some creativity which requires concentration such as cooking, painting, drawing. If you're still holding on to negativity - you are still holding on. Don't be frustrated with yourself or with someone else for things not working out - its a gain of time for find someone right for you, not a loss. Here at Love Lessons, we only take learnings and so we truly believe there isn't anything to lose. No grudges. No regret. Acceptance. Only acceptance.

#3 WHAT HABITS DO YOU HAVE & HOW TO CREATE GOOD HABITS. We all have good habits and bad habits but I want you to take a look at your bad habits to see if you can amend them to make more time for yourself or remove them entirely to improve your routine, health and overall happiness. On the next page is a chart which has a list of bad old habits which I want you to list and what new habits you are going to eliminate in the space you have created. Eg 1) Binging on Netflix swapped out for new habit reading two hours per night. Eg 2) Going to bed at 1am swapped out for going to bed at 10pm to get more REM sleep and waking up at 6am to work on my fitness / self- development. Now you try...

YOUR OLD HABITS	YOUR NEW HABITS

Part Five - The Practical Search To Meet Your Match

New beginnings can be really positive, a chance to write and welcome a new chapter and most importantly get to know you again as a solo. You may have been with your previous partner for years if not decades or even just single for a long while, but rest-assured, you are not the only single in this boat, there are many like-minded individuals taking those first steps in the search again for someone, although sometimes it can feel like you are the only one out there; doesn't matter if you're 20 or 50 years old. If you are embarking on the dating journey and you truly feel that you are ready then here are a few things to consider:

The best things in life are always worth waiting for and so don't push yourself to find someone else immediately or settle for someone who isn't quite right for you. You know you don't want to settle for less than you deserve in life and that means your relationships too and so take it one step at a time and one date at a time. You may feel out of sorts meeting new people who pose themselves as potentials but it's best to have fun with the dating process, learn about new people and more importantly learn about you in both the wants and the don't wants for your next relationship. Don't just think about the end goal, think about each person you meet as they are in front of you and enjoy your new experiences with other singles just like you. It's so wonderful when you meet someone who makes you think about your personality and your vulnerabilities on a level that isn't just skin deep. It means they are really looking at you and hopefully, you will be really looking at them too. If something is meant to run the distance, chances are it will be a slow burner.

"The only thing we never get enough of is love; and the only thing we never give enough of is love."

#1 BE TRUE TO YOURSELF. ALWAYS. You may feel that you have no clue where to start and you could perhaps go one of two ways – settling for less than you deserve because you want to fill a void of your ex-partner or perhaps so being so certain of what you don't want that you may not enjoy the process of dating again. Remind yourself of who you are, what you enjoy and what keeps you ticking. Keep your beliefs, values and morals in mind when venturing out to meet new people and always follow your gut but whilst still giving every person you meet a chance to capture your interest. Remain open-minded but remember if something doesn't feel quite right, then it probably isn't.

#2 GET CLEARING OUT. It sounds super simple but this is serious stuff. Everything you have from old loves, relationships and situationships between you and anyone that wasn't committal has to go. It's time to spring clean anything from your closet to your jewellery box to cards and material goods. Stick with the memories that serve you but you don't need things and constant reminders of relationships that didn't run the distance. You are making physical and emotional space and savouring your surroundings for you and welcoming someone new.

#3 MAKE SPACE. This may be your thing, or it may be a step beyond but I hope you're open to considering it - clear your closet and draws to welcome someone into your space. Make physical space for your new partners things and make some time in your schedule to consider reading the book the secret - which is essentially about the law of attraction. By making physical space you are affirming that you actually want someone to fill the space that

you are creating for them - it's also very therapeutic to clear out and make space for your new someone.

#4 WHERE WILL YOU FIND YOUR PERSON? So let's say you are not looking for a quick-fix kind of hookup and you're really looking to get hitched or meet someone just as relationship-minded as you are. Well, hopefully you don't need me to tell you not to land yourself in any circumstances or on any online dating sites that have a hook-up culture reputation, not unless you have tonnes of time on your hands to manoeuvre your way through in order to find the right kind of match.

Are you looking for someone similar to you or the opposite? Perhaps you're a fitness fanatic and want to find someone as health orientated as you or perhaps you're a creative and maybe you want someone who's as much of a creative mind. Maybe you're a philosopher, a social butterfly, an introvert, an extrovert, a full-on-foodie or even an adventurer or all of the above and more. Whoever you are, you need to know if you are swimming in the right pool and I learnt that very quickly in my single life. Get in touch and I can connect you with world renowned matchmakers, recommend apps based on your criteria or put together a plan of action for you to create a great dating profile which has a positive impact on the amount of matches and hopefully dates, bringing you one step closer to meeting your person. You can find me over at **Love Lessons** doing all of the below - drop by and say hey!! www.lessonsinlove.co.uk



Thank you so much for downloading this starter Practical Love guide for setting yourself up for success in finding and building the relationship you so deserve. I am DELIGHTED that you are here with me and hopefully I can find away to help you along the path to partnering via coaching, connecting you with singles or recommending events for you to attend in your city.

Big Love from me. I can not wait to help you find love this year.

Sarah xx