



Master the Mystery of Meeting Men *after 40*

*"Being deeply loved by someone
gives you strength,
while loving someone deeply
gives you courage."
-Lao Tzu*

www.DateLikeaGrownUp.com

Jump Start Session

A telecourse experience with
Bobbi Palmer
The Dating and Relationship Coach for Women over 40



Jump Start Session

Set Yourself Up to Achieve Success

- This is time to focus on you: limit distractions, get comfy, close email, commit to the time each week.
- Give yourself credit - this is a meaningful step.
- Restart your "I've been single" clock.
- Participate. The more you do the more you will learn and experience...and the more you will grow as a person.
- Have realistic expectations.
- Expect ups and downs, lulls.
- Find support from positive, smart people.
- Keep your eyes on the prize.
- Have courage...and perspective.



Jump Start Session



*"Being deeply loved by someone
gives you strength,
while loving someone deeply
gives you courage."
-Lao Tzu*

www.DateLikeaGrownUp.com



Jump Start Session

Logistics:

There are two types of sessions per week:

- **Training calls** – I present information, teach new tools and guide you through exercises and activities.

These calls are 75 minutes in length and are on Mondays; with the exception of one Wednesday. Starts 6:00 p.m. Pacific/8:00 p.m. Central /9:00 p.m. Eastern

- **Open coaching calls** – I am available to answer your questions and give you support.

Calls are one hour in length and are on Thursdays at 12:00 Noon Pacific/ 2 p.m. Central/3pm Eastern.

Training Sessions

1. Monday, Oct. 17
2. Monday, Oct. 24
3. Monday, Nov. 7
4. Wednesday, Nov. 16
5. Monday, Nov. 21
6. Monday, Nov. 28
7. Monday December 12

**“A ship is safe in harbor,
but that's not what ships are for.” ~William Shedd**



Jump Start Session

Coaching Sessions

Thursday, Oct. 27

Thursday, Nov. 3

Thursday, Nov. 10

Thursday, Nov. 17

Thursday, Nov. 24

Thursday, Dec. 1

Monday, Dec. 19

Monday, Jan. 9

Call in number: 712-432-0075 code 294577#

In case of technical problems try the backup number: 559-546-1400

Bobbi's email bobbip@datelikeagrownup.com

Bobbi's direct phone: 562.608.8685 (Please pay attention to Pacific time zone)

Facebook Group

A PRIVATE place for us to share challenges and successes, get support and ask questions.

<http://www.facebook.com/groups/mastermeetingmen/>

Go join!



Jump Start Session

What are your dating and relationship goals?

What are you willing to do or change during these weeks in order to move closer toward your goals?



Jump Start Session

You are not alone. You are not crazy. You are not flawed.

We are here to:

- Get clear on what I want in a man and how to attract him.
- Let go of my feelings about not being loveable.
- Have an action plan going forward.
- Stop fantasizing about relationships and open myself to one.
- Learn to be aware of people being aware of me.
- Be more open to love.
- Improve my knowledge about finding that special someone.
- Learn tools and strategies for choosing a relationship that will move towards marriage.
- To put myself out in the world more so that I can meet someone.
- Be open to changing habits/thoughts that create disharmony within a loving relationship
- Learn how to have the love of a man of my choosing.
- Defeat my fear in choosing the wrong type of man.
- Be more approachable and get asked out, especially by men who I would not usually consider candidates.
- Learn to live in the moment and enjoy the relationship.
- Deal with red flags and end relationships that need to be ended.
- Hear from other women regarding the same issues.



Jump Start Session

- Stop the negative self talk once and for all.
- Find a loving man who adores me.
- Put the icing on my wonderful life with a truly satisfying relationship.

Let's Put the Scary Stuff Out There

Let's talk about what you're afraid of or uncomfortable with. Yes, there are scammers, liars, jerks and bores. Yes, there are the guys who dress bad, don't pay for your coffee and don't return emails. Yes, you have a lot of competition. Yes you may like a man who doesn't feel the same for you.

Our gremlins are telling us:

- I don't need a man.
- I look horrible.
- I want too much.
- I'm lame/I'm a loser.
- I'm too old.
- I'm not beautiful.
- I don't think I can do it.
- I'll be abandoned: If my dad left me anyone can leave me .
- I have the independence issue.
- I have too much baggage It's too hard.
- I'm not slim enough, attractive enough, young enough, active enough...
- I'm not special enough.



Jump Start Session

- I might fail.
- I might be rejected, lose something that feels good at the moment.
- There must be something wrong with me or else I wouldn't be single, divorced, a failure at love.
- I don't want to date - I just want the right one.
- If I were lovable/normal, I'd have gotten married at some point even if I subsequently got divorced.

**“Stand up to your obstacles and do something about them.
You will find that they haven't half the strength you think they have.”-
~ Norman Vincent Peale**

You are willing to:

- Look at my stories and my behavior patterns and do what I can to change them.
- Stop being so judgmental.
- know myself better and become more comfortable with who I am.
- Put my profile and picture on match.com.
- Open up a little bit to the idea that this could be the one.
- Be more aware of people sending me signals.
- Pay more attention to your looks.
- Put myself out there to find that special someone. Whatever it takes!
- Make time for myself.
- Work on being more positive about things.



Jump Start Session

- Focus and do the coursework.
- Try to lighten up on myself.
- Honestly deal with things that are not good for me in a relationship.
- Change whatever needs changing because obviously what I am doing now isn't working.
- Dig deep and find out what I truly want in a relationship and what is holding me back.
- Wear more flattering clothes and keep wearing makeup; do hair every day..
- Continue to go to exercise class.
- Talk to men (by way of a casual comment) and make eye contact.
- Smile at men.
- Go to new places, including singles club's events/activities.
- Stay instead of run where there is a possibility of a man asking me out or asking me for my phone number.
- Get out of your own way.

**Your Formula for success =
Healthy attitude + Realistic Expectations of
Yourself and Others + Investing the time +
A little help from the universe**



Jump Start Session

Independent work

For the upcoming week, continue gathering information.

1. Continue to observe women and couples.
2. Ask your closest friend or family member:
What do you love about me?

Read Up!

What's the Stuff Standing Between You and That Good Man?

<http://datelikeagrownup.com/2011/07/6490/>

Men are People Too

<http://datelikeagrownup.com/2011/07/men-have-feelings-too/>

Let's Agree to Face Our Fear

<http://datelikeagrownup.com/2011/03/lets-agree-to-face-our-fear/>