



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

Session 1: Who Am I? Falling in Love With Myself.

A life-changing telecourse with

Bobbi Palmer

The Dating and Relationship Coach for Women Over 40



Mastering the Mystery of Meeting Men after 40

Session 1 : Who Am I? Falling in Love With Myself.

Set Yourself Up to Achieve Success

- Give yourself credit - this is a meaningful step.
- This is time to focus on you: limit distractions, get comfy, close email, commit to the time each week.
- Participate; the more you do the more you will learn and experience.
- Your success relies on your realistic expectations.
- Expect ups and downs, lulls
- Find support from positive, smart people
- Keep your eyes on the prize



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**Session 1 : Who Am I?
Falling in Love With Myself.**

This is based on my 6-Step Find Hope and Then Find Him Program:

- We will work on my 6 Steps to Find Hope and Find Him.
 - **Who am I: Falling in Love With Myself**
 - Who is He: Getting Past my List
 - I'm Fabulous So What's the Damn Problem?
 - Casting the Net: Where and How do I Meet Him?
 - Getting from Rendezvous to Romance
 - Should I Stay or Should I Go?



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What are your dating and relationship goals?

Write your 3 intentions for this course:



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We are here to:

- ✓ Learn to be aware of people being aware of me.
- ✓ Be more open to love.
- ✓ Learn tools and strategies for choosing a relationship that will move towards marriage.
- ✓ Learn how to have the love of a man of my choosing.
- ✓ Get hope/encouragement/pep talk.
- ✓ Learn to become more confident in meeting men organically.
- ✓ 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.
- ✓ 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.
- ✓ Get out of your own way.



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What did you notice while observing women who were part of a couple? Average rating? Your thoughts?

What qualities of a woman make her worthy of love and respect?



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The way you treat yourself is how others will treat you.

We are looking for adoration, respect and love from men. When they see us showering ourselves with it, the good guys won't be able to help but give it back.

**CONFIDENCE is one of the biggest turn-ons for relationship-minded men!
(And the ones that aren't, are repelled by it!)**

I pledge this to myself:

Plant your own garden and
decorate your own soul,
instead of waiting for
someone to bring you
flowers.

Veronica A. Shoffstal



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Falling in Love With Yourself – Here is How

- Give yourself permission to focus on YOU.
- Allow yourself to brag. (And get used to it!)
- Look through your own lens; not that of others.
- Stay in your "Grownup"...you are not that 18 year old anymore trying to get the boys to like you.
- Recognize and assess old patterns and beliefs about yourself.
- Get help from your supporters.

***Knowing others is wisdom,
knowing yourself is enlightenment.
~ Lao-tzu***



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Independent work

Who Am I? Falling in Love With Yourself.

Whether you enjoy dating, make good choices, and eventually find love... is ALL ABOUT YOU: your character, your spirit, your needs, your decisions, your goals, and your dreams.

I want you to go out there knowing your true and authentic self, and fully appreciating the spectacular and strong woman that you are. You want a partner who is good for you, celebrates you as you are, and helps you be the best you can be.

Before you can find him, you must know what you have to offer and have awareness of anything that may be standing in your way of giving and receiving the love of a good man.

This exercise may not be something you do in one sitting. Dig deep; don't just throw a bunch of flowery adjectives on the page. Your "story" should represent the most substantive and meaningful aspects of your life and beliefs. Be 100% honest. Don't put what others think of you or how you want them to see you. You might do a first round, then walk away. You might want to ask a trusted friend for their help.

You'll know you're with a good man when you are this person with him. You don't have to twist yourself like a pretzel for anyone, because you are a magnificent woman. I will ask you to refer to this often to make sure you are staying true to yourself throughout your dating journey.



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Who Am I?

What I love about myself

Empty dotted-line box for writing.

What I love about my life

Empty dotted-line box for writing.



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Who Am I?

What I've accomplished and overcome

Things I care deeply about



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Who Am i?

Fears I'm Overcoming

Empty dotted-line box for writing answers to "Fears I'm Overcoming".

Things I'm working toward

Empty dotted-line box for writing answers to "Things I'm working toward".



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Who Am I?

Now that you've done this, what will you want men to know about you when you meet them and as you get to know them? What qualities, experiences, interests, curiosities, accomplishments, oddities, etc. can you share that will put your best foot forward...while being your authentic self?

This isn't a novel; it's simply a list of "nuggets" about yourself. These are things you can "drop" to help a good man get to know you and your great qualities.

We will discuss this and what you've learned at our next session, when we work on "Who is He? Getting Past Your List." If you would like me to give a quick review, email it to me at least 1 day prior to ur coaching call.