

COMPANION WORKBOOK

Date *like a*
grownUp

Confessions of the World's Worst Dater

HER 7 SECRETS TO FINALLY FINDING LOVE AFTER 40!



Bobbi Palmer

The Dating and Relationship Coach for Women over 40

Secret #1: You Are Kind to Others, and to Yourself

EXERCISE:

Ask yourself these questions and jot your answers down to further explore how certain behaviors and beliefs impact and inform your approach to men and relationships.

How do I show kindness to the women I meet and know?

Am I fair and open-minded in my judgment of men? (Examples of this?)

ACTION:

Now that you've spent some time exploring the questions above it's time to put what you've learned into action! Incorporate the following activities and awareness into your life:

1. Commit to approaching your next 3 dates with the initial acceptance, open-mindedness, and generosity you would show a new woman you meet.
2. Learn more about how men think and feel by buying a book, taking a seminar, or talking to a male friend. You can even ask your dates questions! They would thrill in the fact that you're interested in their experiences and opinions.
3. Devise a way to spot your bad behavior. For instance: if sarcasm is often your defense, commit to paying special attention when telling a "joke" or trying to elicit a laugh. That should hoist a red flag and raise your consciousness of what you are saying and why. Once you recognize it, decide how you will avoid a negative reaction.

Secret #2: You Know Yourself

EXERCISE:

Get a pen or pencil and sit in a comfortable, quiet spot where you can spend some time thinking and writing..

LIST 1: Write a list of what you like and love about yourself. Include everything from having great design taste, to being brilliant, to being a compassionate and loyal friend. Ask your friends and family to help!

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(Still have more to write? Great! Keep going....!! Use the space below to continue.)

LIST 2: Now, write a list of any beliefs, traits, or behaviors you would like to shift in your life in relation to dating and your search for love. (Remember, this is all about YOU and what you can change.) Ask your friends and family to help!

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(Still have more to write? It's crucial to be honest with yourself! Keep writing until you've touched on all of the behaviors you're aware of and want to shift. Use the space below to continue.)

SECRET WISH: If you have a secret wish about dating and your search for love – something you haven't expressed openly in the recent past – write it down.

ACTION:

Now use these lists to take ACTION and start making those important shifts we've been talking about. Do each of the things below knowing that you are moving closer to your goal of an amazing grownup love story!

1. Take LIST 1 and pin it to your wall or refrigerator or bathroom mirror. Keep it out and VISIBLE as a reminder of all that's amazing about you. If you have to, give it a glance before you go to online dating sites, to a party, or on dates. (Seriously, I did this myself and it works!)
2. Refer to LIST 2, and write at least one action you can take to help you make each shift you identified. This can include buying a book, signing up for a seminar, getting advice from friends, seeking the help of a therapist, or simply taking a long walk to consider the issue and start working toward a solution.

3. Call a friend you identified as one who is able to give you the support you need, and read her or him your secret wish. Then, tell them how they can support you in making your wish come true. I especially encourage you to ask women in happily married or committed relationships. Give them permission to be honest, and listen. These ladies know something that you don't.

What did your friend say that made you feel heard and supported? What did they say that made your secret wish feel possible to you?

Secret #3: You Like and Respect Yourself

EXERCISE:

Ask yourself these questions and be honest with yourself about the answers. Note your responses below to further explore how certain behaviors and beliefs impact and inform your approach to men and relationships:

When I meet a man, what are my initial thoughts? Do I try to determine his opinion of me, or interest in me, or do I first focus on *how I feel about him*?

Looking back at your last several dates and/or relationships, can you identify times when you accepted disrespectful treatment or didn't get what you truly deserved?

Now, write a list of attributes you MUST HAVE and expect in man, as well as how you expect to be treated in a relationship. (Focus clearly on must-haves, not nice-to-haves.)

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ACTION:

1. Go back to the list you made in the previous exercise of what you like and love about yourself. Look at that list next to the one describing what you want in a man and a relationship. What do you see? (You may very likely see how deserving you are of what you want!)
2. Do you see some areas for clarity, change, or self-improvement? (These are all great things to know!) Based on what you've learned:

Write an attribution that reminds you of your worth:

Write three things you can do to get closer to finding the man you deserve:

1. _____
2. _____
3. Post your list of what you are looking for next to your list of what you love about yourself.
Keep them VISIBLE – refer to them, think about what’s noted there and let it sink it just how deserving you ARE!

Secret #4: You've Lived and Learned

EXERCISE:

Think of a time in your life when you overcame your emotions (fear, lack-of-esteem, weariness) and through personal strength, will and intellect achieved something meaningful.

2. Talk to someone you trust about your observations and how they might be affecting your ability to enjoy dating, and eventually find your mate. What did you learn from the conversation?

(Note: I live to support you! If you'd prefer to talk with me directly about this, simply email me at bobbip@DateLikeaGrownup.com to set up a private coaching session or package and discuss how I can help you bring a loving partner into your life!)

Secret #6: You've Slain Dragons

EXERCISE/ACTION:

Here is my personal list of attitudes and skills we can all use to successfully get through life's challenges:

- Optimism
- Humor
- Realism
- Wisdom
- Knowledge
- Prayer
- Patience
- Self-awareness
- Self-respect
- Reasoning
- Perspective
- Persistence
- Sheer will
- Humility
- Creativity
- Relativity
- Support from friends
- Shifts in beliefs and goals

Which of these are ones that will serve you as you make your way through the dating world? Which can you improve upon, or call upon anew?

Now, write your own list and post it in a place you can see it on a daily basis... refer to it when you talk to new men or go out on dates. Remind yourself of your huge ability to overcome disappointment on the way to getting those most important things in your life.

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(Still have more to write? Great! Keep going....!! Use the space below to continue.)

Nice work!

While we have SO much in common, each of us has had our own life journey with our own challenges. By doing the exercises and actions here I hope you've gotten clarity on *where you are and where you want to be*.

What is your biggest challenge or need, and what commandment will you give yourself right here, right now, that will start you on your path to having fun dating on your way to finding long-lasting, meaningful love?

Imagine...being able to go out in the world filled with hope, feeling powerful and knowing that you will find a loving man to share your life.

I did this in my life, and you can too. It is NOT too late!

If you are ready to take new, positive action, I am here to expertly and gently guide you on your journey. I offer many ways to help you find your own grownup love story.

If you are SERIOUS about wanting to bring love into your life, and READY to accept that you are responsible for your dating destiny...then I want to help you! Go to www.DateLikeaGrownup.com to get my gifts and other powerful tools that have helped women across the globe, not just find a loving man, but find the glorious self-love that comes first! Or, if you want to talk about how I can personally help you finally find that special man who will adore you forever, simply email me at bobbip@DateLikeaGrownup.com. Let's talk about how I can help you bring a loving partner into your life.

You have my love, support and admiration for your effort and openness to creating the great life you deserve.

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www.DateLikeaGrownup.com

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bobbip@DateLikeaGrownup.com

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Patti Palmer

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