

Unlock Your Mojo and Meet Your Man

Falling in Love With Your Grownup, Sexy Self

Feel Sensational and Sexy No Matter How Old You Are,
What Dress Size You Wear, Or
How Long It's Been Since You...

Hi and welcome to Unlock Your Mojo and Meet Your Man. Whether you enjoy dating, make good choices and eventually find that fantastic man to share your life...that's all about you; your beliefs, your spirit, your desires, your decisions, your fortitude and your dreams.

What you're going to learn today is Step 1 of my 6-Step System for Hot Love After 40. This system gives you the foundation that you need to go out in the world as a confident, optimistic, powerful woman who is unashamedly committed to bringing love into her life.

Step 1 of the system is Falling in Love with Your Grownup, Sexy self. Working this step helps you own how utterly desirable you can be to the men that you want, and it helps you learn how to express who you are. I'm talking about the real you not just your resume; that is how to start attracting more men by just being you!

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I'm Bobbi Palmer, the Dating and Relationship Coach for Women over 40, Founder of, Date Like a Grownup and Leader of the After 40 Romance Revolution. I want to congratulate you for making the decision to do this work. You are literally giving yourself the gift of love. That's really what this is all about isn't it? And while the ultimate goal is to be able to enjoy the love of a wonderful man, in today's session you're going to work on deepening your love and understanding of yourself because that is the key that unlocks the door to love from others.

So I want to start with an exercise. What comes to mind when I suggest that you fall in love with yourself? I mean, that's what this step is: falling in love with your grownup sexy self. When I say that, what comes up for you? What thoughts and feelings do you have about actually being told to fall in love with yourself? What comes up for you when you think about just the exercise and the energy of falling in love with yourself?

Pause the lesson and spend a few minutes thinking about this and write down any of your thoughts.

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PAUSE

I've been doing this exercise with women for many years and here's what comes up: I hear that it sounds conceited. It sounds selfish! When I think about falling in love with myself I can hear my mother telling me how unseemly and self-centered it is. I hear that it seems strange because men want women who are humble. Men don't want women who are full of themselves so why are you teaching me to fall in love with myself?

And here's something that I also hear a lot, I'm drawing a complete blank. I hear this from women all the time. When you tell me to fall in love with myself I can't even begin to think of what that looks like. It's nothing I've ever thought of before.

So, what were your thoughts? Take a look and ask yourself where your thoughts came from. Whatever came up for you, is it something that you were raised to believe and if it is, is it still true? And regardless of the origin of your reaction to this, how is your belief serving you?

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If you believe it's unseemly, if you believe it's not something you should do, how is it serving you not to be really in touch with how spectacular a woman you are? Is it allowing you to stay in the shadows? Is it giving you a reason to hang back a little in life? And if you've never given this much thought than ask yourself why? Why have you never given much thought to why you love yourself?

And if you can see any benefit in being able to plainly say here is why I love myself, than is that scary for you? Is it uncomfortable for you?

Today's lesson is about uncovering some of your beliefs like this and exploring how you feel and think about yourself...and whether you know and value your absolute special-ness and loveliness. Because not only is being unashamedly in love with yourself unselfish, it's actually smart! Without this you won't be able to attract a confident interesting relationship-minded man. I know that's the man that you want to spend the rest of your life with.

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For a lot of women, I know you have confidence and I know you like yourself. I mean, you wouldn't be here taking this course if you didn't. But I want to give you permission to go for this loving feeling 100%, because if you're like so many women, especially those of us who are single and over 40, we're not yet able to fully give ourselves this gift of self-love. Maybe you can say it, but maybe you can't fully believe it in your heart and in all parts of your life.

I want to help you give yourself permission to do this by giving you two ways to help you really embrace falling in love with yourself, because it helps you meet good men.

Number one, falling in love with yourself makes you a better and more loving person to others. I'm talking about the real love, fearless with an open heart and complete trust in yourself and in him.

Whether you realize it or not, the relationship you have with yourself sets the pattern for how you connect with others. So by developing a nurturing way to relate to yourself, you create

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a personal experience of both giving and receiving friendship and love.

And best of all, you'll have a greater trust in your decision making ability when you realize and recognize yourself as your own best friend, when you become comfortable with a constructive inner dialogue, you can create an inner support system. You'll become more confident in your evaluation of your thoughts and your feelings and your decisions.

I can tell you during this course how fabulous you are and I could tell you what a wonderful women you are, but when you're done with this course you have yourself as your own guide. That self-love, that self-trust is what carries you through.

I found something that I'd like to read to you:

Loving yourself isn't conceit, its love. Love means acceptance, kindness, encouragement and care. Conceit is none of those things. Conceit is thinking a person is better than others and thoughts and words determine to prove it.

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With love doubt disappears, fears fade and there's a comfort that develops which makes even being alone a place of solace. You'll help to heal and inspire others just by being yourself. You'll help them discover that it's possible for them too. It's a beautiful gift!

I'm going to read that last piece: You'll help to heal and inspire others just by being yourself. You'll help them discover that it's possible for them too. It's a beautiful gift!

That's from Doe Zantamata. Inspiring others to love by loving yourself is a beautiful gift!

And there's Reason Number two: to give yourself permission to fall in love with yourself, it's a man magnet! It's a man magnet!

Think about somebody that you know who is a woman who gets all the attention from the men or the woman in the room when you go to a party or gathering. Who's getting all of the attention from the men?

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She's not the most gorgeous one, she's not the skinniest one, she's not the youngest one. The woman who's getting all of the attention from men is the happy, friendly woman. She's relaxed, she's connected. She's not in her own head wondering if people like her. She is the woman who is having fun, who's open and who really likes herself and feels good about herself. And by the way, she also happens to be the one who let's the guy get her a drink because she knows she deserves it and likes to be pampered a little bit.

The confident woman who takes care of her own needs is the one who snags the good guy every single time!

So I want to give you a man myth buster because here's another thing, you're looking for a confident kind man who's looking for a real connection and commitment, right?

What that guy really wants is a woman who helps him love, who gives him that gift. Just like it said in that passage: When you have acceptance, kindness, encouragement and self-care you'll help others discover that it's possible for them too. It's a beautiful gift.

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The men that you want – the grownup men – want this gift... and they can only get this gift from women.

The men that you're dating are not 25 anymore and just like you, what they want in their life now is connection. And they also want confidence in their partner. The woman who allows herself to be madly in love with who she is, and even who she isn't, that woman is a man magnet. That woman is a man magnet!

You are looking for adoration, respect and love from a man and when men see you showing yourself that love the good guys, the only guys we care about, will not be able to help but give it back.

Now, I want to turn your attention back to the exercise that you did earlier when I asked you how it felt to be in love with yourself, women usually find this really difficult because they maybe don't think about it. But sometimes I hear, hey, I am in love with myself and I'm proud to say that! I hear, this isn't hard for me, I know it and it's heartwarming and I love hearing that and I 100% believe when I hear it.

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But remember, I called Step 1 of my system Falling in Love With Your Grownup Sexy Self, so here's the grownup part; Balancing your head and heart, approaching love with kindness, both to the men that you meet and yourself and taking responsibility for your actions and outcomes.

That's the grownup part; balancing your head and heart, approaching love with kindness and taking responsibility for your actions and outcomes.

Let's talk about the sexy part. This isn't about loving your body so you can strut down the street like you're hot stuff and attract men. The sexy part is about loving yourself as a Woman. It's about loving your sweet, yummy, whole self and falling in love with her more everyday.

So I'd like you to sit back and do an exercise with me.

Close your eyes and imagine being somewhere where you're interacting with people who bring out the best in you. Imagine being with people who, when you're with them, you just really dig yourself. Maybe it's a weekend getaway with friends or a

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long lunch, maybe it's at a dinner party. Maybe you're doing your job or you're with your family. But it's somewhere that requires give and take and interaction with people that you trust and that you enjoy.

Imagine yourself there and how are you being? I want you to look at yourself and watch yourself. How are you being? How are you interacting? What are you doing or not doing?

Watch yourself with these people, how are you feeling about them and about yourself?

And go ahead and write that down in your workbook. Pause the tape and write that down in your workbook.

PAUSE

So here's what I often hear: I feel relaxed, I'm laughing, I'm touching, there's talking, there's give and take, I'm smiling, I'm having fun, I'm loving, I'm silly, I'm nurturing, I'm open; that's what I often hear when women do this exercise. I'm open. I'm having fun. I'm relaxed!

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Now, close your eyes and imagine yourself on a first date with a man that you have an interest in. Imagine yourself on a date with this man and watch yourself. How are you being with him? What are you doing or not doing? How are you feeling about him and about yourself?

Imagine yourself on that date and my question is: Is it the same? Are you that same woman? Ninety-nine percent of the time I hear a resounding no!

Most of you are very different with men, especially men that you're interested in. Maybe you're more reserved, maybe you're not as relaxed, not as open...but you're not that woman that you were at that party with your friends.

And if you think, yeah, I really am the same, I'm going to challenge you. I'm going to challenge you!

I want to tell you a story about a friend of mine named Jan. I had her do this exercise and when I really, really pushed, are you the same, are you the same and she said yes, and then

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she really thought about it and she realized that she was different in this way:

With her friends she talked about things like what's happening in the world and what you do for a living. They connect on more of the intellectual level; which she does with friends and she does with men. It's true and that's great! But, she wasn't doing all of the other stuff. She wasn't being all of the other things that she was with her friends. She wasn't showing the compassion, she wasn't really sharing about herself in a real way, she was just sharing ideas and information. There was no real connection being made because the feelings weren't there.

So how about you? Do you feel relaxed? Do you feel open, even a little vulnerable with men? Are you being you and are you loving you with men?

You see, this is all of you. The women that you imagined when you were with your friends or when you were in that place with people that you feel good with, she's the women that men want to know. You can't wait for him to give you some

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sign that she can come out, she needs to show up and that's exactly how you're going to attract the right men for you.

And also, maybe like Jan, you don't really know the real her, the whole you, or maybe you don't embrace the whole you. That's what Step 1 is helping you do because plain old loving yourself helps you get new jobs and new clients. That's the smart, informed, reliable you. But loving yourself as a women, the one who is open and shares of herself freely and laughs and nurtures, loving her and being her, that's what attracts the confident interesting passionate men and brings love into your life!

So how do you start falling in love with your grownup sexy self?

Number one, give yourself permission. Give yourself permission and do it by focusing on you. It's okay! It's smart, and it's what you need to do. Focusing on you, what makes you happy, what you need to bring into your life is okay and smart. Give yourself permission to focus on you.

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Also, look through your own lens not that of others. Look through your own lens. When you're looking at yourself and falling in love with yourself make sure that you're judging based on your values and your life experience and what you believe to be worthy.

And remember, maybe what you think about men is wrong. Maybe what you think about what men want is about those boys and not the grownup men that you're meeting now.

So look through your own lens and remember that what you think about what men want may be wrong...and stay in your grownup. Falling in love with your grownup sexy self, you're not 25 anymore, you're not trying to get the boys to like you. This is about creating the rest of your life filled with the right man.

Sustain your grownup, the one who knows what she wants and knows how to get it. And allow yourself to brag, allow yourself to brag! That is a huge, huge part of this process; allowing yourself to talk about yourself, know yourself, understand yourself and allow yourself to share

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that with other people and you're going to get used to doing this because I'm going to teach you how to do it.

So, let's go ahead and do some bragging. First, think about when you assess yourself in your life, I mean, when does this actually happen? Maybe it's when you write a resume or maybe it's some marketing materials for your business. But really when do you ever articulate what's wonderful about you? Well here's your chance to do it.

So I have a question for you, what skills, qualities, attributes, attitudes do you currently use to be successful in your life? I mean, you've had a lot of success in your life, you've accomplished a lot. I want you to write down the skills, the qualities, the attributes, attitudes that you've employed in your life to be successful so far.

Go ahead and pause the recording and do this exercise.

PAUSE

So, again, I've been doing this for years and years with so many women and here's what I usually hear after this exercise

Date *like a*
grownUp

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completes: I hear, I'm smart, I'm resourceful, I throw great parties, I'm here when friends need me, I'm a good mother. Yeah, those are great, those are great and those are things to be really, really proud of.

But here's the thing, these are likely things that have been highly valued in the places that you wanted to be successful so far, right? I mean, you needed these skills to do a good job, maybe you raised your children alone and you needed these skills. Maybe like so many women I coach your dad or someone judged you through your performance and your accomplishments and that's how you got them to notice and approve of you.

These types of things; how smart you are, how resourceful you are, what you accomplished in terms of putting things together like parties, these are the go-to skills and attributes that you've probably needed to employ over the years to be successful and reach your life goals, and you've done really well.

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Well, now you're focusing on a new goal. You might need to focus on some new skills, highlight some different qualities. And notice I didn't say have different qualities, because I'm confident that the rest of you is in there. She may not come out to play much, especially with men, but she's there. She's the one who shows up for your sick friends, for your children, for the volunteer work that you do, at the movies that make you cry, when you go shopping and you find shoes that you love...that woman, the rest of you...she's there and she's spectacular.

So, let's do this exercise again but I want you to look at the whole you, what skills, qualities, attributes and attitudes do you employ to be successful in your personal life?

I'm going to give you a really big tip because sometimes this really isn't easy: you need to dig deep. Use the word because! Use the word because to get to the real quality or attribute that matters; that's your feeling self and your real self.

So here's an example, I'm a good mother because... Is it because you treat your children with love and kindness? Is

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it because you accept them as they are? Is it because you prioritize their happiness in a way that makes sure that you're always there and caring for them? What makes you a good mother?

I know putting together all of the activities for them and making them dinner and taking them out on outings, that's all real good. Those are things that you accomplish. But what are the attributes about you, the feelings, the lovingness, the nurturing, the sweetness, the kindness? I want you to dig into those. Use because, the same thing with like things that you love to do. I love to go to art museums because I get moved when I see beautiful art.

I want this list to have everything. I want to see everything here. Do you love yourself because you have awesome eyelashes or because your laugh is infectious or because your curiosity has led you reading every book about butterflies that you can get your hands on?

All the things that you love about yourself, I want to see everything. Keep on working on this list, adding the things that

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you love about your grownup sexy self, and then notice too what do you love about your life and what do you care about deeply?

I want you to fill what do you love about your life and what do you care about deeply? Turn off the audio and complete this exercise.

This is ongoing work. This is not something you just do once and put it away because as you learn more about yourself, as you have this new awareness, you will start seeing things about yourself that may be new, that may be surprising, that may be exciting...and so this is something that you need to keep working on and adding.

What do you love about your grownup sexy self? What do you love about your life and what do you care about deeply?

Get to know your grownup sexy self because she is amazing! And by the way, you may want to ask, what's the value of writing this all down? What's the value of actually pulling all of this stuff out? Well, here's the thing, you will know you're with

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a good man when you are this person when you're together. You will know you're with a good man when this woman that you love so much shows up when she's with that man. You don't have to twist yourself like a pretzel for anyone because you are a magnificent woman and you don't have to take away the things that you love in your life. If there's thing that you love in your life then with that man can you do those things.

So this work lets you create that foundation for really understanding and loving who you are and what you care about and how you want to live.

So that, again, when you're dating and considering making a decision about maybe moving into a relationship, this is your go-to to check in with yourself and see, am I this woman? Can I have these things that I love with this man? And that let's you know if you're being true to yourself. Does that make sense?

And then here's another reason that we do this; we do it for the nuggets, we do it for the nuggets!

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Now that you've done this work, now that you've uncovered so much about yourself and so much about your life we want you to be able to express that to men; the key is being able to express that to men. They want you to help them get to know you and that's how we do it: with nuggets.

So nuggets are tiny chunks of information that you give men that helps them get to know important things about you, things that you really are proud of, things that you think are important, things about you that you really want a man to connect with and appreciate. And you put those out there and the right men go, oh that's so cool! And the wrong men don't respond, and that's okay. It's a great way to help them get to know you quickly and for you to get to know them.

So, what are your nuggets? Nuggets are everything. They don't have to be some huge accomplishment that you've done. A nugget could be I love going out to my garden on Sunday's and spending two hours pruning. A nugget could be, I've always wanted to go to Africa on a safari. A nugget could be, I donate all my books to my local library or I really, really love

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butterflies; that's one of my nuggets. One of my nuggets, one of my most peaceful places I find on earth is at a butterfly world exhibit. There's a butterfly world that I go to all of the time and it literally is a place of peace for me.

Your nuggets are things like, my most favorite thing that I do with my children is this or I'm so proud of this accomplishment, right? So the reason we do nuggets is because men listen differently and communicate differently than we do, right?

So here's what my husband Larry says, men listen in headlines, women talk in stories. Men listen in headlines, women talk in stories. You know what I'm talking about! And these nuggets help you talk in headlines to the men that you're meeting.

These are a must have tool in your tool belt.

So, go ahead and stop the recording and start working on your nuggets; what qualities, experiences, interests, curiosities, accomplishments, even oddities, can you share that will put

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your real and best foot forward as you're meeting men? What are your nuggets?

Stop the recording and work on your nuggets.

PAUSE

Okay, so now that you have this list of what you love about yourself, what you love about your life, what you care about deeply and you've started working on ways to express who you are to men, and by the way, to anyone, to your clients, to your friends, to your family, it's a way to put yourself out there knowing that people want to know you, people want to know you. Men want to know you.

The men that you want, want you but they want the real you, the whole you and this exercise helps you uncover her and reveal her. So keep working this exercise, keep working on your list and I have some homework for you.

Here's your homework; find two people in your life that you trust and ask them what do you love about me?

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That's right, find two people in your life that you really trust, they could be family, they could be friends, it could be anyone but someone that really you know cares about you and knows you and ask them to tell you what do you love about me?

I know this can be a really tough exercise for a lot of women to go to somebody and ask that question but let me tell you this, this is a gift that you can give them. You can give them the gift of being able to tell you this. You're going to find two things of value in this exercise; Number one, how great is it to learn why people love it and you're going to see things that maybe you don't see about yourself and the other thing is, if this is scary for you to ask somebody to do this, then you're going to start learning about asking for help and allowing other people to make you feel good and to help you with what you need in life.

So ask what do you love about me?

Okay, I want you to take a deep breath, I want you to stop what you're doing, put your feet on the floor, close your eyes

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and take a deep breath and imagine your ultimate prize, imagine your ultimate prize of love!

What does it look like and how does it feel to you when you connect with this man and create this life that you're dreaming of and working hard to get?

Imagine that prize, that man, that relationship, you're living it. You're living it!

How does it feel? Can you see it? Can you feel it just being with him and just knowing that you have this for life, forever, love!

What does it look like and how does it feel to you? How are you feeling? Go ahead and just breath and see it and feel it and take those feelings that you have about this man and this relationship and put them in a beautiful gold gift box. Imagine that you're putting them in this beautiful gold gift box that's lined with handmade paper, you're putting the lid on, you're wrapping it with a bow and you're taking that box with those feelings of your ultimate prize, that vision of your ultimate

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prize and you're taking that box and you're tucking it away in your heart knowing it's there for you. It's a present that you've been kind enough to give yourself. It's there for you when you're ready to open it.

So remember, your next step is to complete your homework asking someone you trust, two people you trust, what do you love about me? Make sure you add that to your list as you're continuing to work on falling in love with your grownup sexy self.

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With Bobbi Palmer



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