

1 DON'T WASTE YOUR TIME WITH THE WRONG MAN

When you fall in love your feelings are so strong that you want to believe he is the one, because the most important feeling for a woman in a relationship is to feel safe. You don't want to have to worry that he will leave you and hurt you, but instead of focusing on how he feels about you and if he will choose you to be the woman by his side, try to only focus on yourself. It is normal that your feelings are so overwhelming that you cannot seem to see any flaws, but they are there, because no man is perfect. Falling in love is hard to control, but jumping into a relationship, head first, is something you can and should control. It is very important to take your time with a man before you decide that you want to spend the rest of your life with him, because a very common mistake women make is that they fall in love with a man's potential and that's why so many women are disappointed later on in their relationship. To avoid staying too long in a relationship that is just not right, take out your pen and paper and start with making a list of the pros and cons of the man you have met. When you write things down you are forced to really think about his character and his actions. Like that you not only learn things about him, but you also learn about how you actually feel. Writing all the important points down makes you question what it is that is actually of value to you. You may be surprised by what comes up, because you can read your notes again the next day and suddenly feel that what you thought about him in the very beginning was the right way to look at him, but then you were influenced by what your girlfriends were telling you and you weren't sure anymore about your gut feeling. You may also start to see yourself in a different way once you are in a relationship. For example, in your head you may have an image of a man bringing you flowers every week, but in reality it's way more important to you that he washes your car every week. The same goes for the positive qualities you believe he has, to come to the conclusion that those character traits actually have a negative affect on you. Perhaps you think that you don't mind that he is jealous, because you believe it's his way of showing you that he cares, but in reality you may feel completely stressed every

time he doubts you and you start to hide things from him, because you're afraid he will get upset and that will have a negative affect on you.

Keep the list to yourself and update it whenever you think it's necessary. Trust me that your list will guide you to come to an understanding what your overall score for him is and it will be easier for you to understand if you want to give your time to this relationship. What you should know though is that even if you have made your list and even if you think he is right for you, what it ultimately comes down to is if you both feel intimate with each other. Do you feel that you can open up to him, not to complain about your life, but to share your inner thoughts and fears. Do you see that he is making a real effort to be close to you? I am telling you this, because if you love a man for all the things he does for you, then how will you feel about him if in the future he goes through a rough time with his work and he won't be able to do things for you for a while? Will you still love him then? That is why choosing to love someone should always be a conscious choice. It is not so important if you both like to play tennis, but it is important that you feel close to one another and that he makes you feel good about yourself when you are with him.

2 ALWAYS WORK ON YOUR SELF DEVELOPMENT

If you want to be a successful woman who leads a special life, filled with happiness and love, you must know early on that the most important thing you have to do is to always work on your self development. This means that you must invest time in learning skills beside your job, like a foreign language, or learn to play an instrument. Follow a cooking course, do anything that interests you. The more you invest quality time in yourself the more confident you will become and everybody admires and wants to be close to confident people who have an authentic life. You don't need to be rich to learn things and to find out what you are passionate about. Always read a book per month, because that hobby helps your brain to stay alert and since nowadays we all spend too much time on our

phone, this is very important. If you have had hobbies since you were younger, please don't give them up for love, trust me, you'll regret it later on in your life. Choose a sport or a form of exercise you like, because this is crucial for your overall health and it helps you to walk with a strait back. Sitting behind a screen for several hours a day doesn't help our body posture. One form of exercise I always recommend to my clients is to do a dance class. This helps you to stay in touch with your femininity and it keeps your body lean and fit. Dancing is fun and music lifts your spirits. Other advantages for working out are that a gym or a tennis club or a sailing club are perfect locations to meet a great guy who has similar interests. Sport bars are great spots if you want to meet someone in a old-school way. Men like to enjoy watching sports together with other men, because it is one of the few activities where men can bond and notice how free men feel when they watch sports! They never express themselves like that when doing anything else!

The more you work on yourself the more quality you bring to the dating market, because you'll be different than the average girl who is perhaps more busy with her looks than with her overall development. Never forget, you attract what you are, not what you want, so if you want to be with a high value man you also have to be a high value woman. Just ask yourself what kind of man you would like to have next to you and then imagine what kind of woman that man would be looking for. If you want him to be sporty and interested in health food then you should be busy yourself with living a healthy lifestyle.

3 THE IMPORTANCE OF SETTING YOUR BOUNDARIES IN THE BEGINNING

Don't do what I did wrong.

Actually I did set my boundaries in the beginning and my boyfriend respected them. Don't forget men like to please their women and they feel good when they have to work for love, because they value what they invest in. By investing I mean their time, their effort and their money. What I did

wrong was that as soon as I was totally in love with him I forgot all about what was non negotiable for me. I gave up control of my standards, because I wanted to be liked by him. I thought that maybe he finds me difficult if I tell him that I don't do late night phone calls or that I have a very busy life. I tried to be easy, because I thought that this is how he would like me more. I can tell you now that that is a myth. When a man likes you and you show him who you are through setting certain boundaries, he is not suddenly going to unlike you. It will probably have the effect that he will like you more, because when you have a busy life that means you are not waiting around for a man to save you and that makes it more challenging for him to pursue you. A man always competes with himself and like this he sets the bar high enough to be proud of himself when he gets to have you as his girlfriend. Never make yourself smaller than you are for a man, because later on you will regret having lost part of your identity and it was nobody's fault but your own. If a man walks away when he sees it may be difficult to date you, because you are not always available, then he was not the right man for you. If you give up your independence too soon in the relationship and you let him control your way of thinking, then you let him manage your life. For a man to do that he must first prove to you that he is worthy of your love, otherwise he cannot respect you. It is very difficult to turn things around once you realise that you have been too convenient for him. I know it's scary to tell a man you don't know well yet, what works best for you, but this is the best way to have a healthy and loving relationship with your man. When he sees that you know who you are and what you want he will be intrigued and he will want to be part of your life, because that energy of yours gives off on him. Men thrive better themselves when they are with happy women who are content with themselves. Only narcissistic men want a girl they can control.

When a man meets a woman he immediately puts her in a category in his mind. If he sees you are insecure then for the rest of your relationship he will have this imprinted in his brain like a fact.

Even if you evolve and at some point you know what your standards are, the likelihood of him not seeing that is big. I know that sounds strange, but men just think differently than women do. We women learn to please and that is how we often think we should be when it comes to love.

I am not saying that you shouldn't be nice and sweet to your man. What I am saying though is that a man is made to earn your love through his actions and you are made to receive and praise him for the actions he is doing for you.

4 GIVE A MAN 3 MONTHS

In the beginning of dating men fall in love with the idea of being in love. A man meets you and falls for the way you look and the way you are in general. He pursues you because his testosterone levels are high and that is his driving force. He falls in love with the image he has of you and that image is a projection of what he secretly wishes you to be. That is what I always say, wait three months and if he then still wants to pursue you, that means he has had the time to really bond with you through dating and then he can confirm for himself that idea he has of you relates to who you actually are. Until you two have had sex together his hormones will push him to keep pursuing you, but when you sleep with him too early, it can happen that he loses interest afterwards. This happens when a man is not consciously sure what he likes about you, but he is definitely falling for your beauty. The only thing he knows for sure is that he wants to sleep with you and that is why he is trying hard to date you. When I talk about sleeping with a man too soon I mean after a first, second or third date. Not that you have any guarantee after a fourth date, but it means that he has spent some effort, time and money on you. If he were only interested in sleeping with you, he may have dumped you already sooner, because it would be 'too much' for him to go through the whole procedure of actually organising date nights and making phone calls to you. You should for sure never sleep with a man, because you think that will make him like you more, because he may like you less if you sleep with him too soon. This is because he will

think you are too easy and he will imagine that you have slept with lots of men because of that. A man is very territorial and it won't make him feel safe to be with a woman who perhaps cannot control herself. Ideally you wait for 3 months before you sleep with him, because that is the average amount of time for a man to know if he sees you as an investment instead of a fling. The truth is that this may feel like forever for some of you, but a man who is really interested will have the patience to wait. Meanwhile you should try to see him in different settings, because if you only date him once a week and you go for dinner, then you still don't share enough moments together in order for him to feel bonded. A man doesn't bond through sex, but he bonds through making little promises and keeping them. For example ask him to take you on a coffee walk through his neighbourhood. That gives him the opportunity to share some stories about himself and his background. Or tell him you would love to go hiking with him, if that is his thing. Men bond through doing activities together. While women bond through sex and through long conversations, men bond through sharing actions and through investing money in the relationship. If you feel that you have seen many sides of him and that you have shared a substantial amount of quality time together, then you are ready to take the next step and to sleep with him. Always remember that a man needs to earn your love and you should not be demanding about this, but patient. There is a big difference there, because patience requires to be confident and to give him the space to show you who he is. When you are demanding you come from a place of fear and at the same time entitlement. You cannot force a man to love you and you cannot control what a man decides to do for you, but you can show him you are interested and then let him show you how much he wants you.