

Your 21st Century King Finder Checklist

To find your King, there's some emotional and energetic prep work that needs to be done... So let's just dive right in, in order...

☐ **Cut The Cords**

You cannot open your hand to receive new love, with your fist closed tightly around your past — or even present - emotional entanglements. Delete the texts and pictures, delete or even block their number, unfollow them on social media... And most importantly, keep working to forgive them and yourself for whatever went wrong in the relationship. Nothing tethers us to someone like unresolved pain.

I even walk my love coaching clients through a cord cutting exercise where we visualize cutting the energetic “strings” that hold us together with those bonds that are holding us back from moving on to healthy, fulfilling love.

☐ **Pick A New Pair of Belief Goggles**

Your beliefs don't just interpret the world around you... They actually create the world around you by filtering out everything that doesn't match them. It's called confirmation bias, and it's a very real psychological phenomenon that happens to literally every human being.

The good news is, if your beliefs aren't serving you, you can choose new ones, and through repetition, implant them right into your brain, so that your “filters” start working for you, sainted of against you. Instead of “there are no good men in my area looking for relationships,” try this new pair of belief goggles on for size: “I am a magnet for great guys, and every day I keep finding more amazing single, commit-minded men in my path.”

☐ **Work on Self Love**

It may be a cliché, but it's a cliché for a reason. Loving yourself is the quickest path to healthy love with the right partner. Men with high self love (not arrogance or narcissism but true self love, confidence, and security in themselves) are attracted to women who love themselves. I'm not talking about narcissism here. Narcissism, contrary to popular belief, is NOT high self love. It is actually deep self-loathing that causes the narcissist to be a bottomless pit of need, feeding off of others.

High self love actually makes for people who are kind, generous, compassionate, and fulfilled in themselves, so they don't NEED anything from you. They want you, they love you, they cherish and respect you... but they don't need you. And when YOU have high self love, you'll understand, that's a good thing.

☐ **Cultivate a High Vibe**

This is the part where I tell you to “follow the feel good.” Things that make you feel the positive emotions of joy, pleasure, contentment, compassion, competency, growth, fulfillment, and fun — things that light you up — raise your energetic vibration... and that energetic vibrations attracts more things, people and situations to you that are likely to perpetuate those feelings.

Stop thinking that when you find the right relationship, you will be happy. That's backwards. Get yourself happy, and the right relationship will find you because you've cultivated a vibration that will attract it to you.

☐ **Make Your List**

The Universe responds to clarity, so it's super important that you know what you want. Make a list of all the positive traits that your ideal partner must have. Don't base this list on what you currently believe is available... What you currently believe is available, is based on what you have had in the past... so if you don't change those beliefs, you will only attract more of what you've already experienced.

Base your list on what you truly desire, at the core of you. Your desires are the blueprint to your soul's purpose and destiny.

☐ **Have Fun**

Time to bust another belief... and this next one is one I used to be guilty of, myself. Stop telling yourself that dating is exhausting, and like having a second job. Adopt a “dating is fun and I love going out and getting to know new people” vibe!

Choose to take the attitude that every new date or flirtation or match is a chance to learn, grow, and have fun. You may not get all three every time, but you are guaranteed to get at least one!

Some guys will give you love... and some will give you lessons that will lead you to love (later, with someone else)... but it is your own attitude that will determine whether or not you have fun along the way... And remember what I said about how FUN puts you in high vibration, which attracts more high vibe things, people, and situations to you?

☐ **Take it Online**

Yes, I'm talking about online dating... But hold up, let down your guard for just a minute. This is the 21st century, whether we like it or not. A recently published study showed that 40% of couples who met in the last 10 years, met online. That's more than the next 5 ways of meeting, combined. Most of my happily coupled friends met their partners on dating apps, and I met my amazing fiancé on a dating app, too. (Shout out to Zoosk!)

Yes, there are horror stories out there. I lived some of those before I figured out how to set myself up for success in the online dating world. It's a new kind of social skill, that's all... and like any other skill, it can be learned.

☐ **"Market" Yourself**

I am not advising you to be fake or sleazy, just to present yourself in a way that sets you apart and shows the right potential partners exactly why YOU might be the right one for them. Put effort in. Be clear and specific about who you are and what you're looking for. Don't be like everyone else, and do NOT water yourself down to try and appeal to everyone. When you try to appeal to everyone, you end up appealing to no one.

Your next list should be of all the good qualities and attributes you bring to the table. This is a great opportunity to get to know yourself better and practice that self love. This is no place for modesty, apology, or qualifications.

☐ **Watch For Red Flags (And Heed Them!)**

I could write a whole ebook on the red flags you need to be aware of to make your modern dating experience pleasant and fruitful... Well, actually, I did, but we'll get to that in a minute... But knowing the red flags does you no good at all if you move forward with a man even after spotting them.

To avoid falling into this trap, here are three quick tips:

1. Keep a million man mindset. Why would you need to ignore red flags if you truly understand and believe that there are plenty of guys out there to choose from? (Did those new belief goggles fall off already? Put them back on!)
2. Always, ALWAYS, take mixed signals as a no. You want a partner with integrity, and people who are in integrity all have one thing in common: Their words and actions match. They are consistent from one day to the next.

3. Ask questions that go past the surface-level chit chat. Unwillingness to answer these questions thoughtfully and truthfully, is a sign that he has no intention on an actual connection beyond physical chemistry.

☐ **Communicate Effectively**

Getting a date is one thing... Growing that date into a *relationship* is another... And growing that relationship into ***your last love***, is another...

To make that progression, you must truly connect on a deeper level, and you must help your partner feel safe, understood, respected, appreciated, and loved. And to help him feel all of those things, you must learn healthy ways of communicating — ways that honor both your truth and his.

Talking in circles, getting defensive, playing the blame game, or trying to change others, is not effective communication. To get the love you want, you must learn and practice communication techniques that are both empathetic, and persuasive.

Well.... There's your checklist.... This should definitely get you started on finding a great guy...

But Maybe You Could Use More Help....

In Fact, Maybe You Want A Step By Step Guide On Exactly How to Do All of This?

In my Super Attractors Modern Dating Toolkit, I include my “sticky situations” scripts, that provide a framework for effective communication on the most delicate topics in the early stages of dating and relationships... This framework can be adapted for all kinds of situations later into the relationship as well.

In addition, I include my Red Flag Detector (that lists ALL the online dating red flags and how to spot them), plus my Qualifying Questions Cheat Sheet, filled with questions you can ask a man to deepen your connection, have fun getting to know each other, AND suss out his true intentions and partner potential.

Plus, this kit also has my Ultimate 21st Century Flirting Guide, to help you flirt in a way that is playful and sexy-but-classy at the same time, making you instantly more magnetic and ensuring that dating is fun again!

But the real meat and potatoes of the Super Attractors Modern Dating Toolkit, is the fill-in-the blank, “MadLib”-style dating profile templates and online dating best practices guide. ***One of my love coaching clients used nothing but this, and met the love of her life in just 3 weeks, after being hopelessly single for 4 years before that!***

The Super Attractors Modern Dating Toolkit is feeling with magical goodness that could “un-single” you FAST if you follow all the advice and use all the tools inside....

But the bad news is, this toolkit is not for sale. In fact, until recently, it was only available to my private coaching clients.... but last year, I decided to also make this incredibly helpful kit available as a free bonus for the members inside my elite group coaching program, Your Last Love Method™.

Why do I only make it available to my coaching clients? The answer is simple. I don't just want you to find love... I want you to make the INNER transformation that will make sure that you can make it LAST, this time! And those inner changes take more hand-holding and personal attention than I can deliver just in a digital toolkit. *(continued next page)*

So, if you are beyond ready to find your person and be happy already, I can help...

My coaching clients get personal attention and help every step of the way..

But for some people, the coaching program is just out of their reach at the moment, due to budget or time constraints... Or perhaps, it's not the best fit for other reasons....

So, I got to work on a solution to help anyone who needs it, even if the Signature program is currently not the best or most practical option for you.

I distilled down only the MOST essential parts of my Signature program, to create a program that is both more affordable and less of a time commitment on your part.

To learn more about how we can still help you on a deeper level while requiring less investment from you, click the link below to learn about our "Last Love QuickStart" program:

<https://www.vibinhigh.com/llqs>
