



Successful Dating

How To Attract The Right Partner

CHANGING PERCEPTIONS

Do this exercise when you have some quiet time and answer these questions honestly. Remember that you have all the resources you need within yourself to achieve this.

- How do you want to be perceived by others?

- What can you do to bring this about by your own actions?

- What can you do to influence the outcome?

- Close your eyes and imagine it has already happened. What do you see? What do you hear? How are you feeling?

- What will happen once it's achieved?

- What won't happen when it's achieved?

- Are there any downsides?