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Find Your Ideal Guy

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You've heard the conventional wisdom that love shows up when you least expect it; but waiting for Mr Right to materialise out of thin air is tiring — and somewhat unrealistic.

If you're ready to snag the man of your dreams, there are four powerful things you can do to make it happen faster, while making yourself happier in the meantime.

1) Identify Your your Ideal Man

Create a clear vision of what you're looking for in a relationship. What kind of relationship do you want and why? What will the relationship add to your life? See this clearly, like it's a movie playing in your mind. You are essentially programming your mind to seek out the right kinds of men for you.

You want to spend some time seriously contemplating what makes a man the right one for you.

Personality: is he outgoing or quiet? A serious person or lighthearted? Who is the "peacock" (who loves attention) in the relationship and who is the behind-the-scenes person? How kind is he? How intelligent? How does he spend his time? Is he a giving person or a selfish person?

Values: What does this man want out of his life? Is working long hours his passion? Is he a family man with plenty of time for you? Is he political or religious? Is he close with his family? Does his family treat one-another with respect?

Attraction: How important is a conventionally-attractive man, versus a man who you find hot? How intellectually interesting does this person need to be?

Compatibility: What does a typical day in your ideal relationship look like? Is he messy or neat? Spontaneous or very planned out? How does he show you he loves you? (Gifts, words, time together, cuddling, etc.) Does he want kids? How much time do you want alone? Do you want an affectionate man who loves physical contact, or someone who is hands-off?

Deal Breakers: What are the deal-breakers for you? What can't you stand? What are your 'musts'?

There are no wrong answers, but its vital to know your honest answers to these questions.

2) Work on Yourself. A Great Man is the Icing on the Cake — You Are the Cake!

The more you create a life you are happy with, the easier it is to attract the right person for you. You should feel like your life is fulfilling, interesting and fun. At that point, the right man is the icing on the cake!

Focus on adding layers to your "cake" by finding new activities you enjoy, making friends, exercising, taking care of yourself, and find out what makes your life meaningful for you — doing these activities adds another "layer" to your cake.

Having more layers on your cake means you are less needy for a man to come rescue you, and this allows you to be picky. It also makes it easier to endure the ups and downs of dating, which happen to everyone.

3) Visualise Your Ideal Man

Picturing anything in your mind makes it easier to attain, because it gives your mind a blueprint of what you want. For example, picture eating chocolate cake. Did your mouth water? Picture chocolate cake enough and it'll be near impossible to avoid walking into a bakery! The next thing you know, you're scoffing down chocolate without even knowing what happened! The same is true with attaining the



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relationship you want. When you picture the right relationship often — let's say you imagine you and your love holding hands at the park — you might be surprised how quickly happen this vision becomes reality! Picturing the specific type of man you want, means you'll also avoid drawing yourself to the wrong type.

Think about what your ideal man is like. Where would he be right now? At a nice restaurant eating dinner? At a ball game? Walking his dog in the park? At work? At home? Seeing the details of this man will help connect you closer to the end result of creating a relationship with him — it will get you in the right mindset to attract him.

Make a list of the places your ideal man would hang out — try to wrap your mind around what this man is all about and how he spends his time.

Then consider taking action and spending some time in the places you've listed. Maybe the dog park isn't where you usually hang out (if you're a cat person), but if you feel your ideal man would probably have a dog, then grab an iced coffee and spend an afternoon hanging out at the park, smiling at the dogs running by. You never know who you might run into! And if nothing else, you'll find new fun ways to expand your horizons and try new things.

4) Always Look and Feel Your Best

Find a simple and fast routine that highlights your best features — maybe you have amazing eyes? Try a flattering eye shadow to bring them out, and never skimp on mascara, which gives an instant-attractiveness-boost for everyone. Eye make-up, when properly applied, is extremely attractive to men. Amazing hair? Get a new stylish hair cut, and make sure to use products that make your hair gleam. Remember that men universally prefer long hair, so let those locks grow! Save that cute chopped-off style for after you're official with the next guy.

Most women wear either the wrong shades of make-up, or they don't wear enough make-up — getting a make-over at a cosmetics store can work wonders. Finding simple ways to look and feel great every day will make you stand taller and feel better about yourself.

You don't have to spend all day getting ready, but make sure you are feeling great about yourself every time you step outside. Whether you're going to work or grabbing milk at the grocery store, make sure you look polished. It will boost your self esteem to know you look nice, and you'll often meet the love of your life when you least expect it. Make sure you're not wearing your ripped sweat pants with zit cream on your face next time you run out to the store. Those moments can backfire when the hottest guy you've seen in a year walks by in the frozen foods section. Create a few cute looks you can throw on at a moments notice — take a cue from celebrities: they run out to the store in figure-flattering sweats in cute colors, big sunglasses, or other casual looks they "throw on" but that fit them perfectly. Make sure all of your clothing skims your figure perfectly.

5) Make Peace With the Past

Often, we don't even realize that past events are affecting us today. An ex who broke your heart in high school might still be occupying your thoughts and feelings. To move on, you need to let go with an Emotional Cleanse.

First, ask yourself which men from the past are still on your mind. Who do you feel a lack of closure with? Which ex's broke your heart? Then feel all of the emotions that bubble up, and simply let these emotions exist. Ask the emotions, "What message do you have for me?" You'll get an answer if you're quiet and listen to yourself. You might have unfinished business, such as thinking "Matt and I could still be together someday," or "He still owes me for breaking my heart." Let go of this unfinished business by writing a long letter to this person — but don't send the letter! The point is to cleanse out the emotions that are holding you back from finding new love. Picture yourself

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talking to this person as you write the letter. What do you need to tell them? What needs to be said to move on?

TO SUM IT UP

While you can't control the exact time when you'll meet your your ideal man, taking action will put you in a more positive frame of mind, and it will help speed up the process.

Discovering exactly who your future partner is, and where he hangs out, helps you find him. You'll increase your odds of meeting "the one" every time you leave the house — and it doesn't hurt to feel your best at all times by polishing your look, and highlighting your best features, before stepping outside.

Wearing a gorgeous, authentic smile from the inner-work you've done to improve yourself will attract the right attention from high-quality men. Happiness turns heads. Always make peace with your past, before creating a bright new future. Try out these tips, and you will be trying out a new relationship — with your ideal man — before you know it!

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