

HOW TO GET THE MATE OF YOUR DREAMS



Finding the mate that's perfect for you does not have to be as difficult as most of us make it. After 20 years of relationships, I finally tried something new, and it absolutely brought me the mate of my dreams. While none of us is perfect, he is absolutely perfect for me, and it's absolutely nothing I've ever had before. I wish everyone could experience love like this, so I want to share what I did to change this part of my life.

I don't know if it's the romantic, fairy-tale fantasy or the fear of being responsible for our life, or a bunch of other stuff, but it doesn't matter. For some reason, we tend to sit back and wait for that perfect someone instead of making things happen. We need to be clear about what we want in our life, appreciate it, and go after it. As always, it all starts with you, and it's all things you should be doing for yourself anyway, so you've got nothing to lose and oh, so much to gain. I'll get right to it!

1. I TRAINED myself to STOP any thoughts about bad memories with guys...to only let myself think about the fun and the things they did that made feel great. I try to think about the nice things they did or the laughs that we shared, even from the really bad boyfriends I had. (The bad thoughts do only harm to you.) This doesn't make you want to be with them again, because you know they caused you more harm than good and that relationship is supposed to be over. What it does is remind you that someone knew you were deserving of that kind of treatment, and remind you how wonderful you felt.
2. Along with that, I thought about my DREAM MAN...how incredible and real and kind he would be, and how incredible he would treat me, just because he loves me just exactly for the way that I am, but also always supporting me to grow and to be a better person. I thought a little about physical attributes, but more so, about his character. We need to be very clear on what that perfect person would be like and KNOW that person is out there.
3. See yourself with this awesome person, doing things you'd love to do with them, how it feels being together, and being grateful for awesome your life is, and how awesome you feel, even when you're not side-by-side. BE GRATEFUL in advance and know you will appreciate and respect this person as much as they do you. Now if you have values or things you want this person to share with you, take the time NOW to be more active in those types of activities yourself. I know many people that have met their spouse this way. Look for groups that meet in person or chat over the internet regarding a common interest. For instance, I've noticed there are Catholic Singles and other religious outings, all kinds of classes, activities, and Meetup.com groups that are specific to certain interests or hobbies. Look around, indulge yourself and have a ball!
4. DREAM BIG and be the best person you can be in the rest of your life, knowing that you want to be clear-headed and ready and happy with your life so that when this person drops into your life, you will show them your best side and they will have no doubts that your life is a happy place to be, and know that's where they want to be. Get rid of any self-doubts and baggage and scars from anything in your past before this person comes along, so they want to dive in once they get to know you.
5. SMILE, SMILE, SMILE and keep your life FULL of things to smile about and appreciate every day, which is just another chance to make your life great! I thank God every day and this makes me more content than I've ever been. Ever.
6. Remember, outside influences like the news, listening to other people talk, and songs and TV makes you think about whatever you're seeing/hearing. Distance yourself from, or learn to quickly ignore negative communications that do not coincide with the thoughts you are trying to focus on. Learn to quickly switch to a thought that you wanted, versus thinking about the negative or contrary images. THIS IS SO IMPORTANT! Learn to surround yourself with only positive, caring people and events. If it's not good for you, don't do it! Your time—and your life—is worth so much more than that!

Want more ideas? There's lots more in my book, **RISE ABOVE THE SH**! Down-to-earth thinking from Wisconsin**. How long will it take? That's up to you and how aggressively you do these things and how firmly you focus on it and believe. For me, I met someone within DAYS of starting all this. I soon realized that he was what I was wishing for, but that after I had it and saw the outcome, I wanted to change my mind and redefine a couple of things I really didn't want. I got more specific and didn't waste time dating anyone that didn't provide a wonderfully positive and happy environment for the both of us. I spent a lot of time working on me and my dreams and was honestly very content with that, knowing I'd have lots to offer when my perfect match showed up.

He did, too, less than a few months later, ONCE I WAS READY. Because I was ready, I constantly reminded myself to keep my heart open and real, so that love could come in. This is great stuff, believe me! Don't hold yourself back from it. Also, you should know, you can use the same principles to get your dream career, other relationships, and even perfect day, after perfect day. Go for it! ~Mary Anne

RISE ABOVE THE SH**! Down-to-earth thinking from Wisconsin

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FAQ: This book isn't in big book stores because I'd rather share profits with the community & make it more accessible to everyday people, rather than give big stores the majority of the profits. It's a no-brainer for me :)

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