

**From Dinner Date to Soul Mate: Everything You Need
to Attract Your Perfect Mate**

Attracting Perfect Customers

The #1 Strategy for Creating Lucrative Loyal Raving Fans



Coaching . Training . Speaking

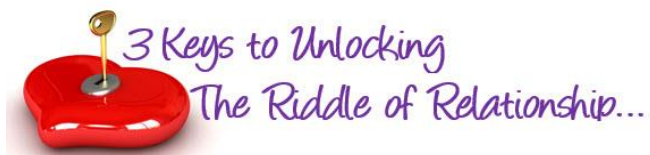
E-Planning Guide:

*From Dinner Date to Soul Mate: Everything
You Need to Attract Your Perfect Mate*

The Attracting Your Perfect Mate E-Guide is for our Perfect Customers & Clients who were wondering if they could use the Strategic Attraction™ Planning process, introduced in the landmark book *Attracting Perfect Customers: The Power of Strategic Synchronicity*, to assist them in their business AND to attract a romantic relationship. The answer is a resounding - YES! Here it is.....

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

What to expect from doing this plan to *Attract Your Perfect Mate:*



1. Inner Alignment

The Strategic Attraction™ Plan defines your personal core values. Your inner alignment with your core values is the key to successful relationships and powerful partnerships. By investing the time to discover what you want and what is important to you, and aligning with that first, you'll find the pay-off later. So it pays to ask: What do I love? What is perfect for me? What do I want to attract more of in my relationship? When you do, you will find that the kinds of people that resonate with your own similar values are naturally drawn to you, and those that are not in alignment with your Strategic Attraction™ Plan simply vibrate out.

1. Clarity & Focus

In this E-Planning Guide there is a step-by-step strategy for attracting exactly what you want to have in your personal relationships so that when you connect with people you will know instantly whether they are a perfect fit for you. Use this strategy to become clear and focused, and watch the magic happen!

2. Increased Confidence

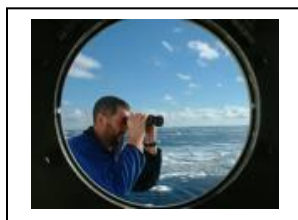
As a result of taking the time to think through what is a perfect fit for you, you will be developing your relationship skills. This is what has been missing. The Strategic Attraction™ Plan is a process that will help you to imagine a clear picture of who you will attract before you actually meet them. When you can see what's perfect for you more clearly...you start to believe it...and married, single, or in divorced, potential perfect partners seem to magically appear....and you KNOW IT in the moment.

Let's get started so that you can have a direct personal experience as soon as possible!

First take the Lighthouse Test on the next page.....

A vision is like a lighthouse which illuminates rather than limits, gives direction rather than destination. Almost all successful individuals and organizations have one thing in common: the power and depth of their vision. A positive, meaningful vision of the future supported by compelling goals provides purpose and direction in the present. -- James J. Mapes

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate



Looking for Mr. or Mrs. Right

HOW MANY TIMES HAVE YOU THOUGHT that dating is too hard and you will never find that perfect person? We invite people to replace the thought "It's hard to find that perfect person for me" with the conviction that "I now attract the perfect relationship to me."

Most people agree that looking for Mr. or Mrs. Right takes a lot of energy. First, you must figure out where you are most likely to find the type of people you are interested in dating. Then you must spend more time and money experimenting with the right way to catch their attention.

Once you've caught their attention, you must convince them that you are what they want. So, when this prospective mate tells you that they are not completely satisfied with you—your qualities, your interests, your friends, your personality—you are more than willing to make compromises to satisfy them. Truth be known, you are simply too tired from the chase to put up a fight. Perhaps, thinking that you have won the war, you feel you can afford to let them win these smaller conflicts; especially in light of what it would cost in time and

Listen to Your Inner Voice

If you had more strength and confidence, you might be more willing to listen to the tiny inner voice that says, "Be careful, this one could be more trouble than its worth."

Yet, you ignore the voice because someone has told you that you are being "too picky." Or, this person has more potential than the last one. Or, you don't want to consider losing this person to the competition. Inevitably, though, the voice turns out to be right.

By the time you end your tortured relationship, you feel that no amount of money in the world would have been enough to compensate you for the cost of the experience. This is the inevitable result when you approach dating as a game to be won where it's up to you to find the prize.

We suggest taking the "Lighthouse Test" to determine if you are ready to give up the game and begin using the universal Law of Attraction to bring the relationship that is a perfect fit for you right to your door.

"Right now, you can feel into the deepest love in your heart. You can remember someone you truly love, or you can simply feel directly into your deep heart, attending to its openness, compassion, and care. You can do this through the day. Even when something upsets you, you can choose to put your attention on your heart, and feel into the domain of love." - David Deida

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

The Lighthouse Test

Are you being a lighthouse or a searchlight?

Imagine a lighthouse standing strong and erect on the rocky shores of a beautiful ocean. On this particular day, the water is calm, the sky is blue, and there are many boats out to sea. Yet, out in the distance, there is a storm cloud forming on the horizon. It is coming closer to shore very quickly.

The sky is getting darker, the waves are getting rougher, and many of the boats are being tossed about on the water. As the rains and the winds pick up strength, so does the power of the beam of light emanating from the lighthouse. Some of the boats, anxious to move quickly to a quiet and protective harbor, are relying on this beam of light to guide them safely to the spot.

The darker the skies become, the brighter the light shines. Notice that not all of the boats are in need of this beam of light to guide them to safety. Some have more confident captains and crew, while other boats have equipment that can handle the storm effectively. Now, imagine that the lighthouse gets upset because some of the boats are choosing not to come to its harbor. Because it wants to protect and serve all

of the boats in the sea, it sprouts arms and legs and begins running up and down the beach, waving its arms, doing its best to catch the attention of all the boats. What would be the result?

Most likely, the boats that were depending on the light to guide them would by now have been destroyed in the chaos and confusion caused by the light moving up and down the beach. Other boats, led by their curiosity, may come closer to shore to get a better look at the spectacle of a lighthouse running up and down the shore, and then head back out to deeper waters. While others would be perfectly content to stay where they are. The end result, very few boats are served safely and securely.

The test lies in asking yourself what percentage of time do you feel like the lighthouse standing securely on the shore attracting the boats (prospective partners), and how often do you feel as if you are running up and down the beach looking for boats?

Perfect Partners Come to You!

"Becoming conscious simply means finding the courage to continuously reflect, express, notice, and listen. In the long run it is profoundly healing to be honest. Creating conscious agreements opens the gateway to the sweet realms of endearing intimacy we are so afraid, yet so hungry, to feel." - Amara Charles

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

In this E-Book:

We are here to open each heart to attract more love and the most perfect experience in love relationships.

Passionate, love filled, clear-hearted relationships are the results that will flow to you. This is your guide for creating a Strategic Attraction™ plan to attract a Perfect:

Mate, Dinner Date, Love, Soul Mate, and Partnership into your life.

Whether you are married, single, in a committed relationship, or totally on your own right now, does not matter—wherever you are is perfect!

All it takes is you, your desire, and trusting the process! This plan will ignite the “Law of Attraction” to work with you in attracting a love that is a perfect fit for you!

Law of Attraction: A Universal Law or Truth that is described as ‘like attracts like’

– said in another way, ‘that which is likened unto itself is drawn.’

“Over the past two weeks I have met quite a few interesting guys and have had some good dates. None are “frogs”...many are in alignment with my Strategic Attraction™ plan. My dance card is quite full.. just wanted to update you.”— Sandi – Sidney, Australia

The application of the Strategic Attraction™ Planing process produces occasions of more frequent synchronicities; often described as an “out of the blue” experience that happens after writing something about wanting that experience on the Strategic Attraction™ plan.

Example: A perfect customer called me today that was described on my plan.

“Surprisingly, after reading your book, many synchronicities occur to me frequently. Actually “occur” is not correct, I noticed, these synchronicities have been there, but I have not noticed and overlooked. Now I notice many synchronicities occurring around us every day and every time. I have experienced many strategic synchronicities.” --David Hiraki, Japanese Translator

Strategic Attraction™ plan: A four-step process that identifies core values of relationships, and what is most important in my life's work and purpose. The plan clarifies and brings focus about what a “perfect” fit type of relationship would be; a systematic study and practice of achieving success by the planned application of the Law of Attraction.

Vibration: All people are composed of energy and that energy is vibrating at a rate of speed or frequency. The higher your vibration, the more joy and happiness you will feel. The lower your

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

vibration, the more fear and despair you will feel.

Feelings are a good way to measure your vibration.



Jan and Alan's Story

The above picture was taken at a PerfectCustomers retreat in January, 2004!

Alan: "I created my first Strategic Attraction™ plan for Attracting My Perfect Mate on March 16, 2003."

Jan: "I started my Perfect Mate Plan on March 26, 2003."

(Neither of us had any idea that the other was compiling a Plan!)

Alan: "I was single and living on my own for many years."

Jan: "I was married and felt disconnected from my husband for over 4 years."

Alan: "I believed in the process yet was still waiting for the perfect 'attraction.'"

Jan: "I was resigned in my marriage and wondered if I would ever receive what I wanted in that relationship."

Approximately 1 year after creating our Strategic Attraction™ plan for Attracting a mate that was a perfect fit for me – neither of us had any idea about what was about to happen in our lives when we first created the plan. All we did was update it periodically and keep trusting the process.

Jan: "When that picture was snapped, I didn't know he was my soul mate — Or did I? By the looks on our faces, our bodies seemed to know something I hadn't acknowledged yet! It took me two years and then 'suddenly' a few more days after this picture I realized that Alan was my perfect love!

Alan: "The Strategic Attraction™ planning process brought Jan and I together! It also caused us to stretch and stand for having exactly what we want—I stood for having my perfect love, like a demand, that is a birth right of every human being.

Jan and Alan are dedicated to passionate self-discovery through an intimate relationship and business partnership. We use this simple process daily to grow their intimate relationship and business partnership, and to catapult the growth of PerfectCustomers, Inc.

Based on years of proven success, this E-Book provides you with a simple process to help you learn to read and manage your own inner vibration, and access a deeper...and more perfect level of vibrational alignment with your 'perfect' mate—**making you an irresistible magnet!**

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

TrustTheProcess...

Jan and Alan were able to attract their perfect mate in each other by sticking with their Strategic Attraction™ plans.

It did not happen overnight, however, they both trusted the process and knew that if they stayed focused and stuck with their plans the perfect mate would become attracted.

They have been phenomenally successful in this endeavor and now they want to share this process with you. They both look forward to hearing about your success!

The Outcome

Clear Hearted Comes 1st

Jan and Alan:

"What has now become clear to us both is that love is more important than anything else. Becoming "clear-hearted" comes 1st

"Clarity of mind means clarity of passion, too; this is why a great and clear mind loves ardently and sees distinctly what it loves." - Blaise Pascal

SO—ARE YOU READY TO GET RESULTS ATTRACTING YOUR PERFECT MATE?

Be prepared—This powerful 4-step Process will allow your essence to become a radiating attractive energy. As a result of this transformation, you will soon experience a variety of shifts in your interactions with others—such as: a chance meeting, an out-of-the-blue occurrence, or possibly the breakup of

a relationship that must move out of the way to make room for what's new and more perfect for you.

Two Important Points before you start:

First: For maximum results, start by allowing yourself at least one hour of quiet, uninterrupted time.

Second: Begin with STEP ONE and continue through STEP FOUR. In other words, we recommend you do the sections in order for the most benefit.

Start from wherever you are.

"You can get to anywhere you want to be from wherever you now are." - Abraham-Hicks

Start with a beginners mind.

1. Take out a clean piece of paper and fold the paper in half.
2. Now pick a relationship that you most want to attract – examples: Dinner date, Soul Mate, or anything in between.
3. Write at the top of each section of paper the titles, as outlined in the following four steps. Start by writing the BUZZ word associated with each step. They are:
 1. Describe
 2. Identify
 3. Specify
 4. Declare.

"When the Bee buzzes onto your path, it's a reminder that with hard work and a firm commitment to building your dream, a sweet outcome is assured. The Bee is a

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

symbol of luck, so expect miracles and your life will be victorious and sweet. Remember that you also create your own luck. That is, effort is essential as you progress along your path in order to make your dreams a reality. The Bee is an industrious, busy creature that is always making honey. The Bee "gets busy," and that honey will soon be yours. The Bee is always a fortunate omen." -excerpt from The Wisdom of Avalon Guidebook, by Colette Baron-Reid

STEP ONE - DESCRIBE – The qualities, characteristics, and attributes of your perfect mate.

In this step you will, DESCRIBE the Qualities, Characteristics, and Attributes that are a "Perfect Fit" for you.

STEP ONE will be filled with descriptive words that include all of the ideas and thoughts that come into your mind regarding the qualities that you want your perfect partner to possess. The following questions are provided to assist you in describing your perfect partner.

"Everything's in the mind. That's where it all starts. Knowing what you want is the first step toward getting it." - Mae West

My Perfect Mate/Love/Date/Soul Mate:

- Is between what ages? (e.g. older than 35 and younger than 50).
- Has what type of job? (e.g. Is a sales manager for a company that they respect).

- Has what kind of relationship with family? (Calls mom once a week, talks with kids twice a week, etc.)
- Enjoys what type of activities? (hiking, climbing, reading, working with his hands, going to movies, playing board games, walking, running, meeting new people, learning about the world, traveling to foreign locations, walking on the beach, etc.)
- Has certain physical characteristics (taller than 6 feet, shorter than 5 feet, blond hair, brown hair, red hair, rugged looking, delicate features, weight is in balance with his/her height, good physical wellbeing).
- Possesses the following qualities (whatever else you want them to have, be or do.)

For example, you may include:

- Is a good listener
- Lives a long life...longer than me and we both live to be older than 90.
- Writes poetry.
- Has a strong network of friends and associates that we enjoy together.
- Buys me flowers once a month.
- Eyes twinkle when looking at me.
- Does their fair share of the housework.
- Is awake, and aware, loyal, conscious, and present.
- Behaves appropriately at all times.

For example, you may appreciate the fact that they always have a smile on their face when they see you. Or, they are always telling you how good you look. Or they love going to see new release movies every week. Or, they are

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

available emotionally, physically, spiritually, and mentally. Or, they communicate clearly. Or, they have a sense of humor. Or, they come from a Spiritual base.

How and where will you meet your perfect mate?

What would be the perfect way for you to meet your next perfect mate, partner, or companion? Would you like to meet them at a friend's party? Or would you prefer to meet over the Internet? Is being introduced by a friend a better fit for you? Consider what is perfect for you and add your answers to Part 1 of your plan.

Remember... in the world of perfect you only add what is perfect for you.

In the world of perfect, you only add what is perfect for you. For example, if you don't like the internet, then don't add it. If you do like meeting people at your yoga class, or a workshop then write that down.

The key is to always write items on your plan that are perfect for you in every situation.

"The law of attraction is like baking a pie in a well-stocked kitchen. If there is an ingredient you do not want in your pie, we say, then don't put it in your pie. And you say, But it shouldn't be in the kitchen because it might get in my pie. We say, it won't get in your pie if you don't put it in your pie." - Abraham-Hicks

Add to your plan as often as it is perfect for you! We recommend five minutes a day.

This part of the plan is a continuing process and you will find that when you place more attention on what is perfect for you, you are more clear and focused by thinking about it and writing it down. The more you do this the more likely you are to take attractive actions and begin to notice attractive results.

"Results! Why, man, I have gotten a lot of results. I know several thousand things that won't work". - Thomas A. Edison

It helps to keep adding items on a regular basis—again, you get to decide if it is perfect to add it to your plan every day.

Your plan will grow from just a few words to being several pages long. You may even find that, if you only wrote out this plan one time and put it away in a drawer for a period of time, the next time you look at your plan, you will see that it has been working for you all the while.

Your plan is similar to an artist's canvas on which you are creating your masterpiece.

Stay relaxed awake, and alert, this is research.

Be completely alert to what is and what is not perfect for you in every interaction, with every situation, with every person you meet so that you are becoming more aware of what you want to attract. Just as if you were a

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

scientist in a laboratory, consider that you are doing research. Notice qualities in every person that you come into contact with throughout your day, then add those qualities to your plan.

In addition, watch television, read magazines, listen to the radio—these are all resources for noticing the qualities that you want to have in your life every day. You will find that when your attention is given to what is perfect for you, you will experience more perfect situations rather than what is not perfect for you. The simple exercise of noticing what you want to attract more of draws more situations to you that are perfect for you.

“Whatever you put your attention on grows strongest in your life.” – His Holiness Maharishi Mahesh Yogi

Be Specific.

You already know what you want. Use this writing exercise to record your thoughts and to become more specific in clarifying your desired results. The more specific you are, the quicker your perfect mate will show up at your door.

When you are deliberately more specific, you are taking responsibility for BEE-ing awake and aware, and for reaching to partner with the Law of Attraction. You are making a declaration and giving direction to the Universe to support you in the exact way that you desire to receive it! It's a partnership, and like any good partnership, it requires regular,

conscious communication in order to thrive.

Imagine if you boarded an airplane and the pilot came over the loudspeaker to say, “Welcome aboard. Today we have no real destination; we will just see how far this tank of gas will get us!” In essence, when you are not specific, your destination is unclear. By getting more specific details on your plan, you will not only recognize your perfect mate in the first few moments of meeting them; you are also partnering with the Law of Attraction to access the resources that are already there to support you in having that meeting happen in perfect timing.

Be Picky.

You may wonder if you are being too picky and whether you might be limiting the number of potentially perfect relationships you could attract. You can rest assured that the pickier you are, the better your plan will work for you. As a result of being picky you will attract in accordance to your desires. While being picky may have been something that your mother warned you about as a child, in Strategic Attraction™ it pays to avoid the pitfalls of settling for less than what is perfect for you.

In Strategic Attraction™ you end the suffering from all of the times you may have settled for less than what was a perfect fit for you, or given away too much of your precious energy, or spent too much time with someone who was more of a relationship from hell than

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

from heaven! So, be picky and end suffering now.

No limits here! Just keep noticing and adding to your plan.

Get outside of your box and write what is exciting for you.

Bonus Tip: If a picture is worth a thousand words, then you can make your Strategic Attraction™ plan even more attractive by creating a collage of what your “perfect partnership” will look like. Tear out pictures from magazines to visualize what your perfect person looks like and what you will do together as you have described on your plan.

REMEMBER! STEP ONE is a work in progress! It is essential to keep adding

items daily. Your Step One will grow from just a few words to being several pages long. Be completely alert all day long—every day. Look for “perfect” qualities in every man or woman you encounter throughout your day, and then add those qualities to your plan. Watch television, read magazines, listen to the radio...these are all resources for finding the qualities that you want to have in your life every day.

You already know what you want...use this writing exercise to record your thoughts and to get more specific. The more specific you are, the quicker your mate or partner will show up.

Attracting Your Perfect Mate from Dinner Date to Soul Mate

Creating Your Own Strategic Attraction™ Plan

Attracting Your Perfect Mate



Step 1: Describe --- The Qualities, Characteristics and Attributes of Your Perfect _____

Tip: The more the better – go hog wild with your list – use details, age, net worth, height, weight, health, emotional, mental, physical, and spiritual availability.

Describe what does "perfect for me" look like?

Descriptions include anything that you like, and want to attract more of. Think of people you have the best relationships with now and list those qualities, characteristics and attributes.

Paint a picture of your perfect mate. Use lots of adjectives.

Think of the traits of people you've already met who are perfect for you, as well as new traits.

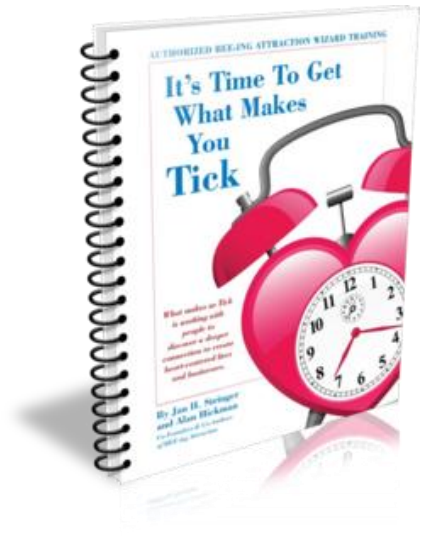
The Law of Attraction is Like Attracts Like so what do you like? What motivates you?

Be specific.
Be picky.

*Relationships have a chance of being successful if each person in the relationship is self-centered, that is focused on her/his own needs, and on becoming acquainted with the internal masculine or feminine self. – Margo Woods

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

After you have written everything you can think of – then it is time to go to STEP TWO.



STEP TWO - IDENTIFY

What makes you and your perfect Mate (or any other relationship) tick?

The heart of the BEE-ing Attraction™ process can be experienced when you hear the “click” that unlocks the door of your love, enthusiasm, excitement, and heart.

One pitfall of this part of your plan is that you may be too wordy.

Refine it to a simple statement.

For example: What makes me tick is...working with people to discover a deeper connection to create a heart-centered life and business.

While the answer to this part of the plan is vital, the nature of determining your tick is revealed to you over time and cannot be forced or pushed out.

It is something that only you can say is your tick. While others can listen and help you decipher what is most important to you, only you know what resides in the core of you.

When you get to the bottom of your tick, it always seems to be an ah-ha moment. While everyone may experience it in a different way, some of the reactions that you might have when you truly get to your tick are:

- feeling scared;
- feeling tickled;
- laughing out loud and wanting to cry at the same time;
- smiling from ear to ear;
- radiating light from your face;
- feeling humbled.

What makes you tick is the most important thing that you can discover and is the centerpiece around which a heart-centered relationship develops. In essence, it is the heart of the relationship because it comes from the heart and soul of you!

When you became connected to what makes you tick and who you would be BEE-ing to have what you want to attract, it anchors your dream and gives it wings all at the same time!

No more holding back. Your passion is released.

Your answer to this part of the plan is short, definitive, and one statement, unlike Part 1, which can be very lengthy and cover several pages; this part of your plan is a simple statement. In answering this part of the plan, you may find yourself reflecting on the answer for a long time.

When you have knowledge of your perfect mates' mission and motivation, you are able to relate to your perfect mate as a vibrant person who has as

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

much at stake in the success of your relationship as you do.

Step Two is the heart of the BEE-ing Attraction™ planning process. The spark of synchronicity you will feel between you and your perfect partner is the shared connection of what makes you both “tick.”, and it is what ultimately makes you stick!

The best way, then, to determine what makes him/her tick is to ask yourself:

- What is the one thing in the world that is most important to me?
- Without it, I would not want to go on living?
- What gets me up in the morning?
- What am I committed to?
- When I am enjoying my life the most, I am doing this; what is “this”?
- What do you really love about your life?

- What do you want to achieve before you leave this world?

Capture the first thought that comes to you in answer to these questions and then consolidate your words until you have one sentence that expresses the core of what makes you tick—what is most important in the world to you.

For example, one of our clients answered this question: “To make a contribution to the world that makes a difference in people's lives.”

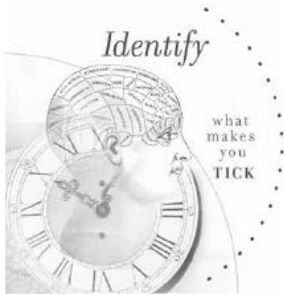
Another example: “To create a world that is spiritually connected and leaves a legacy for future generations.”

While Step One is a long list of juicy qualities and attributes, Step Two is one sentence.

Now—it's your turn!

Attracting Your Perfect Mate from Dinner Date to Soul Mate

BEE-ing Attraction Plan



Step 2: Identify --- What makes you and your perfect mate tick?

Tip: Refine it to a simple statement. For example: What makes me tick is ...Working with people to discover a deeper connection to create heart-centered business and lives.

Based on the principle that "like attracts like", whatever makes you tick will most likely make your perfect mate tick, too.

First thoughts:

Final Answer: _____

(one, two, or three words)

"What manifests as an enduring, life-giving partnership is the sharing of a common life intention. This means sharing a profound purpose in being together." - Amara Charles

While Part 1 is a long list of qualities and attributes, Part 2 is **one statement**.

Again, based on the Law of Attraction, like attracts like, therefore, what makes you TICK is also what makes your perfect mate TICK.

Use the following questions to deepen your understanding.

What do you want to achieve before you leave this world?

What are you doing when you most love your life and feel that you were meant to be doing this more?

What gets you out of bed in the morning that is so important to you and your business that you can't wait to do it again every day?

Finally, write down one sentence that combines your answers to all of these questions.

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

Step Three – SPECIFY – What You Want Your Perfect Mate To Expect of You.

It has been considered a revolutionary concept to apply The Law of Attraction to partnerships—both business and romantic—many people still believe that they must sacrifice their "self" in order to have a relationship.

"You've got to take the initiative and play your game. Confidence makes the difference." - Chris Evert

Step Three is where we shut the door on sacrifices.

In Step Three, you say what you want your "perfect" mate or partner to expect of you.

The emphasis is on the words "I want"! This is NOT what you think THEY want you to want—this is—what do YOU want them to want about you!

Your Perfect Mate wants for you what you want.

Remember what we said in Step One. If you are concerned that by being too picky, you would be limiting the number of perfect potential partners you could attract -- you can stop worrying. In fact you can review what you have on Step One and draw from that to gain content for Step Three.

The reason Step One and Three seem to be so intimately connected is because Step One is about them, Step Two is about ME AND them, and step Three is about ME.

The clearer you become in what YOU WANT your most perfect mate to expect

of you, the easier it will be for them to manifest in your life. It's almost like magic. It is the way the world works, it is the Law of Attraction.

In 'Step' three, consider every detail that is important to you including, and not limited to, how and where you meet, your activities and interests, your availability physically, emotionally, mentally, and spiritually, your financial status, etc.

Past and current relationships are a great source of information from which to answer this question. If you are currently in a partnership or marriage, ask yourself:

"What am I complaining about not having in this relationship?"

Once you have identified the complaint, answer this question:

"What would be more perfect for me to have?"

If you are not currently in a partnership or marriage, ask yourself what you would want if you were in such a "perfect" relationship. You can use the information you gained from previous relationships to identify what you would want to experience more of and what would be more perfect for you in the future.

For example: if you do not enjoy cooking every day, then you would want your perfect mate to expect you to cook only occasionally.

Here are more examples—Feel free to use the items on the following list. (Take anything off this list to add to your own!)

What I want My Perfect Partner/Mate to Expect of me:

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

- Treat him/her like they are important to me.
- Communicate clearly.
- Have a good sense of humor.
- Be present, intelligent, strong, and passionate.
- Have healthy radiance.
- To be beautiful, open, intelligent, trusting my (man's) direction and support for my (man's) vision.
- Appropriately love and care for him/her, my family, his/her family, my clients, my friends, and my communities.
- Eat breakfast and take my vitamins every day.
- Love and honor myself and treat myself kindly.
- Enjoy his/her company.
- See the best in both of us.
- Be spiritually grounded.
- Be a savvy money manager—earning \$____K income per year and building a multimillion dollar business.
- Have a strong network of supporters.
- Be fun-loving, adventuresome, and a positive thinker.
- Give space in which to grow and be with his/herself.
- Be loyal, intelligent, considerate, and resourceful.
- Dress well.
- Adore and respect him.
- Open interesting doors to mutually beneficial relationships.
- Have a balanced wellbeing.
- Be mentally, emotionally, physically, and spiritually open and available.
- Express my feelings and emotions in a way that is perfect for me.
- Work (x) hours a day.
- Spend \$xxxx on nurturing myself each month.

- Stay at home to nurture and educate our children.

REMEMBER—

These are all qualities about you that you want your perfect partner to expect of you.

So, it is essential to become clear with yourself first regarding what you want others to expect of you. If you find that you write anything on the list that you do not want your perfect partner to expect of you, remove it immediately!

"Vision without action is a daydream. Action without vision is a nightmare" - Japanese Proverb

Like surfing, it requires something from you. You have to constantly keep moving the board.

When something is not happening in your relationship the way you want it to be, then look underneath the situation to see what may actually be causing you to attract the situation to be the way it is.

In every relationship and every situation, you are the central point of attraction; therefore, you can use Part 3 of the plan to shift your relationships or situation to become a more fulfilling experience to you.

This may even be used to promote healing the part of you that is left unresolved, such as what Jan and Alan discovered in their personal healing of past emotional wounds that surfaced after their new marriage.

In theory, every relationship that you attract is perfect—even the ones that seem to elicit the worst in you. People are drawn to your energy. After you have defined a “perfect fit” relationship

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

for you, notice who and what results you are attracting. If you are attracting the kind of people that you desire to be with and match what you have written on your attraction plan, then good for you. If you are attracting people and situations that you don't like, it is because the issues within you remain unresolved and are being mirrored back to you by the people around you.

Excerpt from - Susie and Otto's Love and Relationships Article - Soul Mates & Twin Flames by Arianni Masters

“Relationships are the most challenging and the most rewarding aspects of this life. The more intimate the relationship the larger opportunity for growth we are given. Relationships are mirrors for us to learn more about ourselves. There are three different types of relationship mirrors.

One is the mirror of who you were. This mirror gives you the opportunity to see how far you have come, the chance to

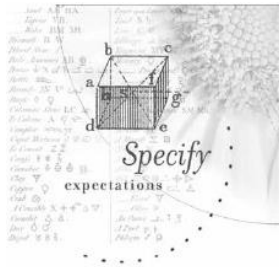
experience the karma that you have already cleared. So don't get caught up in this relationship worried about why it is coming back at this time, thank it and let it go.

A second type of relationship is the one that is mirroring where you are now on your path. If an issue or person has an emotional "charge" to it, then you still have work to do. This mirror is the hardest to look at because it reflects the things you have not yet finished in your karma. These are the things that we are the most blind to.

The last type of relationship is the one that mirrors your potential. This allows you to have a glimpse at who you could be, if you wanted to. This person is usually someone that you idealize and put on a pedestal.”

[Read the entire article Click Here](#)

Attracting Your Perfect Mate from Dinner Date to Soul Mate



Step 3: Specify - What do you want your perfect mate to expect of you?

Be sure to have at 10 – 15 things listed. List anything that you would like to happen that isn't happening yet – Example: I want my perfect mate to expect me to look good in my jeans, communicate clearly and responsibly, to be available

emotionally, mentally, physically and spiritually.

This is the stage of the Plan where I shut the door on sacrifices, and suffering. I get to say... what I want my Perfect Mate to expect of me.

This is what has been missing in developing personal relationships - The deliberate application of "The Power of Strategic Synchronicity".

When you have a strategy, and a plan, and you deliberately invest the time in identifying what is important to you, what you LOVE, and align yourself with THAT, the pay-off is the kinds of people who resonate with your core values are naturally drawn to you, you recognize them in the moment. AND, those that are not a perfect fit naturally vibrate out or are not drawn to you in the first place.

The more clear and SPECIFIC I am about what I REALLY LOVE, and the more in alignment I am with THAT, the more clear I send out THAT signal to be received by my perfect mate.

In Step 3 list and consider every detail that is important including, and not limited to: my favorite activities and interests, my time availability, my spiritual preferences, my income goals, where we will meet, how I will connect with them, what I will say to them, what they will say to me. Remember - be specific, be picky.

"If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment" - Marcus Aurelius

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

TIP: Whatever you have written In Step 3, will happen in direct relationship to who you are BEE-ing. You must first step into the bee-ing of someone who attracts what you have written; it is a declaration first and then taking actions that draws your desires to you!

STEP FOUR – DECLARE who you get to BEE to attract what you say you want and you give this BEE-ing a title.

BEE-ing is our play on the word being.

"According to all known laws of aviation, there is no way that a BEE should be able to fly. It's wings are too small to get it's fat little body off the ground. The BEE of course, flies anyway. Because the BEES don't care what human's think is impossible" - The BEE MOVIE

This is the declaration of your intention to BEE what you have written on your plan. Most of the work for this part is already done when you have taken time to be extremely clear and specific in the previous three parts.

Activate your BEE-ing!

Read over what you have written on your plan. For example, you might read each item in Part 3 and, for each item, answer this question:

Who would I get to BEE to attract what I say I want?

Giving a title to your BEE-ing is an exercise in opening your heart and allowing. Your title is intended to be something that you feel inspired by when you declare it and it might even make you laugh out loud. If you or someone who hears your title giggles with delight, then you have made the right choice of titles.

The truth always makes us smile or laugh.

In this moment, what is important for you to recognize is that in order to attract you must be ready to BEE the person who attracts this in your life.

Strategic Attraction™ is about “BEE-ing” someone who attracts what you say you desire to have in your life. Many students of the Strategic Attraction™ Planning process have discovered that it wasn't just another “to do” list—it was in fact a “to be” list!

There is an ancient Sanskrit aphorism: “yogasthah kuru karmani.” Translation: “Established in being perform action.”

Declare – Who I have to BEE to attract what I say I want.

In this part of the plan we get to declare our BEE-ing and make up a title. What would be the BEE-ing of someone who accomplishes everything you have said you want in step 3?

For example, let's say you have on your step 3 that YOU WANT your perfect mate to expect of you:

- To take four vacations a year.
- To live in a Tudor mansion.
- Live a balanced life.
- Get a massage every Friday.
- Go to the opera regularly.
- Communicate clearly.
- Have a good sense of humor.

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

- Be present, intelligent, strong, and passionate.
- Have healthy radiance.

Whatever you have on part number 3 is going to happen in relationship to who you are BEE-ing. After years of working with this process, Jan recently created this as her BEE-ing.

"I am the Savvy Goddess of Business, Energizing a New World." Jan says, "That just puts a bow on everything for me." It's fun.

Who would you have to be to attract what you say you want and you have written on your plan?
What is your title?

Examples of who I am BEE-ing:

- Exuberant Marketing Magician
- Bold outrageous and unstoppable
- Fun, focused, and fabulous Goddess of attracting perfect relationships
- Love
- King of Clarity
- Spirit Employed
- Destroyer of Disfunction
- Queen of Clarity and Purpose
- Diva of Balanced Living
- The Listening Teacher
- Goddess through which the impossible becomes possible
- Focused and taking attractive actions in alignment with my plan
- The owner of a million dollar business
- A million dollar Hottie
- Magical Motivation Marketer
- Unstoppable, deliberate attractor of my perfect partners.
- The Goddess of insights.
- Global leader of transformation

- Ensparkulated Super BEE community collaborator
- Excited and taking excellent care of my physical body
- Open minded and amazed
- Divine presence in my writing and my life – BEE-ing the creative and vision
- Diva of magical business expansion
- Global leader of Transformation
- Super BEE
- Nurturer of my body and soul – loving, compassionate friend
- Global leader of Transformation in getting the word out
- Pure and genuine
- Super Savvy Business Woman
- Passive Income Mogul Mom
- Healthy Radiant Goddess
- Strong, Centered, and Powerful
- Clearly Connected to Source Energy

These can change on a moment to moment basis you can create your BEE-ing over and over. And the main thing about it is that it alters who you are being.

More Tips on Creating and Declaring Your Bee-ing:

One way that you will know you have gotten to the 'truth'...your declaration makes you laugh!
The truth always causes a chuckle or a belly laugh from yourself and possibly others. Watch for a reaction when you declare your bee-ing out loud –notice if you feel tickled or not.

Who you are BEE-ing can change on a moment to moment basis you can create your BEE-ing over and over. And the main thing about it is that it alters your thinking and feeling, and

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

seemingly magically alters your outer circumstances.

If you are in a funk or your day is not going 100% the way you want it to go. Take a moment and "create your BEE-ing" and it will alter everything in a new more positive direction, and that is what your perfect mate really wants from you anyway.

Even in the midst of disorganization or a "dazzling distraction" you can stop for a moment and step into your BEE-ing and it informs you of a more powerful place that you can look through to assess the situation that is before you.

Step 4 gives you a more powerful place to stand. When I feel good about me I exude that. it's a fun way for me to get in touch with ME. People really want to be with what is important to YOU not your 'stuff'. People are attracted to authenticity.

In this moment, you may not know how you will attract what you want in your business or life, however, just by shifting who you are BEE-ING in relationship to the items on your plan, you will begin to

attract in the perfect time and the perfect way.

Your Strategic Attraction™ Plan is designed to Describe, Identify, Specify, and Declare who you get to BEE to attract a perfect mate and other relationships. Additionally, this planning process helps you to understand that to attract you must BEE what you have written on your plan. Lastly, you must take the actions required, which will take you into the direction of what your purpose in life and from there you will be developing a heart-centered business!

By virtue of creating this plan, you are making a declaration about a new way of operating in your business relationships and in your life. This is the beginning of stepping into your new BEE-ing and today is the day you declare your intention. The power of declaration and intention will move all of the hurdles in your path!

have written. This planning process helps you to become the person that is in perfect alignment with your true purpose.

Who are you BEE-ing?

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate



Step 4: Declare - Who you get to BE to attract what you say you want and give this being a title.

Tip: This is your declaration of your intention to be what you have written on your plan to attract your perfect mate.

In Step Four you are going to declare your being and give yourself a title. In other words, who would you like to be seen as when you walk into a room? What would be the BEING of someone who attracts what they have written on this plan?

When I DECLARE my being... I am announcing that I am ready to play.

Here is who I am and my perfect mate will LOVE me for being who I really am!

It shifts your mindset from being less than (poor pitiful me) to being more--- the masterful, powerful, productive, prosperous, healthy, vital REAL ME.

I radiate my being such that people are irresistibly drawn to me and want to connect.

My presence is who people are attracted to when I walk into a room....and whoa baby!!!

Heads are Gonna Turn!

Who are you being today?

What is your title?

"Imagine how great it is to feel loved all the time by a friend and partner- during the good, the bad and everything in between. It starts when we shift our perception and see our mate's behavior through a gentler and kinde3r lens of mutual respect and light-heartedness." - Arielle Ford - WABI SABI LOVE

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate



STEP 5: **ACTIVATE** - Make a List of Your Goals & Next Most Attractive Actions

List your top 10 Relationship Goals + attractive actions I will take + Completion dates:

An ATTRACTIVE ACTION is in alignment with you, your plan, your core values and your being.

A dazzling distraction is anything that takes you off course. If it sounds too good to be true, it is! That's a dazzling distraction.

An attractive action actually moves you forward. It keeps you on course. It fulfills your purpose. It is in alignment with your core values, what makes you tick.

An attractive action produces a specific measurable result, and that result makes you feel good.

Now is the time to take BOLD ATTRACTIVE Actions.

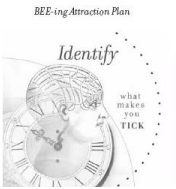
"Vision without action is a daydream. Action without vision is a nightmare" - Japanese Proverb

From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate

Summary: The Strategic Attraction™ Plan is designed to **Describe, Identify, Specify, Declare, and Activate** who you get to BEE to attract a dinner date or soul mate that is a perfect fit for you.



Step 1 – DESCRIBE the qualities, characteristics, and attributes of my perfect mate. Describe means what does it look like. State all of the positive qualities that you would want your perfect mate to possess. What's perfect for you? When you get more clear and specific, it actually makes it easier for you to attract what you say you want in a mate or intimate partner.



Step 2 – IDENTIFY what makes you and your perfect mate TICK. If it's true that like attracts like, what makes us tick is also what makes our perfect mate tick. Getting what makes you tick connects the dots to your purpose, passions, and core values. It's what makes you stick.



Step 3 – SPECIFY what you want your perfect mate to expect of you. This is where you get leverage through alignment with what is perfect for YOU. The clearer you become in what YOU WANT your most perfect mate to expect of you, the easier it will be for them to manifest in your life. Remember, your Perfect Mate wants for you what you want.



Step 4 – DECLARE who would you have to be to attract what you say you want? Our Success Formula is BE – then DO = HAVE. Creating a clear DECLARATION, is the most attractive action you can take. Making a powerful declaration changes the inner attitude of your mind and can, seemingly magically, change the outer aspects of your life. All great things begin with a powerful declaration.



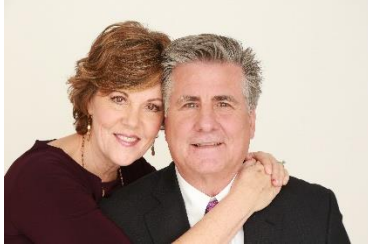
Step 5 – ACTIVATE taking an attractive action is the antidote to what is stopping you. Now would be a good time for you to take advantage of the huge opportunity that is right in front of you. Put everything on your attraction plan into motion by taking attractive actions. What are the next most attractive actions for you to take?

What's Next... share the LOVE with others.

Certification is a perfect fit for you if you want to produce real results in your life and heart-centered business by tapping into your own unique skills and passions. AND, if you want to produce a sustainable and scalable income augmenting the gifts, talents, and passions of others. [Click Here to find out more.](#)



From Dinner Date to Soul Mate: Everything You Need to Attract Your Perfect Mate



Jan H. Stringer & Alan Hickman, Founders
PerfectCustomers, Inc. 505-474-5348
Santa Fe, NM

Jan Stringer – jan@perfectcustomers.com
Alan Hickman – alan@perfectcustomers.com

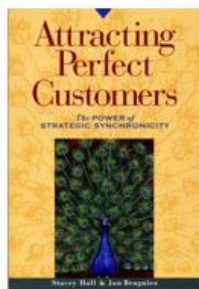
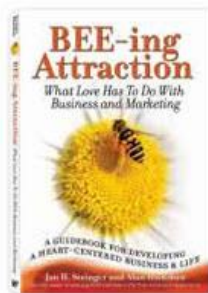
International Business Coaches, Best Selling Authors, enthusiastic, playful speakers, Jan H. Stinger and Alan Hickman - Co-Founders of PerfectCustomers, Inc.

Jan formed Perfect Customers after an extensive background in Corporate America in the area of Sales and Marketing ranging from Sales Executive to VP of Sales. Asked what her specialty is, Jan would say: "Being a Zen Master of Closing Sales." Additionally, Jan has a Visionary perspective of what it takes to grow a business from taking an idea for a product and service all the way to the creation of a sustainable business doing what you love fulfilling on your purpose while making a profit.

Alan became a partner in Perfect Customers after a series of synchronistic turns and opportunities. Initially attracted to the Perfect Customers training programs and the Attracting Perfect Customers book, Alan proved that it worked in the real world of corporate sales and marketing. He applied the training in the company where he was Director of Sales and Marketing. His results were immediately noticed company-wide where he was able to decrease the cost per lead-to-closed sales ratio by 4 to 1. He made a career decision to join Perfect Customers in 2004 and has been a major contributing partner.

PerfectCustomers, Inc., programs include; a Complimentary 30-Minute Business and Relationship Discovery/Mindset Makeover Session, Speaking, Private Coaching, Group Coaching & Trainings, VIP Strategy Sessions & On-line study programs. The Perfect Customers Strategic Attraction™ Coaches Academy and Training (SACAT) Certification program. Go to: www.perfectcustomers.com

Our published books:



Attracting Perfect Customers: The Power of Strategic Synchronicity Global Best-Seller
<http://bit.ly/PerfectCustomersBook>

BEE-ing Attraction: What Love Has To Do With Business and Marketing <http://bit.ly/BEE-ingAttractionBook>