

10 Tips for Meeting a Great Partner

Would you like to meet a partner who's just right for you? Are you finding it's like looking for a needle in a haystack and that dating is stressful?

Try out one or more of these low-stress tips and I truly hope you meet someone wonderful!

1. Know who you really want:

Spend some time writing down what it is that really matters to you in a partner. Tall, dark and handsome might be nice, but what if you overlook a potential great partner just because they don't come in that packaging? Think about the things that you really don't want too. You might find someone who's physically attractive, but who's cheated on all their past partners; is lazy, insensitive; or maybe they hate socialising and you love going out. The clearer the picture you can paint of what you'd really like in a partner, the easier it will be to spot a potential partner, especially one who might not catch your eye initially.

2. Get creative:

If you're open to the powers of visualisation and/or Feng Shui, create a vision board, representing your relationship goals and the kind of person you'd ideally like to meet. Check out Marie Diamond's website www.myLOAnumber.com if you'd like to know your personal law of attraction number and get some guidance on where specifically on your vision board to write your goals and place pictures. Then, display your vision board in your bedroom, living room or even office (your law of attraction number will also determine where exactly is best for you). Even if you're not entirely convinced about using Feng Shui, a vision board is a nice way to display your goals and dreams visually. If you're in Sydney, and want to learn more about [vision boards](#), get in touch with my friend, coach Barbara Anderson on (02) 9527 9396. She'll be running a vision board half-day workshop on Saturday afternoon, 30 January. Cost is only \$A25.00 and you'll create your very own vision board on the day.

3. More Feng Shui:

If you're into Feng Shui (or willing to try it), keep your bedroom clutter-free and remove anything that's in your bedroom that doesn't need to be there. For example, one of my clients, who wanted to be in a romantic relationship, told me recently that, a week after moving her bookcase out of her bedroom, she became involved with her current partner. Also, make sure you have pairs of things in your bedroom - candles, bedside tables, lamps.

4. Get strategic:

If you find a great partner isn't showing up in your daily life, it might be time to get strategic, shake things up and make some changes - to your work, social life, where you're living, interests you pursue, etc. to increase your chances of meeting new people and the kind of partner you're looking for.

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5. Get set up:

Don't go it alone. Let friends you trust know what you're looking for in a relationship and ask them to keep their eyes out for you! Most of us know at least 100 people, so tap into your friends' networks as well as your own.

6. Do a little flirting:

Don't be afraid to smile at and make eye contact with someone you'd like to meet. Trust your instincts and, if it feels right to you and you have an opportunity to ask out someone you find interesting, do it! Ask them to a movie, but make sure you meet before or afterwards for coffee at least, so you have a chance to talk. Or, if you know they play golf or tennis, for example, ask them if they'd be interested in playing some time, or, if you both enjoy a sport, like football, suggest going to a game together.

7. Be adventurous:

Travel can be a wonderful opportunity to see the world, meet new people (with similar interests to you) and find a partner too. In my 20s I went on a European tour alone, and was surprised at how many other people were travelling on their own too. Four of the people on my tour happened to be from Baulkham Hills (a suburb in Sydney) and, interestingly, two of them became a couple by the end of the tour and went on to get married just a few years later! Of course, they had never seen each other before the tour, even though they'd lived in the same suburb for at least 15 years.

8. Dismantle any negative beliefs you hold about relationships or yourself:

According to Arielle Ford, author of [The Soulmate Kit](#), (who married her soul mate at 44), "After a few (or many) bad relationships, it's so easy to shut down, give up, and stop believing that the right person is out there for us. Our hearts yearn for love, but our minds insist it's not possible. When our beliefs contradict our desires, we experience inner conflict that not only paralyzes us, but can actually prevent us from recognising the possibilities for love that exist all around us. We attract experiences that are consistent with our beliefs. So, believing and knowing that your soul mate is out there is a critical first step for manifesting him or her into your life. When deep down in the core of your being you believe that your soul mate exists, there is no limit to the ways he or she can enter your life."

9. Crystal therapy:

Rose quartz crystal is said to help bring your true love to you. Ladies, try wearing rose quartz as a pendant (close to your heart is said to be best), and guys, you can carry one discreetly in a jacket pocket.

10. Give it time:

Although sparks might not fly immediately, once you've had a chance to really get to know someone, you might find they're just right for you!

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