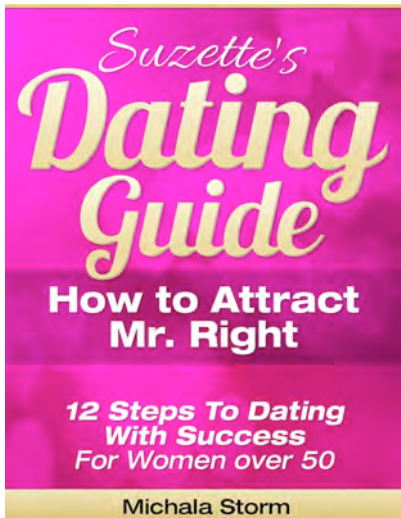


*Suzette's*  
***Dating***  
***Guide***

**How to Attract  
Mr. Right**

***12 Steps To Dating  
With Success  
For Women over 50***

**Michala Storm**



*Fifty+ and free to meet the love of your life, but feeling like Bambi on ice?*

*Suzette's Dating Guide isn't "just another dating guide" on how to manipulate a man into wanting you! Rather Suzette's Dating Guide helps you get empowered by showing up authentically. In doing so you will be able to choose a Mr. Right who is the right match for you. A Mr. Right who loves you exactly as you are right now.*

*It is never too late to find love again!*

# Suzette's Dating Guide

How to Attract Mr. Right - 12 Steps To Dating With Success For Women over 50

by Michala Storm

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First Edition

## **Disclaimer**

The contents of this book are not intended to replace the need for professional counseling, such as, but not limited to, psychotherapy or any kind of health care related services.

# Nothing ventured, nothing gained

- Danish proverb



***Suzette***

**Contents 7**

**Introduction 3**

**PART ONE - How to Dress for Dating With Success**

**Step 1: Know Thyself 13**

**Step 2: Know Your Romantic/Love Relationship Requirements 17**

The Purpose of Knowing Your Relationship Requirements 17

Examples of Relationship Requirements 19

How to Find Out What Your Relationship Requirements Are 21

Time Marches On and So Do Your Requirements 23

Summary 24

The Hot Bonuses of Knowing Your Relationship Requirements 25

**Step 3: Know Your Relationship Values 27**

How to Find Out What Your Relationship Values Are 29

Examples of Values in a Romantic/Love Relationship 30

The Difference Between Requirements and Values 31

Summary 32

**Step 4: Know Your Romantic "Love-Vision" 34**

How to Gain the Most Out of Your Visualizations 38

7 Questions That Helps Bring Clarity to Your Romantic Love Vision 39

Your Ideal Life Exercise 39

Tips for Creating a Romantic Love/Relationship Vision 40

Your Romantic Love-Collage Exercise 40

Tips for Visualization and  
Making a Romantic Love/Relationship Collage 42

The Purpose of Making a Romantic Love/Relationship Collage 43

### **Step 5: Know Your Beliefs 45**

Do You Have to Believe in Romantic Love in Order to Experience  
True Love? 45

What is Your Faith in Romantic Love Like? 48

How Beliefs Can Hold Us Back From Dating With Success 51

We Cannot Change What We Are Not Conscious of 52

When You Change Your Beliefs, You Will Get New Reactions From Other  
People 54

Tools for Working With Your Beliefs 56

Beliefs That Cripple Your Dating With Success 57

Beliefs That Support Your Dating With Success 57

Beliefs Seen in a Larger Perspective 58

About Beliefs 59

Suggested Empowering Beliefs (Positive Self-Talk) For Dating With  
Success 60

Own Notes From Part 1 of ***Suzette's Dating Guide*** 61

## **PART TWO – How to Date with Style – With or Without Your Stilettos 63**

### **Step 6: Get a Great Start on Your Journey to Dating With Success 64**

How to Write a Captivating Profile 66

A Couple of Journalistic Guidelines That Applies for Writing a Great Profile 68

Choice of Dating Site 71

7 Tips for Writing a Captivating Profile That Sparks Interest 72

Should or Shouldn't You Post a Photo of Yourself on the Internet? 73

How to Respond to the Men Who Write to You 74

Examples of Answers 76

Keep Your Profile Alive 77

Pros and Cons of Choosing to Use an Online Profile to Dating With Success 78

How to Stay True to Yourself When Dating 79

Suggested Healthy Internet (Dating) Habits 80

A Final Note from Suzette About the Use of Online Profiles 81

### **Step 7: Avoid the Five Frequent Pitfalls ...Before You Meet 83**

Five Frequent Pitfalls (Before You Meet "Mr. Right") That Are Best to Steer Clear Of 84

Keep Your Expectations Under Control and Be in the Now 85



About Age and Dating With Success 86

Helpful Suggestions for Setting Up Your First Date With Success 87

**Step 8: How to Date With Success 90**

Choose Your Intention 92

The 3 "I's": Intention, Investment, and Interest 92

Top Tips for Dating With Success 95

How to Make an Elegant Exit 103

Imagine the Alternative of Not Being Able to Say "No" 106

Trust Your Intuition and You Will Seldom Go Wrong 106

How to Keep Dating With Success 108

What if He Doesn't Want to See You Again? 111

Colossal Chemistry Can Cause Chaos! 113

How to Determine if You Should Continue to Date or Let Go? 114

Questions to Reflect Upon on Your Journey to  
Dating With Success 116

Additional Questions to Help the Conversation Flow on Your First  
Date 116

10 Suggestions That Can Lead to Dating With Success Offline 117

Plan Your Dating With Success and Work the Plan 118

Example of a Romantic/Love Relationship Dating Plan 119

**Step 9: Be Yourself! That's What You Do Best! 121**

Our Fundamental Human Needs 122

Just Checking 123

Honesty Gets You the Farthest 124

Pay Attention to Your Autopilot 126

Guarding Your "Stimulus Balance" 127

Self-esteem Vs. Men's Opinion of You 127

Forget All About Being Flawless 128

**Step 10: Be Clear When You Communicate 130**

Align Your Expectations 130

What Do You Want Out of Dating With Success? 132

Sex or No Sex: How Quick Should You Jump In? 133

**Step 11: Keep the Fires Burning While Dating With Success 135**

What Will You Be Saying at Your 80<sup>th</sup> Birthday Party? 137

Bite Life in the Thigh! Be Willing to Take Chances and Seize Opportunities  
138

14 Ideas to Keep the Fires Burning and Enjoy Your Life  
While Being a Fabulous "Single Gal" 139

**Step 12: Fill Up Your "Love-Cup" 144**

10 Tips to Hone Your Ability to Feel Love 146

**Own Notes From Part 2 of *Suzette's Dating Guide* 148**

**About *Suzette's Dating Guide* 149**

**About the Author 150**

**Acknowledgements & Resources 151**

## **Step 5 - Know Your Beliefs**

*"Faith moves mountains and your beliefs about love and romantic relationships."*

– Suzette's Dating Guide

### **Do You Have to Believe in Romantic Love in Order to Experience True Love in a Romantic Love/Relationship?**

This is a challenging question and there is not a right or wrong answer to it.

Some would say yes, it is necessary. You need to believe in romantic love to find it.

Others would say no: "I was totally depressed and had given up all hope when I met the man of my dreams. I looked my worst and was definitely not looking to find love, so I do not think believing in love is necessary."

Regardless of how your previous romantic love/relationship experiences have been, Suzette encourages you to believe in love. To believe in love is like having a very helpful resource. It warms your heart and gives you a really nice feeling, even on the rainy days when the clouds are grey. Believing in love may not be necessary to attract the romantic love/relationship that you desire... but it helps.

Believing in love simply makes you feel better.

Therefore, Suzette encourages you to make a choice right now and to decide that from now on you choose to believe in love. And with love, in this context, Suzette primarily refers to romantic love in relationship to attracting "Mr. Right."

But how do you believe in romantic love if you cannot really bring yourself to believe?

You would really like to believe in romantic love, but somehow you just cannot conjure up that belief no matter how hard you try, and it certainly does not help if you try to force yourself to believe either.

Suzette knows it can be a bit of a challenge to believe in romantic love if your experience around it has not been too great so far. For example, if you have ever felt deeply hurt, betrayed, had your heart broken, or in some other way experienced disappointment around love and romantic relationships, this step will be hard.

Suzette understands this quite well from her own experience, but having said that, she wants to encourage you even more so to choose to believe in love again. Suzette also encourages you to view love as a really helpful resource that you can have access to any time you choose to. (We will talk more about this in step #12 on how to fill up your love-cup.)

Another very important point is that, truth be told, it could be that perhaps you might (totally unintentional, of course), have had your own share in creating the disappointments you experienced.

Suzette says only "perhaps"... and says it with a wink. Suzette is absolutely not saying that it is your "fault" or that you intentionally created whatever happened to you and your love life in the past. (Suzette doesn't believe that you would intentionally cause yourself pain.) No, Suzette definitely refrains from using the words "fault" or installing a feeling of guilt, self-judgment, or other kinds of self-sabotage on others.

On the contrary, Suzette encourages you to take full responsibility for creating your own happiness and to have your love life bloom. And the truth is that can only happen if you are honest and brave enough to acknowledge your own share in how your love life has been so far.

An important premise from the teleseminar "Calling In the One – 7 Weeks To Attract Your Soulmate"<sup>2</sup> is the following:

**"Love is not happening *to* you, love is happening *through* you."**

This perspective suggests that although it may not feel like it, you are, in fact, the only person who is in charge of your love life. And yes, this can be a hard pill to swallow (do not use this to beat yourself up), but the more you think about this perspective, the more it will begin to make sense to you.

Everything that you have ever experienced in your life has happened *through* you, not *to* you. The very good news is that this also means that you *do* have the ability and power to make new, smarter choices when it comes to having your love life bloom.

It can, indeed, be very empowering to understand and fully embrace your own part in having created where you are today. This means that you recognize that having been the creator of your love choices so far, you are now free to make new choices that serve you better towards attracting the romantic love life that you desire.

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<sup>2</sup> Calling in "The ONE" 7 Weeks To Attract Your Soulmate teleseminar by Katherine Woodward Thomas and Claire Zammit.

So, if you take nothing else out of the first part of ***Suzette's Dating Guide***, please remember this very important concept: "Love is happening *though* you – not *to* you." This concept also explains why different people have very different experiences of the exact same incident. Say, for example, you date two very different men. Their experience of *you* will differ depending on how they each internalize their own experience of you. You want to attract a "Mr. Right" who experiences you as being perfect just the way you are, right now.

And there is much more really good news.

You are now pretty wisely "dressed up" to dating with success. This is so because you are almost finished with the first part of ***Suzette's Dating Guide***. If you have done the exercises in this first part of the book, you will be capable of acting *proactively* and of contributing to your own romantic future, rather than dating in *reaction* to the same old patterns that did not bring you the dating with success that you wanted in the past.

Always make sure that the compass needle is pointing in the right direction!

When you know yourself and what you want, you will be able to steer around most of the disappointments you have had in the past. You will be able to show up in a new way. You may even surprise yourself because you are showing up in new ways that are quite different to how you have known yourself to be in the past. You could even say that you are up leveling your experience of yourself.

Instead of being reactive and reacting on the basis of your past experiences (like you have always done), you can now choose to make new, smarter choices and act on the basis of the romantic future of your desire.

Being proactive rather than reactive is what makes all the difference to your dating with success. It can be very challenging to change old habits though. Implementing new habits usually does not happen overnight and it can feel quite uncomfortable too. Changing habits are like changing running shoes. It often feels quite uncomfortable to wear new running shoes the first couple of times you go for a run, but that is only until you have worn the new shoes enough times so that they fit you perfectly.

It is also very important to keep in mind that making changes and getting breakthroughs with dating with success is definitely *not* a linear experience. There will be bumps on your journey to dating with success, even breakdowns. There will also be days when you do not believe in love. Here, it might help you to know that if you can believe even just 2% more than you doubt (e.g. your faith equals 51% and your doubt

equals 49%), you are still on the right track to dating with success. You will do just fine.

By being persistent, staying in action, and keeping focused on your romantic love/relationship vision, you will be able to attract love into your life. In this whole process of dating with success it is essential that you stay patient with yourself and remember that practice really does make perfect. We all have to start some place to change the old habits and patterns that no longer serve us, and to put our best stiletto forward towards what we want, one step of dating with success at a time.

It is like the answer to how to best eat an elephant: "One bite at a time."

A very good place to start investigating how your love life has been (or maybe did not even exist), is to look at your beliefs system. If you are not used to investigating your beliefs, it will perhaps help you to imagine that you are taking on the role of a romantic love/relationship detective.

In this new role, Suzette would like you to imagine yourself outfitted with a big silver magnifying glass, going off on the very important mission of mapping out the relationship between your beliefs system and your (missing) romantic love life.

We will be talking about your beliefs regarding love, relationships, and men further in the book.

Before that, just to be on the safe side, we had better state that this is not some kind of religious practice. Suzette does not want to push any form of religion on you. You are, of course, absolutely free to choose what you want to believe or not, and to name it however you like.

It is faith itself that can move mountains and beliefs.

In this case, we are going to choose faith in your ability to attract love in the form of a romantic relationship with "Mr. Right", and changing your belief system if it does not support you in achieving your romantic desires. First, you have to take on the role of the romantic love/relationship detective and investigate your romantic love/relationship life. Next place your hand on your heart, take a nice couple of deep breaths, let go of all tension and worry that you may have, and ask yourself the first essential question:

*"Do I believe in love in the sense of a romantic love/relationship with "Mr. Right # 2?"*

### **What is Your Faith in Romantic Love Like?**

To find out what your faith in love is like we are going to use a simple little tool. As cold and clinical as it may sound, we will measure your faith in your ability to attract love and "Mr. Right" into your life by using a scale from 0 – 10. On this scale, a "0" corresponds to not believing at all in love and a "10" represents being full of belief in love.

If you ask yourself the following question, what is your score?

*"How strong is my belief in my ability to attract romantic love, in the form of a romantic love/relationship with "Mr. Right", into my life?"*

If you scored an "8" or above, you are in good shape. We won't worry about your score right now, so keep reading. If you scored under "8", then that is a bit of a different story. There is good reason to believe that you have some kind of belief that sabotages your attempts to attract the romantic love/relationship that you desire.

It is these limiting beliefs that Suzette will help you clean up just like you would clear out the weeds in your garden so that the flowers can get to see the light and grow. Shake your pretty head and empty out all that crud. In fact, Suzette believes that shining a light on your beliefs could very well be one of the most important exercises in the first part of ***Suzette's Dating Guide***.

A popular quote that you probably have heard many times before goes like this:

*"If you always do what you've always done, you'll always get what you always got."<sup>3</sup>*

That sentence hits the nail on the head to a great extent.

Suzette, however, feels there is something very important missing. You can easily change your habits and do something new, but you also have to change your beliefs (your mental perception) as well. Otherwise you are stuck where you are: moving physically without altering your mental perceptions to support your actions is going nowhere. Any kind of change in behavior which is not backed up by the necessary mental and emotional adjustments most likely will not lead to whatever it is that you desire.

Einstein put it more precisely.

He said that we cannot solve problems by using the same kind of thinking we used when we created the problems in the first place. And here we hit the nail on the head! Being able to change your beliefs is key to your dating with success. Your beliefs are

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<sup>3</sup> Henry Ford, Founder of the Ford Motor Company

really nothing more than habitual thinking. Many times our thoughts are really nothing more but recycled crap. (Sorry about the language ladies, but it's true!)

If you can change your actions *and* your way of thinking (your beliefs), then you can change your results. Your ability to attract your romantic love/relationship vision is dependent on both your desire to have it and also your belief in your ability to achieve it.

Let's look at an example.

Let's say you have decided to start dating with success and you have acted on this decision. You have even put a profile up on some online dating forum. This is perhaps something new for you. Therefore you have done something different rather than doing nothing, or resorting to what you've previously done in the past.

But besides doing something different from what you usually do, it is also very important that you arm yourself with a positive attitude that dating will be a good experience. If you hold the belief and feeling that dating will be a bit embarrassing or feel too awkward, then yes, your experience will most likely be just that. It is almost like a self-fulfilling prophecy, and then you will probably not experience very much success with dating.

Let's take another example and see how our attitudes, thoughts, and beliefs control our experiences.

Suzette asks you to close your eyes for a minute and imagine you are outside on a beautiful sunny day water-skiing. Regardless of whether or not you have tried to water ski before, you can probably imagine what it would be like to speed over the waves at a furious pace, with your sunglasses on the tip of your nose, sunscreen lotion shining on your cheeks, your hair blowing in the wind, and a big fancy motorboat ahead of you.

Who is it that decides which *direction* you speed over the waves? Is it you, or is it the driver of the boat?

Whether you are really good at water-skiing or not, it is, in fact, not you who decides where you are going. It is the driver of the boat who sets the course. It is the same way with our thoughts and beliefs. (The driver of the boat symbolizes your thoughts and your beliefs.)

As a matter of fact it is said that our subconscious mind (which is where most of our beliefs are stored), is responsible for about 98 percent of our behavior. When we realize that our beliefs control a large part of our actions, Suzette hopes that you will find it



helpful to check your belief system. She wants you to see whether your beliefs are good for you and support you in moving forward towards your romantic goals, or if your beliefs need to be adjusted.

The essential understanding about beliefs is that they might not be true even though they quite often *feel* true. Beliefs are simply assumptions that you have created throughout your life based on the experiences that you have had. However, true or not (supportive or not), our actions are based on our beliefs. That is why it is important to be conscious of your beliefs.

The case is that we quite often are *not* at all aware of our beliefs – *we do not know what we do not know*. Mostly beliefs are part of our subconscious programming and the result of decisions and conclusions that we have taken on as very young children at a time when these decisions were good for us. We had to make these decisions in order to get by at an earlier point in our lives.

The challenge, simply, is that what worked for us as a child is not necessarily working for us as an adult. If you, for example, as a 7 year-old decided: "I have to do everything all by myself" because there wasn't much support from your parents, then as a fabulous, single, grown up woman, attempting to date with success, this decision is not going to help you very much.

Ponder this: What man is going to feel totally successful being with you if you have the attitude "I can do everything much better all by myself?"

Not too many, because with this belief it will probably be very unfamiliar for you to have someone provide something for you, therefore you may not be able to *receive* whatever it is that is being offered to you.

In a sense you have made "Mr. Right" unemployed and disengaged from wanting to be in a romantic/love relationship with you. If you prefer to "do it all by yourself" and do it much better, how can "Mr. Right" then possibly see himself as part of your life?

This is, of course, just an example for you to get the idea about how our beliefs run our love life, or lack of it. Your beliefs could certainly be different from the above example, as beliefs generally differ from person to person depending on each person's individual experiences in life.

But at the very core we all seem to share many of the same beliefs.

## **How Beliefs Can Hold Us Back From Dating With Success**

In this step of ***Suzette's Dating Guide***, we will have a look at the beliefs that prevent us from dating with success and attracting "Mr. Right." These are the beliefs that trip you up and sabotage your intentions to dating with success, even though you have put on perfect makeup, a friendly face, and are wearing your newest, fanciest, black party dress.

Even if you feel this principle does not apply to you, it is always helpful to take a good look at your belief system. The reason for this is that *quite often our present belief system does not match our current age and life conditions.*

The results we want to achieve today on our journey to dating with success are not the same results we wanted to achieve as a 7 year-old or as a teenager. Our challenges at those ages are not the same as the ones faced as a fabulous, grown up, single woman looking to date with success. So, in most cases we simply cannot continue to use the same beliefs that supported us when we were younger.

Would you want to have a 7-year old girl in charge of your love life?

Changing our beliefs requires our full attention. Our belief system runs on autopilot. If we are not attentive, our beliefs automatically drive us where they are used to going. This is just fine if we have beliefs that support us, but not so great if we have beliefs that sabotage our romantic desires and keep us from dating with success.

Many times our beliefs also serve to keep our status the same (maintain the status quo), because any change may feel terrifying and way out of our comfort zone. To change our beliefs we therefore need to devote a good portion of our attention to them. A good tool is to decide to be *curious* about ourselves and find out, more precisely, what it is that seems to control us.

Being curious means that you do not judge yourself, even when you find a belief that you do not like too much. Rather than being judgmental, say something to yourself like, "How interesting", or "Hmm... I wonder why that is?"

### **We Cannot Change What We Are Not Conscious Of**

The really tricky part about beliefs is that if they are hidden in the dark, in the furthest corner of our mind, then we do not stand much of a chance of changing them until we bring them forward into the light of day.

On the other hand, if we do bring the beliefs forward, then we are able to see them clearly and more objectively, and once you can see them clearly, then you have a real possibility to change them in a more positive direction.

Here is another example of how important it is to have beliefs that support you.

Imagine that you have done your homework. You have read tons of books about personal development and dating. Maybe you have even been on a "how to flirt" course or gotten a new hairdo. You wear smart clothes, your makeup is perfect, and with your Gucci bag by your side you feel ready to flirt and reply with fast, sassy one-liners.

On a good day, you are in fact, really gorgeous, even if you do not say so yourself!

Even still, if you were to put your way of thinking under a microscope stuck deep inside of you (where the "no trespassing" sign resides), there is a real self-sabotaging belief that pushes against your chest if you pay close attention.

If that belief had a voice, it might say something like:

- "I am not smart enough"
- "I am not beautiful enough"
- "I am too old"
- "I am not ..... (you fill in the words)."

Or just the most popular belief of all: "I am just not good enough."

*Intellectually* you feel clever and confident and with your new hair style dating with success should be a done deal. But *emotionally*, it is quite another thing. Deep down in your feelings there might still be a little insisting girl (or teenager) who absolutely does not buy into the belief that you are more than "good enough" exactly the way you are.

Even though you may have done a lot of conscious work to develop yourself this is still so.

Now there is absolutely nothing wrong with looking cool. It is most definitely helpful to put your smartest stiletto heel forward and find your own personal style that suits you best. But if your inner belief system does not support you, then that cool look is just not enough. You need a little more than that to succeed.

It really is all about cultivating a high level of positive self-esteem and self-confidence. And even though it may feel great to dress-up, it is always good to know that your self-esteem doesn't reside in your party dress. You want to be the type of woman who exudes self-esteem whether you are wearing your sweatpants or your finest party dress.

## **When You Change Your Beliefs, You Will Get New Reactions From Other People**

This is why Suzette encourages you to get down to doing some inner work and adjusting those beliefs that do not support you towards creating the romantic love/relationship that you desire. Suzette encourages you to adjust your beliefs to support and empower you in getting your romantic love-vision fulfilled.

In other words, you have to make sure that the needle does not get stuck in the same groove of a never-ending record. Otherwise, your stereo will keep playing the same tune again and again. If you are sick of hearing the same song over and over (the song about heartaches or disappointments), you have to change the record.

In return, Suzette promises that when you have adjusted your beliefs to empower your romantic love/relationship vision, then you will be able to enjoy dating with success. You will start feeling like the world around you has changed. In reality, all that has changed is your perspective and perception. Your dating experiences will change remarkably once you change your beliefs.

When you change your beliefs, you will generally experience different reactions from your interactions with other people than you used to. Maybe you will experience some new and exciting people coming into your life. Perhaps some new friends or peers that you may want to spend more time with show up, as these people support your vision for a romantic love/relationship. Besides, spending your time with the right peers is tremendously important for your general well-being as well.

As a matter of fact, there are recent studies that show that when you share your vision with likeminded people who hold you accountable to your goals, then your chances of success increase by 60%. (This subject makes for a whole book in itself so we will leave it at this for now.) But the whole progress started by being willing to put your belief system under a microscope and uncover the beliefs that were holding you back.

By changing your beliefs, you will simply be sending very different signals to your surroundings – also and especially to those men you want to date with success. And in response to the new and more positive signals that you are sending to the men you meet, you will also be getting new and more positive responses back.

However, it is possible that in the beginning you will attract the same type you have always attracted in the past. If, for example, you used to attract men who one way or another matched your old patterns, then you might at first continue attracting this type

of man. But if you attract these men with your new and healthier beliefs, for example believing that you deserve the very best, then you will also know who to choose to continue to dating with success and who to stop seeing.

The men that are not a good fit for you, you will start to pass over simply because you will be able to look through your own patterns and make new choices that better support your desire for a romantic love/relationship.

With a healthy belief system, you will attract a man who is the right match for you. "Like attracts like" as they say. It is a question of having healthy beliefs so that you can attract what you want in your life and to give the whole process of attracting romantic love/relationships the amount of time that is needed.

"Give it time!"

This used to be the wording on a popular banner to promote traffic safety on Scandinavian highways. When it comes to attracting "Mr. Right" this saying is equally true. Sure, you have to do your part (define your relationship requirements, your values, and your romantic love/relationship vision), but you also have to give the whole process of dating with success some time and trust that it is already happening. (Somewhere "someone" is corresponding to your intention.)

Many times giving "time" works wonders, so do not panic if you do not experience immediate results. Keep focusing your positive thoughts and energy in the direction towards your romantic love/relationship vision. "Mr. Right" may simply not be ready for you. You never know. It could truly just be a matter of "time" before he shows up.

One woman Suzette knows who followed ***Suzette's Dating Guide*** did meet and attract "Mr. Right." However, it took a little time and some not so successful dates with men that did not match this woman's romantic love/relationship vision before she found him. It turned out her "Mr. Right" would not have been available any sooner because he was attending and caring for his wife who was terminally ill.

So you see, healthy beliefs are crucial, and the good news is that when it comes to beliefs you are in control. Then, of course, there is the question of "timing" and, unfortunately, here you are not in control.

All you can do is mind your romantic love/relationship vision, have faith, take small action steps, and stay patient. Then allow "timing" (you may want to exchange the word "timing" with "the divine" or any other term that appeals to you) to work for you.

Now let's have a close look at how you can adjust your beliefs.

## Tools For Working With Your Beliefs

### Suzette Suggests the Following 5 Steps for Adjusting Your Beliefs:

1. Identify what your beliefs are by looking at your patterns;
2. Write down the belief you would like to change;
3. Let that belief go and realize that it is not true;
4. Exchange the old belief with a new belief that supports your love-vision;
5. Act in new ways that are based on your new beliefs.

Since ***Suzette's Dating Guide*** is about attracting "Mr. Right", we will now look at your beliefs about men and romantic love/relationships.

### For example:

1. You have noticed that your pattern is that you feel betrayed by men.
2. You have formed a belief that says, "Men cannot be trusted."
3. Even though you have this belief, you can choose to challenge it. Yes, it is true that there are men out there who can't be trusted, but, and this is a big "but", there are also plenty of men whom you can trust (just not the ones you have met so far).
4. A better belief could be to choose one like: "I am good at choosing men whom I can trust."
5. Acting in a new way to support your new belief would mean that you would pay very close attention to the red flags in the early stages of dating. (And yes, those red flags are always there if we are honest and take off those rose colored glasses.) Those red flags could be anything that you, deep in your heart, do not feel is right. Only you can decide what those red flags are. The red flags are personal to you.

Does this mean that you will never meet another man you cannot trust?

No, unfortunately, Suzette cannot promise you that. But your new belief means that should you meet a man whom you cannot trust, then you are able to recognize this and will be able to make a conscious choice and *let go of him*.

Do not fall in love with this man's potential!

It is very rare that those initial "red flags" change, and they should *always* be taken seriously. This is where your requirements (step # 2) come in. The red flags are very closely connected to your requirements. Go back to step #2 and check if you need to revisit what your romantic love/relationship requirements are.

Whether you can trust your date or not becomes clear a lot quicker if you are aware of the red flags that you have defined. At the early stages of dating, it may be difficult to know immediately if your requirements will be met, but the red flags are always there. (If you use the Internet to get dates, you can even spot many red flags in the initial correspondence with potential dates.) Please be true to yourself and take the red flags seriously. If you do so you will be able to date with success.

And the more you focus on your new beliefs, the more evidence you will find to support these empowering beliefs. You have started the good dating with a success circle: "I only choose men I can trust" will work for you. You will also start to act according to your beliefs and be able to sort out all the men you do not feel you can trust. Eventually you will attract mostly men whom you can trust. Here, we are simply talking about a logical self-reinforcing effect. It is simple, not rocket science.

Although it can be a huge challenge to let go of old beliefs, which quite often feel as familiar as the old comfortable running shoes we were talking about earlier, it is *never* too late to change your beliefs. And it is entirely up to you to do so. You can decide to change your beliefs to support your vision for a romantic love/relationship any time you choose to.

Cultivating a healthy belief system will keep your focus on your desires.

Suzette's intention is to help you choose a mental love-cup that fits your dress when you begin dating for success. Therefore, we should round off this section by seeing some typical examples of beliefs that hold you back from dating with success.

### **Beliefs That Cripple Your Dating With Success**

1. All the "good" men are taken;
2. It is impossible to meet "Mr. Right" at my age;
3. There are no "good" men who are interested in me.

### **Beliefs That Supports Your Dating With Success**

1. Many "good men" are taken, but the best man is out there looking for me;
2. I am willing to go a new way to attract "Mr. Right";

### 3. My heart is open. Many "good" men are interested in me.

Maybe you are thinking that Suzette has been a bit negative with all her talk about beliefs that hold you back. Fortunately there are women who have healthy beliefs and a good portion of self-esteem, and if you are one of them, great!

It is, however, Suzette's experience that even the most (seemingly) confident women can greatly benefit from looking at their beliefs. After all, we do not know what we do not know, and this is why she did not want to leave out step (5), despite this topic being a bit close to therapy, which is not Suzette's domain.

When we look at the beliefs that we as women have in general, in Suzette's experience these beliefs are somehow a bit different from the beliefs men have. You could be tempted to say that women "can't really help it."

For example, you will find that many men will apply for a job even if they do not "technically qualify", whereas most women would have to feel fully qualified to apply for a similar job. Sometimes, this theme is seen in the dating scene as well. Some men will go after women whom they really do not match, not physically or otherwise.

A very common belief with women is the ever so popular belief about not being "good enough." Of course, men can also share that belief too, but Suzette believes that this particular belief seems to appear more clearly in women, and that most women are more likely to, at least, be aware of it.

### **Beliefs Seen in a Larger Perspective**

A very important point to remember when talking about beliefs is that we women have inherited many of our beliefs from our mothers. Our mothers have in turn inherited their beliefs from their mothers. Just try to look at which beliefs you grew up with and which beliefs are the ones that your mom grew up with also.

If you do this you might start to feel a lot of compassion not only for your mother, but also for the generations before her. In the end, you will also be able to understand yourself better from this larger perspective.

The fact that we have inherited many of our beliefs can make them even harder to get rid of. It can be especially hard if your environment (your immediate friends, family and peers) continues to support the beliefs you are trying to let go of.

If you feel that you would benefit from further work around your beliefs, Suzette highly recommends that you consider finding a therapist or other professional who can help you sort out your beliefs.



One of the best tools that Suzette has found, so far, is called "The Journey", a method invented by Brandon Bays. This work will help you to uncover hidden beliefs and to transform them into empowering ones that will support your vision for a romantic/love relationship.

Don't worry. If you decide to spend a couple of hours with a therapist or some other practitioner who can help you work with your beliefs, it does not mean that you will be buried in your childhood forever!

You only have to visit your childhood for a short time. Sometimes, we need to visit the past in order to fully understand the present. After that you will hopefully understand a bit better why you do what you do, and why you may be repeating patterns (from your childhood) that do not serve your desire for attracting "Mr. Right" and have the romantic love/relationship that you deserve.

When you understand yourself better, it is easier to change your habits.

Uncovering and changing your hidden beliefs around romantic love/relationships will help you remove many of the road blocks that may stand in your way of dating with success and attracting "Mr. Right."

### **About Beliefs**

It is important to understand the following about beliefs:

- Beliefs are nothing but habitual thoughts that we have grown used to;
- Beliefs are not necessarily true; they are only assumptions that we made in the past;
- Beliefs are most often unconscious – we do not know what we do not know;
- Beliefs are most often automatic – they run all by themselves;
- Beliefs determine a very large part our behavior and emotions;
- Beliefs can either support us or hold us back;
- Beliefs can be changed if we make a conscious choice to do so and start to act in ways that are consistent with our new choice.

Finally, Suzette would like to round off step 5 by giving you a couple of suggested general beliefs that you may find helpful on your journey to dating with success and attracting the romantic love/relationship that you desire. As always, please feel free to choose what works for you and disregard the rest.

### **Suggested Empowering Beliefs (Positive Self-Talk) for Dating With Success**

- I am a "better with time" woman;
- I am a romantic love/relationship magnet;
- I am the creator of my love-life;
- I am a winner in love;
- I am juicy and I am choosy;
- I am the chooser – I choose men who love me exactly as I am;
- I cannot force love to happen, but I can use my feminine love power to attract it;
- What I have got is hot;
- Love is unlimited I can access love any time I choose to;
- Love doesn't hurt. If it hurts, it's not true love;
- Any moment could be the moment (love is everywhere);
- All it takes is one man. (I don't need many men, I need only *one* "Mr. Right!")
- The best is yet to come!

You may want to write down your own beliefs (positive self-talk) below:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....

•

### **Own Notes from Part 1 of *Suzette's Dating Guide***

Suggested questions to ask yourself after reading part one:

1. What have I learned so far?
2. What is important for me to be able to date with success?
3. What do I need to do differently than I usually do?
4. When will I start dating with success?
5. What might stop me and what will I do then?
6. Who will I ask to support me on my journey to dating with success?

### **Your notes:**

## **Step 7 - Avoid the Five Frequent Pitfalls... Before You Meet!**

*"The wish to feel loved can blur your sight like nothing else."*

– Suzette's Dating Guide

Now you are wisely "dressed up" to go dating with success. In step 6, we talked about how to write an appetizing profile that sparks the interest of a man who matches your desires, and we also talked about how you can respond to the contacts you get.

But before you go out on your first date with success, Suzette wants to add an additional piece to your sexy wardrobe and address some dangerous pitfalls that are very easy to fall into. This is especially so if you are new to using the Internet to dating with success.

We stretch ourselves in our attempt to find love, quite often more than what is good for us. The good news is that it is precisely this persistent wish for a romantic love/relationship that makes us human.

Suzette read *Why We Love – The Nature and Chemistry of Romantic Love* by Helen Fisher some years ago. It's a great book with some very fascinating insights about our romantic human nature. According to the book, for over 15 years Helen Fisher studied the nature of love by scanning the brains of over 100 people who were in love.

The results of her research were very clear. It appeared that factors like gender, nationality, and age did not have any significant influence on what happens to us when we are in love. All the participants in her study reacted more or less in the same manner when experiencing this phenomenon.

Signs of being in love were:

- Intense energy
- Mood swings
- Emotional dependence
- A burning desire to be with the beloved
- High degree of empathy with the beloved
- Loss of appetite

- Insomnia
- Sexual possessiveness
- Craving for emotional union with the beloved
- Obsessive thinking about the beloved
- Intense motivation to win the beloved

I am sure that have you ever been in love (maybe think back to the first time back in high school), you can probably recognize some or most of these symptoms.

The desire to love or to feel loved can indeed be viewed as a fundamental human need on a par with for example the need for food and sleep. If we look at our desire for a romantic love/relationship from this perspective, then it also explains why we sometimes are willing to go so very far in order to find the romantic love/relationship that we want.

It is good news that we humans are put together this way. It means that there is hope for us!

The flipside of this, however, is that in our enthusiasm to find the romantic love/relationship that we want, there is a big chance for us to trip up or get stuck in a dead end relationship, one that goes nowhere. But if you are like most of us, you'll hopefully get back up, brush the dust off your party dress, stand up straight, and put a wise and happy smile on your face. You'll continue with renewed courage and hopefully much wisdom gained along your journey towards dating with success.

Suzette herself has tripped once or twice (okay, maybe many more times than she likes to mention), but luckily has learned a great deal from these falls. She has also talked to many other women (and men) about their various dating experiences. Based on these experiences, Suzette will give you a list of five frequent pitfalls to avoid.

### **Five Frequent Pitfalls (Before You Meet "Mr. Right") That You Are Best to Steer Clear Of**

1. You use a "shotgun-approach" (shooting wide, hoping to "hit" someone) and are imprecise in your profile. By doing this you attract a lot of unwanted replies that you could have avoided if you had been clearer about who you are and what you are looking for in a romantic love/relationship.
2. You spend weeks writing back and forth with a "hot" guy. You become a bit cyber-infatuated before you have even met the man. When you finally meet,

you wish you could just disappear into thin air, as the man in front of you has *nothing* at all to do with the *image* you had of the man you were going to meet.

3. You have decided to meet a man who sounds really great. You have arranged to go out to a romantic dinner because that would be really wonderful, right? But much to your horror you discover, before you've even sat down to eat, that you are 100% certain that a relationship between the two of you will never work. But having agreed to the date, you may feel that you have to keep up appearances, and order a 3 course, expensive dinner, which is perhaps even outside your budget. The food gets stuck in your throat and there is absolutely no chemistry between you. You wish that you had suggested meeting over a simple cup of coffee, saved your pennies, gone home, put your feet up, and watched a romantic movie like, "Eat, Pray Love" with Julia Roberts and Javier Bardem.
4. The man you are writing with acts as though you are already going out (as if you have already established a real romantic love/relationship) even though you have *not* met in reality. For example, you get lots of sweet texts on your cell, something like, "Have a nice day, honey", "How was your day?" or "Sleep well, my dear."

Behaving like you are going out before you have actually met in the "real world" can create a false sense of security, as if you were already in a real romantic love/relationship, but you are not. This can cause a lot of unnecessary disappointment because, much to your dismay, you discover on the very first date that you do not fit together at all.

5. You keep writing to a man who has never suggested meeting you. Maybe this guy just needs a pen pal to unload his every day worries on. There is no action, no initiative, or any other indication that he will ever make a move to ask you out so that you two can meet each other in "real" life. Whatever the cause for this lack of initiative, it is best to understand that unless a pen pal is what you want, you are better served placing your energy elsewhere so that you can find your true match, "Mr. Right."

### **Keep Your Expectations Under Control and Be in the Now**

As we have discussed, it can *feel* as though you have some real chemistry, even though you have only corresponded. Maybe you have even felt a butterfly or two in your stomach when you read his messages. And if you are a bit superstitious, you might even see signs in the sun, moon, and stars that now, finally, the time has come that you are going to meet the "perfect" match for you, "Mr. Right."

But in reality you do *not* know anything for sure until you have met face to face.

You have to keep your expectations somehow under control. Of course, it is great to be optimistic and to look forward to meeting your date.

A certain amount of romantic optimism is healthy for dating with success.

But if you have raised your expectations too high like, for example, you feel certain that this is *the* guy you have been waiting for, and the time has finally come where all of your dreams will be fulfilled (how many times have you felt that way and been wrong by the way?), then you risk putting up a filter that will keep you from truly seeing the man you meet exactly as he is. And this is a real pity, because once you get to know him and take off your filter of unrealistic expectations, it could be that he really *is* the perfect match for you.

### **About Age and Dating With Success**

It has come to Suzette's attention that relatively many adult men (and women) write a younger age on their profile than what it says on their birth certificate. Whether this is okay or not, Suzette is not the one to judge. Everyone could have a personal reason for doing so.

However, if you ask Suzette what she would personally do, the answer is that she would always stand by her own age – a sort of "Take me as I am or leave me" attitude. Our culture has, if you ask Suzette, gotten something completely wrong about age, beauty, and wisdom.

Suzette's own motto is "Be a better with time woman!"

Fortunately there are plenty of examples of women who become more beautiful and certainly wiser over time. Just look at Meryl Streep for example. (Okay, that might be a bit of a reach, but why not aim high, ladies?) The point is that there is no reason to see age as a limitation to dating with success because it does not have to be.

We have to be content with our age and appearance exactly like it is at this very moment. As we get older we have a perfect opportunity to let our inner beauty shine

through. Besides, in 15 years from now we will look back and deeply regret why we did not appreciate the advantages of the age we are currently at.

The age you are at now will never be here again, and it is entirely up to you to make it your best age ever. You may, for example, look at pictures of yourself as a younger woman and finally appreciate your firm skin, but did you appreciate that fact when you were in your early twenties? If you are like most women you probably did not. Most likely you were more concerned about what you did not like about your own looks. Every age has its own advantages. All we can do is to place our focus on the positive and appreciate our age and looks exactly as they are right now.

Age can be quite sexy and it is entirely up to you to make it so!

But if age is quite sexy, why then do so many men and women lie about it when they date online? The explanation is, most likely, because many of us are afraid of being overlooked because of our age. And the fact is that most of us truly *feel* much younger than the number on our birth certificates. Who doesn't?

Suzette read a profile a couple of years ago written by a man who wrote that he was 5 years younger than what he had put on the search engine function. Suzette found this to be okay and quite honest talk. This man did not want to be passed over by a search engine criterion like age, but he did want to be honest about his own date of birth.

## **Helpful Suggestions for Setting Up Your First Date With Success**

### 1. Make Sure You Choose a Neutral Place to Meet.

At the risk of sounding prudish, Suzette urges you to meet in town for the first face-to-face encounter. Even though you perhaps know others who have had a good experience meeting one of their dates at their private home, Suzette would absolutely discourage you from doing this.

Suzette remembers clearly many years ago, the first and only time she had a first meeting at home date. It was a spectacular flop. Suzette wanted to drink herbal tea, serve homemade cookies, and get to know each other, one step at a time. The man later told Suzette that he only wanted to see if he could "score" with Suzette. (Suzette does not need to go into great details, but you get the picture, right?)



If it turns out that you misjudged the person (like Suzette did because her date had said he was only looking for someone with "serious intentions"), you will be very happy about having chosen an informal place to meet for your first date. The reverse is also true.

It may not be very comfortable being invited to a man's home. If your date has made great efforts to make the date a success, e.g. has lined up a nice dinner table with fresh flowers, silverware, plus taken out his vintage wine and served it in crystal glasses, it is all too easy for you to feel obliged to stay, even though you would rather call it a day.

Even worse is if your date lives in a place that is difficult to commute to and takes time to reach. This might be the case if, for example, you have to take public transport and he lives far away from any connections. (Suzette once tried this and was on a date in a rather unusual place. Unfortunately, she found herself stuck in a water tower in Sweden, waiting for the next ferry to take her home!)

Think about your own safety above all else. If you arrange to meet at a neutral place, you can avoid any unpleasant aftermaths, for example, if your date wants to meet you again against your wishes. You may think this could never happen to you, but yes it can happen to anybody and it is usually not very pleasant.

## 2. Rather Safe than Sorry!

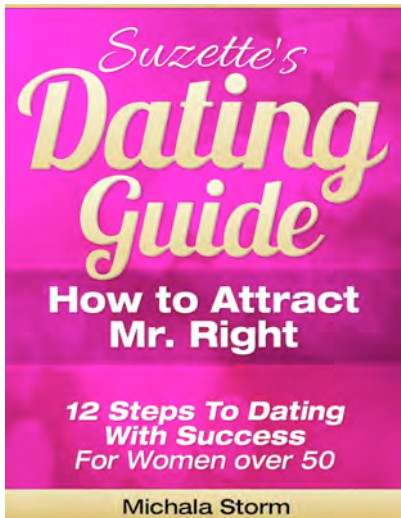
If you wish to stay anonymous until your first date, please do so. Do not feel pressured into giving out personal information until you have actually met to protect your own safety.

In Suzette's view, it is totally okay to use a middle name or alias until you meet. This is not dishonest and not necessarily because you enjoy working undercover. It is just plain common sense. It is also completely acceptable to set up a neutral email address you can use for your dating project. By all means feel free to do so. And you may also want to make sure that your cell phone does not show your name or actual number if you use this to converse with your potential date.

If you still think Suzette's guidelines are a bit prudish, just remember that with "Mr. Right" your safety strategy will not be a problem. On the contrary, he will respect you for taking such good care of yourself.

Suzette guarantees that you will be thankful for these tips if a little glitch or other unpleasant situation should arise, which Suzette does not want to go into more details about. You, hopefully, can catch her drift.

Better to be safe than sorry, period!



*Fifty+ and free to meet the love of your life, but feeling like Bambi on ice?*

*Suzette's Dating Guide isn't "just another dating guide" on how to manipulate a man into wanting you! Rather Suzette's Dating Guide helps you get empowered by showing up authentically. In doing so you will be able to choose a Mr. Right who is the right match for you. A Mr. Right who loves you exactly as you are right now.*

*It is never too late to find love again!*

# Suzette's Dating Guide

How to Attract Mr. Right - 12 Steps To Dating With Success For Women over 50

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