

**The Ultimate A-Z Guide
to Attracting and Keeping Your**

Soul Mate!

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DATING, LOVE AND SEX TIPS

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Introduction

Finding the right person for many is a long, gruelling, emotionally draining and time consuming process. It's amazing how many singles do absolutely NOTHING about

finding someone special even though they THINK about it and it is important to them. Why do so many people choose not to even make an attempt at dating? What I've discovered is that for so many singles out there, it's not a question of WHY, more than it is a question of knowing exactly what to do to find the right person?

I've asked thousands of singles if finding and meeting the right person in their lives is so important, why haven't they done anything? Although the answers to this question vary, many have responded with the fact that they just don't know how, or they lack the desire to try. "HOW do I meet someone?" or "WHERE do I find someone?" are common questions I have been asked. So for many, it is not a lack of desire; it's a lack of know-how. There are countless men and women who are in their 30's, 40's and 50's that admit to NEVER having been in a relationship, and have just come to the realization that several years have passed and all of a sudden they discover that they are all alone. Where did the

time fly? Busy pursuing a career, chasing their financial dreams, developing their education and adding to one's long list of professional credentials while neglecting a little something called a personal life, or a personal relationship. All of a sudden it's panic mode. But do not fear! It is never too late to start your search.

In my experience, men and women meet and fall in love well into their 80's and 90's. The search is ongoing as long as one is single and wanting to have that special someone. Having said that, time is a precious commodity. And for many of the singles I've talked to, who have been single far longer than they have ever imagined; they often regret NOT having done something about their love life sooner. If you are now considering to finally making the effort to find and attract the right partner in your life, you need to be prepared to roll up your sleeves and enjoy the often interesting and bumpy ride.

A is for Adventurous

Isn't "love" an adventure all on its own? Helen Keller wrote:

"Life is either an adventure or nothing".

Being adventurous is a highly desirable quality and your search to find, meet and attract the right person should be treated as an adventure. To be adventurous



when it comes to dating means that you are willing to take risks and try out new methods, ideas and experiences. Many adventures are considered “risky”. But without risk, there’s no reward. And many

successful daters, those who actually found, met and fell in love with their significant others took some form of risk, some form of action to have the success they experienced. How can one be adventurous? The first step is to actually try something and do something!

What are your options? Well, hoping for someone to naturally come into your life just because you’re one of those people who believe “it will just happen” is NOT being adventurous at all. Giving online dating an opportunity, well that’s an adventure, to say the least! Attending singles’ events, singles groups or any activity-based group is being adventurous. Stepping outside of their comfort zones is a big risk for many singles. Nothing worth-having comes with ease.

Have you ever considered using a matchmaker, a professional in the world of dating who can help introduce you to someone who already shares your common

interests, values and goals? If you truly desire to get the results you are looking for when it comes to finding your ideal mate, you need to approach the dating process as an adventure and be prepared for the exciting and often, even frustrating time of searching. You may have an exciting and remarkable experience and some of you may feel as if you've given up hope. Not every choice you make in your method to find someone will work for you. The point is to continue the adventure with an adventurous attitude knowing each experience will bring you closer and closer to finally fulfilling your relationship goals.

***B** is for Balance*

It is extremely important to remember that while you are on your adventure and pursuit of Happiness, when it comes to finding the right partner, you should maintain a balance in all areas of your life. Do not allow your search to be your

primary and sole focus. A great way

to maintain balance in your life is to create your Life Wheel

(http://www.mindtools.com/pages/article/newHTE_93.htm). It's essentially



a life balancing tool that helps to visually represent your life and how you should spend time on all the key areas that are important to you. There are countless articles on work/life balance that stress the importance of maintaining “balance” in your life.

If you have chosen to focus on finding the right partner and have decided it is a priority for you to concentrate on this part of your life, the key thing to remember is not to get overly consumed and spend too much time to this process. Do not neglect the other parts of your life that need your equal attention, such as your health, your family/kids, your career and your recreational time. By this I mean that if you are online dating, as an example, and have chosen to allot a certain amount of time to your online search, be mindful that you are not up at the wee hours in the morning losing sleep, and having it affect your health and your career because you can't concentrate. Do not allow your search for finding your mate to affect your social life in such a way that you no longer have time for friends or to go to the gym, if that's part of your routine.

Having balance in your life means there's a sense of harmony. And no one wants to date someone who seems frustrated, complicated, confused and scattered. In fact, you need to assess your life and try to find that balance even before you

begin your search. Identify your priorities and make the necessary changes in your life and schedule to allow you to have it all while you search for that ideal partner.



C is for Confidence

I would have to say that “self-confidence” is definitely one of the Top 5 most desirable traits for both men and women. Having confidence means that you have a strong belief in your SELF. You are the type of person that someone can rely on. You are certain about your thoughts, feelings and actions. Men find confident women extremely attractive because this means that the woman doesn’t always “need” him, but she “wants” him and there’s a huge difference between needing someone, and wanting someone. Having confidence in yourself is just as important as having confidence in your pursuit to finding and attracting the right one. You get what you expect in almost every situation and if you are unsure of yourself, and really doubting your ability to find your perfect partner, you will definitely have a challenging and frustrating road ahead.

Confidence involves trusting yourself and knowing who you are and what you're all about. It means that you need to also be comfortable with yourself and if you are still "working" on certain areas in your life, at the very least, have the attitude of a positive person and do everything possible to build your confidence and develop a positive mind set. Being a confident person when you are looking to find a partner is a necessity; particularly in the competitive meat market of online dating as most singles have tried it or are thinking about it.

Confidence is about feeling self-assured and being certain about something. This is so important in helping you become a more marketable and attractive person. You also have to trust the avenues that you are trying to help you find and attract the right person into your life. Not all avenues are appropriate for each person. This is why there are professional matchmakers out there, hundreds of online dating sites, and countless social groups and clubs you could attend. You need to do your research and more importantly, TRY whatever you can and build that self-assurance and certainty. After all, practice makes perfect and experience goes a long way in developing your confidence during this process.

D is for Dating

Well, isn't it funny that I actually have to let you all know that DATING is actually a necessary step to finding someone! So many singles I've encountered expect that meeting someone will just fall into their lap. You mean I actually have to date? I actually have to make an effort? Get off my couch, get dressed, smell good, co-ordinate my clothing and go OUT on a date? Of course you do! Oh the dread of dating! Or for some of you, you're saying not ANOTHER blind date, not another one of those nights being disappointed when you finally think you're about to meet Prince Charming or the woman of your dreams, only to give a huge sigh of disappointment when at first glance, they are either NOT what you expected or that person just does absolutely nothing for you. You cannot expect to meet Prince Charming without kissing a few frogs. And for the fellas, you'll have to place that glass slipper on several feet before finding your Cinderella.

E is for Education

You've chosen to embark on your search to find, meet and attract the right one. If you are not prepared for this mission, well you will have a rough time with it. Congratulate yourself on downloading this e-book because that's a step towards educating yourself on how to achieve your goal. If you are starting your search,

you should know what your relationship goals are. Are you looking for a long-term relationship or just interested in casual dating? Have you created your list of desirable qualities that are important for you to have in your ideal partner? Do you know what to do or say when you are on your first date? Are you someone that needs help when it comes to dating and communicating with the opposite sex?

There are many resources available to you that will help you prepare for the adventure in meeting the right person. There are thousands of books on relationships. You can search for all the “How to Guides” and also do some research on how men and women think and understanding the opposite sex. If you want to have success in any area of your life, you will want to be very well prepared so that you have a better opportunity and a more pleasant experience.

F is for Fit

Being fit and having a “healthy lifestyle” is extremely important if you are looking to attract someone and give yourself better odds in the competitive world of dating. As we discussed



earlier, the importance of balance in your life, having a healthy mind, body and spirit will give you an edge in searching for the right partner. It does not mean that because you are overweight or may be carrying a few extra pounds that you don't deserve to find someone or that you will not achieve success. It is important that you recognize any health issues and set physical goals as well in the area of health and fitness so that you can improve your odds, and of course improve your overall health. The impact of improving your health will only be a positive one and you will most certainly feel better about yourself. The natural and inevitable result is that you will have develop more self-confidence and therefore become more attractive to the opposite sex.

Consider getting your annual physical if you haven't done so in a while. You may have health issues that you are not even aware of. If you are expecting to have a sexual relationship you should make sure that you do not have any STD's or any other health issues that you could potentially pass along to a new partner. Some people have skin rashes or acne or other visible physical conditions that I would suggest one might want to take care of for obvious reasons. I'm not suggesting that someone is "perfect", but in my experience with singles and some of the feedback that's been given to me, most of your potential dates would appreciate

knowing that if you do have health issues that you are concerned with it and addressing it.



G is for Giving

If you are looking to find and attract the right person into your life, you will be doing a lot of giving in the early stages of the relationship. Giving of yourself in terms of time and attention to your partner will go a long way to show to this person that you care and that you are invested in making the relationship work. Being giving doesn't necessarily mean that you give up everything to cater to your partner's every need, but if you do go out of your way every once in a while, especially in times that matter, you will certainly be in your partner's good books. If there's one thing that has ruined or ended many relationships, it is due to one person or both people being selfish and having selfish thoughts and actions. When you are giving, it may mean that you also are generous. Most genuinely giving people are empathetic, caring, loving and a natural care taker type. Women are viewed as nurturing when they are giving and men as "Knights in shining armour" are men who are sensitive and compassionate. It is not always easy to put self and ego aside, and when

someone shows a giving side to them, it typically means he/she put self aside to offer something to someone else.

If you have a hard or difficult time being giving or it is not in your nature, you may find yourself being all alone, unless of course you happen to find someone that just loves a selfish person! Hey, I truly believe that there's someone out there for everyone.

H is for Honest



Being honest is one of the TOP 3 qualities that all singles are looking for in any type of relationship. It may even rank in my opinion as the #1 quality when it comes to finding the

right partner. Out of all thousands of singles I've surveyed, met or interviewed they all are hoping to find someone who is HONEST. What does that mean when it comes to finding the right partner? I'd begin with the suggestion that you have to be honest with yourself first. What does that mean? Well for starters, let's take inventory of who you are and what it is that you have to offer in a relationship. To find an honest person, you need to be honest with yourself first. Are you describing yourself as "fit and active" or "youthful" when in reality you haven't

been to a gym in years and you start breathing heavy walking up a short flight of stairs, and your idea of youthful is that you can two-step to a country line dance song?

I would strongly suggest that you do not exaggerate anything about yourself particularly, when it comes to physical appearances. Too many singles have told me after dating someone that they all of a sudden “changed” after spending more time with them. Or that they pretended to be someone they are not. “He/She wasn’t honest with me.” I am not sure why someone wants to waste time pretending to be someone he/she is not especially if the goal is to be in a long-term relationship. Physical attraction and chemistry has a way of controlling our “honesty” gene. We end up playing the “me too” game because we want the other person to like us, but forget down the road what we “me too’d” about! Oh yeah, I remember telling her that I enjoy theatre and I liked kids, until she invited me to go to the theatre and when I had to meet her kids.

If you want to save a lot of time and headache, **JUST BE YOURSELF!** It’s probably the easiest most cliché line you hear every day, but also the most important thing that you **MUST** do if you **REALLY** want to find, meet, and attract the right one.



I is for Interesting

When you listen to all the dating coaches out there and anyone who's helped someone develop a better profile description online, they will almost always tell you to be unique and interesting. You need to stand out from the crowd. No one wants to hear or read another profile describing how much you like cuddling, long walks on the beach, drinking red wine or playing sports. In order to stand out from the dating crowd, you do want to make yourself noticeable.

How does one do that? Well for starters first impressions are an excellent way to make an impactful introduction to someone. Think about the things that make you unique. Everyone has something special about them. Maybe you have a passion for something that you love to talk about. You could look at the funniest moment or proudest moment in your life that you bring up. Hi, I'm Carmen and I was voted most likely to solve the secret to how the caramilk gets into the

caramilk bar of my Grade 8 graduating class. Whatever it is that you can talk about openly and with confidence, can help you to stand out from the person who has nothing very “interesting” to say. Use words that are sensual and descriptive so that the person reading your profile or email or whatever form of communication it is, can actually FEEL you and have a deeper sense of connection with you.



J is for “Jokes”

“Jokes” means doing anything that can make your partner laugh and feel good. Having a good sense of

humour is something that both men and women like in their partners. We all want someone who can make us laugh. If you share the same sense of humour, it makes doing almost anything together more fun and it’s nice to know that you “get” one another. It’s also important to keep things light and not to sweat the small stuff. Having a great sense of humour and the ability to take things lightly in stressful situations is an amazing and desirable quality. There isn’t anything better than a good joke or comical break whenever there’s some sort of conflict. So if you want to know some tips on how to attract and keep your mate, being

funny, taking things lightly and having the ability to make your partner laugh are great ways to attract and keep your mate.



K is for *Kindness*

Kindness is one of the 7 heavenly virtues (http://en.wikipedia.org/wiki/Seven_virtues) and to be kind is defined as many things. Kindness in a relationship goes a long way. If you are kind in nature and with your partner, you will certainly have a greater chance at being more attractive and therefore, finding and attracting the right person into your life. Kindness is about caring for another's feelings and showing compassion, friendship, empathy, trust, benevolence and a positive attitude. Kindness is about truly caring for someone's needs, wants and interests. It is the ability to see through a person's bad qualities and focus on the good in them. It is not about being right, being boastful, being dominant or having to win at every situation.

What's truly important to remember is that you should be first and foremost kind to yourself. We are often too hard on ourselves and don't have enough patience especially when it comes to finding the right partner. If you beat yourself up for

mistakenly saying or doing the wrong things while dating and dwell on it, you will only aggravate the situation and your energy will be noticeably negative. Listen to what your thoughts are telling you and learn to be more aware of your feelings and turn your fears, your anger & your disappointment into learning, change and development of a better, more loving and kind self.

L is for Law of Attraction

The Law of Attraction is a belief that “like attracts like”, meaning positive and negative thoughts actually become physical realities. It is believed that you attract into your life whatever it is that you “think about”. If you agree with this philosophy or Universal rule that we are able to “manifest our thoughts”, then what you should be doing is creating thoughts that will attract the person that you want to be with.

Rhonda Byrne’s “The Secret” teaches us that we create our lives with every thought every minute of the day. What you think about relationships and your thoughts and feelings about them will attract what you are thinking. So if your attitude and your beliefs about relationships are negative and that you will “never” find that person or it’s impossible, the chances are that you WILL have negative experiences and that it WILL be impossible to find and attract that person. It is

important that you are attracting the right people into your life and that you surround yourself with supportive family and friends and date people who are similar to you and share the same goals.

So many singles have said to me, I don't know why I keep attracting the SAME people. I'm always finding dishonest people. I keep meeting women who are bitter, or men who are afraid of commitment, or whatever the case is, there is a pattern. If you feel that you are that same person seeming to attract people who are not right for you, THINK about what you think and believe about relationships and the people you are meeting. If you ARE attracting the same types of the WRONG people then the first step is to believe that you deserve the right relationship and actually see yourself happy with this person that you have been waiting to meet. It is believed that just the "thought" of you being disappointed and frustrated will actually come true.

The best advice I can give you is to always be conscious of your thoughts when it comes to your beliefs about relationships and if you need help, that you use all the resources that are available. This is why thousands of singles choose to join a match making service, or try online dating sites that try to focus on matching you to someone who is compatible with your interests. It's not enough to utilize

the help of professionals; it's important that your self-talk and who you listen to are people who have lots of experiences and successes in the area of relationships.

M is for *Motivated*

Wikipedia defines two types of motivation:



1. *Intrinsic motivation* which refers to

motivation that is driven by an interest or enjoyment in the task itself, and exists within the individual rather than relying on any external pressure. Intrinsic Motivation is based on taking pleasure in an activity rather than working towards an external reward.

2. *Extrinsic motivation* refers to the performance of an activity in order to attain an outcome, which then contradicts intrinsic motivation. *Extrinsic motivation comes from outside of the individual. Common extrinsic motivations are rewards like money and grades, coercion and threat of punishment.*

Motivation on its own is defined as a person's driving force. It's willingness, for someone to DO something. So how is motivation or being motivated, going to

help you find and attract the right person? Well, many people start with intrinsic motivation because finding the right person certainly drives most people and it feels good. It starts off that way, but after a few bad dates, broken hearts and the occasional stalker, your motivation quickly turns into trepidation. Now you force yourself to start your search over and you're not as motivated to continue the search. So many singles stop and go. There are literally years and lengthy gaps of time where singles go on and offline, start dating then come to a screeching halt after one bad experience. If you TRULY want success in this part of your life, you need to keep your motivation. If it's important to you, you should not give up so easily or allow not so pleasant dating experiences stop you from trying and starting over.

Also, a person who is "motivated" is far more attractive compared to someone who easily gives up or has no desire or drive to be successful in any part of his/her life.

N is for *Nurturing*

Nurture your partner's talents. To nurture a relationship means that you care for and encourage the growth of that relationship and obviously your partner. It's important that even early on in the relationship, which is commonly known as the "honeymoon" phase, that you do and say things that will encourage the growth

and development of that relationship. Consider anything that is “undernourished”, the effects are damaging and the results are negative. The same applies to a relationship. If you neglect the relationship and begin to take things for granted, you will risk losing the relationship.

How can you nourish a relationship? There are a number of things that can be done to nurture your relationship. One of the key things is to spend quality time with one another. It’s important that you and partner do not get pre-occupied with self-interests, bury yourself in work or life’s challenges and begin to distance yourself from that person. Your partner should be someone that you can lean on and be included in your activities. I often hear singles tell me that although they are busy, if they met the right person they would make time for that person and adjust their schedule. This is covered when we talk about having balance in your life. Balance in a relationship means that you take time for each other especially when it comes to important events or during times of difficulty.



O is for Optimistic

Many motivational speakers and writers say that attitude is everything. This is true. As you take this adventure, you should remain optimistic. It can get very frustrating and you need to keep a positive and optimistic attitude. As we discussed in the Law of Attraction, your thoughts become reality. Rather than focusing on the negative aspects of dating, you should be grateful for each opportunity and treat every dating experience as a valuable lesson getting you closer and closer to attracting the right person into your life.

Additionally, if you have successfully attracted this person into your life, then your attitude about the relationship should be optimistic.

Too often people will sabotage their relationship because they are always thinking about what is going to go wrong. They think about past relationships or partners that have hurt them and actually end up repeating the same situation

with someone new. If you focus on all your fears and constantly think about things negatively, then you end up getting the same results that you are THINKING about. If you maintain an optimistic view and continue to focus on all the great things about being in that relationship and the positive things you like about your partner and the benefits of a great relationship, you will not only have a better experience, but your partner will also recognize the optimism in you about them and the relationship.



P is for *Patience*

It's incredibly easy to say just be patient, or have patience, but when it comes to getting the things and having the things that we really want,

it becomes extremely difficult to have patience. Thousands of singles that I've talked to wished that they had found their partners years ago! So many singles have given up trying to find and attract the right person in their lives because the process was just too frustrating. They lack the patience required to see it to the end. Finding and attracting the right person requires a great deal of patience. Even when we believe that we've met the right one, sometimes going through the small talk, and dating process seems like a chore. We want to fast track to the

“happily ever after” knowing that there’s a long road between the first date, to making a commitment and having that person you want to spend the rest of your life with.

What is patience? It is the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset. Anyone who has patience while seeking a relationship will be far more successful than the person who allows obstacles and bumps on their adventure and quest get to them. You can waste a lot of time and energy being upset, angry, and bitter about your bad and unpleasant dating experiences. All these will only put you in a negative state and attract more of the same into your life.

Patience is love. Patience is kindness. Patience is forgiveness. Patience is compassion. Patience is not sitting around waiting. Patience requires you to use all the qualities that require a great deal of strength, awareness and self-discipline to help you endure the bad times, tolerate the long dry spells, until one day it all pays off. They say patience is a virtue, and all good things are worth waiting for. In today’s society everything is instant, and when it comes to a relationship there is nothing instant about it, unless of course, your goal is to find

Mr. or Mrs. Right now. There are plenty of bars and clubs where you can find instant gratification.

However, if you are interested in finding, meeting and attracting the right person, you will need a great deal of patience. Always believe and continue to have the attitude that eventually you will be in the relationship that you desire.



Q is for Quiet

You may wonder how being quiet will help you attract and keep the right partner in your life. First, it's

important to know WHEN to be quiet, which is usually when you are doing the listening. Conversation doesn't always flow naturally, so being quiet when there isn't a flow of conversation is NOT the time to be quiet. This is the time to ask questions and be curious and get to know your partner.

There are times where being quiet about your past is important. You do not want to volunteer ANY information about yourself in the beginning of your relationship that might jeopardize your chances with your new partner. I am not implying that you hide the truth or lie, but revealing too much about intense or challenging

sides of your personal life are not topics of conversation in the early stages of a relationship.

What are some of the things that you want to be “quieter” about in the early stages of a relationship? It is never recommended to talk about ex’s! Especially, when there’s a lot of animosity and anger towards your ex. You certainly do not want to give this new person the impression that you’re carrying a load of baggage and may require some form of therapy. Money and personal possessions are not things that should be openly discussed on a first date or in the very early stages. At least not sharing specifics or details about what someone earns or if they are carrying a lot of debt. It is certainly reasonable to want to understand if you have similar lifestyles and someone’s income can determine the type of lifestyle one can enjoy and the types of activities and places one can go to, given their budget.

R is for *Realistic*

What does it mean to be realistic? It means that you are being realistic about your own relationship goals and the qualities that you are looking for in your ideal mate. What does that mean? If you believe that you are seeking a long-term relationship with someone, you have to be sure that you are truly ready for that. If

you are just coming out of a long-term relationship, maybe what you really want or need to do is to start dating “casually”. Many people need to evaluate themselves first, and understand what it is they want, and what they bring to the table. What do they offer in a relationship? What areas of their life might they need to improve on? What are their priorities? Are they being realistic?

A classic example of NOT being “realistic” is when a person who stands to lose a few pounds says that he/she is NOT willing to date anyone that’s a few pounds overweight. Or the casual smoker who doesn’t want to meet a smoker! No matter what, time and time again it is proven that “like attracts like”. It is true even in relationships. You typically attract those that are similar to you whether it’s based on physical looks or values. So many singles set such high standards for themselves without looking in the mirror and taking their own inventory of what they bring to a relationship. This does not mean that you set the bar so low that anyone fits your criteria, but you should certainly be more open to accepting to meet people who are close to your criteria or just outside your radar.



S is for Sexy

Sexy, well... is sexy. And who doesn't like sexy? If you are looking to attract and keep your mate you will need a whole lot of sexy. In today's highly competitive world of dating, especially for the online daters, you want to be someone who stands out in the crowd. You know that person who enters the room and

everyone just stops, stares and notices. What does it mean to be sexy? Sexy isn't always about a physical attractive "look" or being "hot". Sexy is style. Sexy is confidence. Sexy is honesty. Sexy is genuine. Sexy is passion. Sexy is how a person makes you feel and bring out that fun and wild side to you. Sexy is different to everyone. But there are many qualities in a person that contribute to their "sexiness".

Lori Bryant Woolridge quotes: "Sexy is an outward expression of your inner feminine confidence, which makes it an attitude, not a style or a cup size. True sexy is your sexy -- fluffed and shaped in any form you choose". Although

defining it can be challenging because sexy can mean so many different things to different people, there are some traits that are common with all sexy people. The 3 key important elements to being sexy are self-image, confidence and attitude. It goes without saying that a great self-image means that you care about your looks and you take pride in your appearance. Hygiene is important. Smelling good, feeling good, soft skin, sweet smells are sexy. Clearly, having a high self image means that you value how you look and it is a very sexy trait.



T is for Trust

I have found that there are 2 basic types of people out there when it comes to their views on Trust in a relationship. The first type, trusts no one or finds it very difficult to trust, and the second type, trusts everyone and trusts easily. I can't count how many times I've heard someone say that they

have a hard time trusting people. Generally most people start with having basic trust, which often changes after they've put their trust in someone only to have their trust broken and shattered in a million pieces because that person they thought they could trust totally betrays them. Trust is difficult to earn and so

easily destroyed with a lie, an action or just a thought. The group of people that lack trust are typically the ones that have had their trust broken and are still reliving and experiencing the emotions and betrayal of that trust with any new person they meet.

Tip #1, do not punish the new person in your life for the mistakes of an x.

How does one build trust? There are several ways that can help build and develop trust. The first is to begin with trusting you and being an honest and truthful person. When you start even telling the smallest of lies, you begin a habit of keeping secrets and this can lead to telling bigger whiter lies and eventually a total lie. Trust is often shaken when someone's actions are not consistent with their words. Be someone who makes and keeps his/her promises. Do not say things or commit to things that you really don't think you can keep and therefore, appearing unreliable and not a person to be counted on. Say what you mean and mean what you say. Be clear and communicate your true feelings.

What about the group that trusts everyone? It's important that you listen to your gut and when there are discrepancies with someone's story, or you feel in your gut that something is wrong, it's time to have a conversation about your feelings to see if there is a reason your antenna is up.

Trust is an essential value in a relationship. Without trust, there is really no opportunity for that relationship to survive and last. When there is trust, there is usually a deeper and more meaningful relationship because you have found someone that you are able to share the good, bad, and ugly with, and have known that with all your gloriousness and faults, both of you would still have faith in each other.

U is for Understanding

Men and women alike are looking for someone who understands and appreciates them. When people understand you, they have a better appreciation for you also because this means that they “get you”.

How does one get the other person? Understanding is a major foundation for maintaining a healthy relationship. Communication helps you to achieve an understanding of your partner. Asking questions that help you to know what’s going on or what your new partner likes and dislikes will help you get a better perspective of who he/she is, so that you are not wondering and worrying and/or making assumptions about his/her thoughts and what his/her actions might mean. Let’s say for example there is something that bothers you, or you feel

uncomfortable or curious about a relationship your partner has with someone of the opposite sex, ask for clarity. Do not be afraid to ask questions, but make sure that you are not coming across as an interrogator. It's fine to be curious about someone or a situation. It's only natural that you may find yourself feeling insecure about something or someone when you do not have an understanding of the facts and allow your mind to wander and create all sorts of crazy scenarios.



Proper understanding involves a great deal of communication and finding someone who is willing to share his/her thoughts and feelings with you. Spending quality time with someone you like will allow you the opportunity to understand what makes him/her tick or turned off.

V is for Vibrant

A person with a vibrant personality is someone who is active and lively. The perception of a person with a vibrant personality is that he or she is more fun! Most character traits are infectious and when you are around a vibrant person, you can't help but want to be around them. They are oozing of energy, activity and liveliness.

How can you become more vibrant? First, vibrancy can be felt. Your energy has to be super charged with positivity. Your posture is upright, shoulders back, and you're usually wearing a smile. Your style is up to date. You have a confidence about you that is noticeable with your personal style, good hygiene and friendly disposition. You are sociable and you engage and participate readily in conversations. You can work a room like top sales professionals. Vibrant people are also radiant and typically expressive, and some can be quite comical.

W is for *Witty*

I'm not sure if "witty" is a personality trait that can be taught. A witty person is someone who can think quickly and usually has a very quick, often clever and sometimes funny instant come back to remarks or comments that are made by another person. Witty persons are also often charming and smart.

Wit is intelligent humour. To develop your skills as a witty person, you often need to be knowledgeable about current events and world affairs in order to participate in conversations and engage in several topics of interest. The witty person is the person who can be involved in conversations, regardless of the topic and offers something interesting and clever in his/her response.

To come up with the perfect one liner come back following a conversation or statement is very attractive and draws attention to the fact that this person is also a great listener. This is the type of person that people admire and appreciate for his/her input and can often break the ice in tense or stressful social and dating situations.

X is for X-ray Vision

What does it mean to have X-ray vision when it comes to dating, finding, attracting and keeping the right partner? Well, I am referring to having insight and foresight when it comes to this part of your life. Having insight about yourself and your situation is step 1. When you understand the cause and effect of your behaviour, your dress, your words, your thoughts and your actions as it relates to dating, then you have insight. To be able to understand how your actions and words affect people around you, you become more conscious of the things you say and do.

As you get to know yourself and begin dating, you should be taking note of each of your experiences and do your best to understand and develop your own dating diary. If someone you date gives you valuable feedback about something you did

or said, be it positive or negative, learn from this so that you can repeat what works, or avoid the mistakes that you're making. Many people who start dating, looking to attract their ideal mate, really don't know what they want or who would be right for them. It's only through meeting and dating that they begin to narrow down their criteria after several dates. Do not allow, however, ONE bad experience with someone to rule out any future possibility with a potential mate. Too often I've heard singles say, I will NEVER date another "European man" for something as silly as he didn't offer to pay for my dinner. Or, I'll never date another woman with kids because my last girlfriend's kids were challenging. It's never a good idea to blanket all people as the same or stereo type an entire race or culture of people based on one experience. You may miss an opportunity to meet someone who would have been a great choice for you, but you were too negative from a past experience to open yourself up to that person.

You do begin to develop foresight once you have had enough dating experience with the "same types" of people to know that "bad boys" or "mamma's boys" or "city girls" are just not a good fit for you. Avoid the attraction trap and falling in love with someone's profile picture or making exceptions for a person because the chemistry or physical attraction is so strong. Great connections and lasting

relationships are built on the foundation of compatibility and not on any “hotness” factor.



Y is for Youthful

So many singles, especially those searching for partners over 35, will often say that they want someone

who is youthful. Youthful should not be confused with childlike. Most people do not really act their age and some people never seem to grow up. What I’m referring to are the singles out there who decide once they reach their 30’s, it’s time to pack it in and call it a night with life. They will let themselves go, not care about their looks and act and behave as if they have one foot in the grave.

Youthful people are vibrant, energetic, enthusiastic, active, cheerful, adventurous and often spontaneous types.

How does one maintain youthfulness to them? There are many tips that can help you maintain your youthfulness. As you age, you don’t need to lose your sense of humour. Be sure to see the positive and funny things in all situations. There are too many old grumpy farts out there that seem to do nothing but complain! Oh my back hurts, my neck hurts, my knees hurt. Aging doesn’t mean you keep one foot

in the grave. In fact, make sure that you keep your posture up, eat healthy, avoid greasy, artery-clogging foods and try to get as much sleep and rest as possible. Avoid being the hermit that stays inside and make sure that you are in social environments where you can practise your communication skills. Take up a new hobby or join groups of interest of common things or activities that you like to share with others.

It is a fact that our metabolism does slow down as we get older; but there are many activities, lifestyle and diet plans that can contribute to a faster and healthy metabolism so that you're not prematurely aging and feeling run down. An important factor to maintaining your youthfulness is to maintain a positive attitude, mental relaxation and surrounding yourself with likeminded people.



Z is for Zesty

To be zesty is to be full of life and spicy. It means that you're not average and ordinary, and although average and ordinary is totally "normal", it may not give you the edge when it comes to the selection process and getting noticed in the dating scene. Both

men and women need to be up to date with the latest fashion trends. Inspect your wardrobe and if you are really open to change or believe that you need a closet and image overhaul, hire a stylist or get a make over. Ask your friends and family for their HONEST opinion about what areas in your life and looks that they recommend you improve on.

When you are asking someone a question or seeking advice from someone you have to first ask yourself if this person has credibility and has what you want in that specific area. Obviously, you wouldn't ask someone in bankruptcy the secrets to financial success.

A zesty person is someone who is fun to be around. He/she is someone that has a lot of energy and is able to easily transfer that energy to those around him/her. Are there people that you know right now that when you are around them, all of a sudden you start to feel good and you have this huge smile on your face? What characteristics do these people have? These people are positive, curious, attentive, witty & funny, and I call this combination of characteristics "Zesty".

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We appreciate your support and are looking forward to sharing more information with you on Dating, Love, and Sex Tips! - *Carmelia (author) and Pat (webmaster)*

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About the Author

Carmelia Ray, Professional Match Making Biography

Carmelia is an executive leader in the Match Making business for almost 20yrs. She is extremely passionate about helping singles find, meet and connect for a long term relationship. She is currently involved with numerous projects and affiliates tied to the dating, love, sex, fitness, entertainment, and financial industries.



She has personally interviewed over 40,000 singles and helped over 7,000 clients change their love life to find someone special. Her experience and knowledge in developing and training call centres and Match Making companies internationally, provide valuable resources and connections for anyone interested in knowing the ins and outs of matchmaking and what singles want. Her years of

experience in sales, marketing and events coupled with her natural inquisitiveness, and constant need to question how to do something better is what has made her a successful business woman.

Her belief and passion about the need for a safe, effective and fun dating experience is what attracts her to the relationship industry. As an advocate for singles to educate and protect themselves in making the right choices and diversifying opportunities to meet, she is thrilled to be able to promote anything that will enhance and better a single person's dating experience.

Carmelia has attended multiple events, conventions and seminars all related to dating and relationships. She was a keynote speaker at the 2009 Professional Match Making and Date Coaching World Wide conference in New Jersey and is a regular attendee at the Miami Dating Industry and Internet dating conferences; where she has met with numerous key players, CEO's and business owners in the dating, social networking and date coaching industry.

Carmelia has also had several television appearances on behalf of the dating industry speaking as an expert in match making and dating. She has attended and participated in countless and diverse consumer shows across North America from the San Diego Boat Show, Toronto Outdoor Sportmen's Show, Vancouver

Taboo Shows and multiple Women's shows internationally educating and informing singles of their options on how to find, meet and attract the right people.

She enjoys networking, business development, fitness, self-development and continues to be fascinated with the Match Making and Dating Industry and the rewards of seeing people make great connections personally and professionally.

DATING, *Love* AND SEX TIPS