

CMO OF INSTANT CHEMISTRY :: ONLINE DATING & MATCHMAKING EXPERT

*Carmelia Ray*

# FINDING THE ONE

THE A-Z SECRETS  
TO ATTRACTING &  
KEEPING YOUR  
SOUL MATE



**60,000**  
SINGLES  
SURVEYED

# FINDING THE ONE:

## The A-Z secrets to attracting & keeping your soul mate

*Carmelia Ray*

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Carmelia Ray

**FINDING THE ONE: The A-Z secrets to attracting & keeping your soul mate**

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# Do you want help finding and attracting your right partner?

Would you like advice from a 20yr matchmaker that has interviewed over 60,000 singles and personally helped over 7000 clients with their search of finding the right person?

Let me help you with all your dating needs and wants. I offer personal coaching services, online dating profile review, and a real “hands on, no holds barred” perspective to finding out what may be stopping you from meeting the right person.

- Do you consistently choose the wrong types of people?
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- Would you like to master the art of flirting?
- Do you need someone to motivate you to STOP WAITING and START DATING?
- Are you READY for a REAL relationship?

Visit my website to get started:

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I'd love to help you with your relationship goals.

*Carmelia Ray*

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# Introduction



Finding the right person for many is a long, grueling, 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, you ask?*

Famed American author and activist 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 gamely treated

as such. To be adventurous when it comes to dating means 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 and fell in love with their significant other - took some form of risk, some form of action to achieve success. How can one be adventurous? The first step is to actually do something!

What are your options? Well, hoping for someone to simply walk into your life just because you're a rugged optimist who believes "it will just happen" is not being adventurous at all. Online dating is an adventure, to say the least! Attending singles' events or any activity-based group is adventurous. Stepping outside their comfort zone 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 find your ideal mate, you need to approach the dating process as an adventure and be prepared for the exciting, sometimes frustrating time of searching. You may have a thrilling and remarkable experience and some of you may feel as if you've given up hope. Not every choice you make will net results. The point is to continue the adventure with a courageous attitude knowing each experience will bring you closer to finally fulfilling your relationship goals.

## B is for Balance

It's important to remember that while you are on your adventure and pursuing happiness with the right partner, you should maintain a balance in all areas of your life. Do not allow your search to be your 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](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. There are also countless articles on work/life balance that stress the importance of maintaining balance in your life.

If finding the right partner is your priority, don't become consumed, neglecting other parts of your life that need your attention such as your health, your family/kids, your career and recreational time. For example, if you are online dating and have allocated a certain amount of time for your online search, be mindful that you are not up until the wee hours losing sleep, wreaking havoc on 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



Without doubt, self-confidence is one of the most desirable traits in both men and women. Having confidence means you have a strong belief in yourself; you are someone others can rely on. You are certain about your thoughts, feelings and actions. Men find confident women extremely

attractive because this means the woman doesn't always *need* him but *wants* him, two very different things. Having confidence in yourself is just as important as having confidence in your strategy to find and attract 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 road ahead.

Confidence involves trusting yourself and knowing who you are and what you're all about. It means you are comfortable with yourself. 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 mindset. Being a confident person when you are looking to find a partner is a necessity, particularly in the hugely competitive world of online dating.

Confidence is feeling self-assured and being certain about something, and it's essential to your becoming a more marketable and attractive person. You also have to trust your gut, exploring different avenues while knowing that 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



Funny, but I have to state it plainly: dating is a necessary step to finding someone! So many singles I've encountered expect someone to just fall into their lap. "You mean I actually *have* to date," they'll say, wide-eyed and disbelieving. "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?" Um, yes. Of course you do! And that may include dreaded blind dates, too, I'm afraid. Ladies, you cannot expect to meet Prince Charming without kissing a few frogs. And fellas, you'll have to place that glass slipper on several feet before finding your Cinderella. Enough said.

## 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, you will have a rough time. 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 wish-list of desirable qualities in your ideal partner? Do you know what to do or say on a first date? Are you someone who needs help when it comes to communicating with the opposite sex?

There are many resources available to you that will help you prepare for this adventure. There are thousands of books on relationships. You can search "How-To" guides and also research the thinking/understanding patterns of the opposite sex. If you want to have success in any area of your life, you need to be well prepared.

## F is for Fit

Being fit and having a healthy lifestyle is essential if you are looking to attract someone and to soar in the world of dating. As mentioned, the importance of balance in your life - having a healthy mind, body and spirit - will give you a competitive edge in searching for the right partner. Just because you're carrying a few extra pounds doesn't mean you don't deserve to find someone and achieve success. But improving your health will bring confidence, a positive attitude and an overall sense of well-being, which makes *you* 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, ensure you are STD-free. Take care of skin rashes, acne or other visible physical conditions. I'm not suggesting you need to be perfect. But in my experience with singles, looks count, and health is paramount, so take care of it.

## G is for Giving



Relationships are all about giving, especially in the early stages when boundaries are being established. Showering time and attention on your partner will go a long way towards showing you care and are invested in making the relationship work.

Being giving doesn't necessarily mean catering to your partner's every need. But if you do go out of your way, especially in times of real need, you'll demonstrate selflessness, a rare but hugely appreciated quality. If there's one thing that has ruined many relationships, it's selfish thoughts and actions.

When you are giving, it may also mean that you are generous. Most genuinely giving people are empathetic, caring, loving - sincere caretaker types. Women are viewed as naturally nurturing; giving men tend to be perceived as sensitive and compassionate. It's not always easy to put self and ego aside, and when someone shows a giving side to them, it typically means he/she has something genuine to offer.

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

## H is for Honest

Honesty is amazingly important for singles seeking a relationship. In my opinion, it is the most important thing. Of the thousands of singles I've surveyed, met or interviewed, all are hoping to find someone who is honest. What does that mean when it comes to finding the right partner? Start by being honest with yourself. Take an inventory of who you are and what it is you have to offer in a relationship. 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?

I strongly suggest not exaggerating or obscuring when it comes to physical appearances... or preferences. 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 have 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 keeping up false appearances is hard over time. Plus it can lead to awkward situations: "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. Bleh!"

If you want to save time and headaches, **JUST BE YOURSELF!** It's a cliché but it's also essential if you sincerely want to meet and attract the right one.

## I is for Interesting



When you listen to all the dating coaches out there – or anyone who has helped someone develop a better online profile – they will almost always tell you to be unique and interesting. You need to stand out from the crowd. No one wants to read another profile describing how much you like cuddling, long walks on

the beach, drinking red wine or playing sports. So how does one do that? First impressions are key. 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 or proudest moment in your life. “Hi, I’m Carmen and I was voted most likely to solve the secret of how the caramel gets into the Caramilk bar in my Grade 8 graduating class.” Simple but effective. Anything you can talk about openly and with confidence can help you stand out from the crowd. 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 Jokers

Jokes refer to anything that makes your partner laugh and feel good. A sense of humour is something both men and women appreciate. 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. 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 amazingly desirable quality. There isn't anything better than a good joke or comical break when there's some sort of conflict. So if you want to attract and keep your mate, be funny, take things lightly and have the ability to make him/her laugh.

## K is for Kindness

Kindness is one of the seven heavenly 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, boastful, and dominant or having to win at every situation.

Remember to be kind to yourself. We are too often hard on ourselves and don't have enough patience, especially when it comes to finding the right partner. If you beat yourself up and dwell on saying or doing the wrong things while dating, 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, turning your fears, anger and disappointment into learning experiences, resulting in a more loving and kinder self.

\* [http://en.wikipedia.org/wiki/Seven\\_virtues](http://en.wikipedia.org/wiki/Seven_virtues)

## 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 you want to be with.

Rhonda Byrne’s ground-breaking book “The Secret” teaches us that we create our lives with every thought every minute of the day. What you think about relationships and your feelings about them will attract what you are thinking. So if your attitude and your beliefs about relationships are negative, that you will never find that person, then you probably won’t. It’s 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 share the same goals.

So many singles have said to me, “I don’t know why I keep attracting the same dishonest people. I keep meeting women who are bitter or men who are afraid of commitment. There is a pattern.” You need to examine what you think and believe about relationships and the people you are meeting. If you are consistently attracting the wrong types of people then the first step is to believe that you deserve the right relationship and visualize yourself happy with this right person. 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, use the resources that are available. This is why thousands of singles choose to join a matchmaking service or online dating sites that focus on matching you to someone who is compatible with your interests. It’s not enough to utilize the help of professionals though; it’s also important that you self-talk.

## M is for Motivation

Motivation is a person's driving force. It's a willingness to do something. So how is motivation going to help you find and attract the right person? And how are you going to remain motivated in the face of disappointment, which is inevitable in dating and which can lead to feelings of inadequacy and trepidation? Answer – you just keep going.

So many singles stop and go, leaving lengthy gaps where they go on- and offline, start dating and then come to a screeching halt after one bad experience. If you TRULY want success in this part of your life, you must maintain your motivation. If it's important to you, you should not give up so easily or allow unpleasant dating experiences stop you from starting over.

And here is even more motivation to keep you motivated: a person who is motivated is far more attractive than someone who easily gives up or has no desire to be successful.

## N is for Nurturing

Nurture your partner's talents. Even in the honeymoon phase of a relationship, it's important that you do and say things that will encourage the growth and development of that relationship. Consider anything that is undernourished – plants, people etc. 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 risk losing it.

How can you nourish a relationship? A key thing is spending quality time with one another. It's important that you and your partner do not get preoccupied with self-interests, bury yourself in work or life's challenges or distance yourself from each other. Your partner should be someone 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 talked 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 Optimism

Many motivational speakers say that attitude is everything. This is true. As you take this adventure, you must remain optimistic. It can get very frustrating and you need to keep a positive 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 worrying 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 and intuit your optimism.

## P is for Patience

It's incredibly easy to say "be patient," but in the real world, when it comes to getting the things we want, having patience is extremely hard. So many singles I've talked to have given up trying to find 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 we've met the right one, sometimes going through the dating process seems like a chore. We want to fast-track past the dating and commitment phase and get straight to the "happily ever after" part.

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 those without it. You can waste a lot of time and energy being upset, angry, and bitter about your bad dating experiences but it will only 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 and tolerate the 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 Ms. Right Now. There are plenty of bars and clubs offering 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 about your partner. There are times when 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 suggesting that you hide the truth or lie, but revealing too much about intense or challenging sides of your personal life is not advisable in the early stages of a relationship.

What are some of the things that you want to be quiet about in the early stages of a relationship? It is never recommended to talk about exes, especially if there's animosity or anger towards them. 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.) Exception: it's reasonable to want to know if you have similar lifestyles. Someone's income determines the type of lifestyle they can pursue, with respect to you and your desires for travel and the like.

## R is for Realistic

What does it mean to be realistic? It means you are being realistic about your own relationship goals and the qualities you seek in your ideal mate. What does that mean? If you believe 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 need 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 could stand to lose a few pounds refuses to date anyone a few pounds overweight. Or the casual smoker who doesn't want to meet a smoker! Time and time again it is proven that like attracts like. It is especially true in relationships. You typically attract those who 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 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 be more open to accepting people close to your own standard.

## S is for Sexy



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

does it mean to be sexy? Sexy isn't always about a physically 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. Sexy is different for everyone but there are many qualities that contribute to a person's sexiness.

Author Lori Bryant Woolridge says: "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 sexy can be challenging, there are some common traits among all sexy people, namely self-image, confidence and attitude. It goes without saying that a great self-image means that you care about your looks and 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; THAT is a very sexy trait.

## T is for Trust

In my experience, when it comes to trust, there are two types of people out there: those who trust no one and those who trust everyone. I can't count how many times I've heard someone say 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 it shattered. Trust is difficult to earn and so easily destroyed. Those lacking trust typically have had their trust broken and are still reliving the emotions and betrayal with any new person they meet.

For the trust averse: It's OK to be cautious but it is essential not to punish a new person in your life for the mistakes of an ex. And of course you must establish trust. Begin by being trustworthy yourself. When you tell the smallest lie, you begin a habit of keeping secrets and this leads to bigger and bigger lies. Don't make promises you can't keep. Be reliable. Say what you mean and mean what you say. Be clear about your true feelings.

What about those who trust everyone? It's important to listen to your gut. When there are discrepancies with someone's story – if an invisible red flag goes up – pay attention and don't rationalize your concerns away. Trust is essential to relationships; there's no future without it. When there *is* trust, the sky is the limit.

## U is for Understanding

All men and women seek someone who understands them. When people understand you, they have a better appreciation for you; they “get you.” How does one “get” another person? Understanding is a cornerstone to a healthy relationship. And communication helps you achieve an understanding of your partner. Asking questions - getting to know someone’s likes and dislikes - will give you a better perspective of who your partner is and what motivates their actions. And that really takes the worry out of things.

If there is something that bothers you - or you feel uncomfortable or curious about a relationship your partner had with someone else - ask for clarity. Don’t be afraid to ask questions, just make sure you don’t come across as an interrogator. It’s fine to be curious. It’s only natural that you may find yourself feeling insecure about something or someone when you don’t have an understanding of the facts. That’s when minds tend to wander, dreaming up all sorts of crazy scenarios. Spending quality time with someone will allow you the opportunity to really understand what makes them tick.

## V is for Vibrant

Vibrant people are perceived as fun and you can't help but want to be around them. Vibrant people radiate energy, activity and liveliness.

So 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 that is noticeable. You are sociable and you engage readily in conversations. You can work a room like a top sales professional. Vibrant people are also sunny and typically expressive, and some can be quite comical. It may not be easy to achieve, but personal vibrancy is worth striving for.

## W is for Witty

Witty people think quickly and are renowned for fast, often comical and clever comebacks. Witty people are also charming and smart. Wit is intelligent humour. To develop your skills as a witty person, you need to be knowledgeable about current events and world affairs. The witty person is the person who can be involved in conversations regardless of the topic, consistently offering something interesting in response. To come up with the perfect one-liner is super-attractive and suggests someone who is also a great listener. This is the type of person people admire and appreciate who can often break the ice in stressful situations. Like vibrancy, wit isn't easy to cultivate, but it's SO worth striving for.

## X is for X-Ray Vision

What does it mean to have X-ray vision when it comes to finding, attracting and keeping the right partner? It means having insight and foresight, which is tougher than it sounds. Having insight about yourself and your situation is step one. 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 experience; developing a kind of 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 and avoid mistakes. Many people start dating before they really 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. Don't allow one bad experience to rule out future possibilities.

Too often I've heard singles say, "I will NEVER date another European man" for something as silly as the fact that he didn't offer to pay for 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 stereotype. 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.

However, you can develop enough foresight to know that dating certain types - "bad boys" or "mamma's boys" or "city girls" for example - isn't the path to personal happiness. Also be sure to avoid the attraction trap of falling in love with someone's profile picture or making exceptions for an otherwise ill-suited person because the chemistry is so strong. Great connections and lasting relationships are built on a foundation of compatibility, not on any hotness factor.

## Y is for Youthful

So many singles, especially those searching for partners over age 35, say they want someone youthful. Youthful should not be confused with young. Most people do not really act their age and some people never grow up. What I'm referring to are the singles out there who decide once they reach their 30s, it's time to pack it in and call it a night with life. They will let themselves go and act like they have one foot in the grave.

Youthful people are vibrant, energetic, enthusiastic, active, cheerful, adventurous and spontaneous. How does one maintain youthfulness? Don't lose your sense of humour. Be sure to see the positive and funny in all situations. There are too many grumpy old farts out there that seem to do nothing but complain! STOP! And try eating healthy, sleeping well and exercising while you're at it. Also, maybe get out more. Make sure that you are in social environments where you can practice your communication skills. Take up a new hobby, join groups or pursue activities you like to share with others.

It is a fact that our metabolisms slow 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 keep a positive attitude, so indulge in mental relaxation and surround yourself with like-minded people.

## Z is for Zesty

To be zesty is to be full of life. It means you're not average or ordinary, and although average and ordinary is totally normal, it won't give you the edge when it comes to dating. 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 and get a makeover. Ask your friends and family for their HONEST opinion about ways you could improve.

When you are asking someone a question or seeking advice, you have to first ask yourself if this person has credibility and the expertise you want in a 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 who has a lot of energy and is able to easily transfer that energy to those around them. Who do you know right now that's positive, uplifting and puts a huge smile on everyone's face? What characteristics do these people have? Figure it out, and mimic accordingly. In other words, get zesty!

# Do you want help finding and attracting your right partner?

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I'd love to help you with your relationship goals.

## About the Author: Carmelia Ray



Carmelia Ray is an author, speaker, IDCA dating coach, matchmaking and attraction expert. Carmelia has been working in matchmaking for over twenty-two years and is a business development consultant in the online dating and matchmaking industry. She is currently the CMO of [\*Instant Chemistry\*](#); a bio tech company based in Toronto creating products for singles and couples to help determine relationship compatibility using genetics and psychology.

Carmelia is a sought after dating and relationship expert who has appeared nationally on TV as the “go to” expert for matters involving online and offline dating, discussing today’s complicated dating environment. Carmelia has worked with many companies in the dating industry including:

- *Together*
- *eLove*
- *Elite Personal Search*
- *Eligible Inc*
- *Table for Six*
- *It’s Just Lunch*
- *Toronto Matchmakers*
- *Cupid’s Coach*
- *Lifemates Canada*
- *Christian Filipina*
- *Agape Match*
- *BestDatingSites.com*
- *Lavalife*
- *Internet Dating Conference*
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- *DatingAdvice.com*
- *eDating for Free*
- *Wooyah.com*

- *LuvFax.com*
- *MateCheck.com*
- *Meet Market Adventures*
- *Eight at Eight*
- *Single in the City*
- [Instant Chemistry](#)

She has personally interviewed over 60,000 singles and helped over 7,000 clients with their search to finding someone special. She co-hosts the largest annual international matchmaking and date coaching conference, "iDate" in Las Vegas. She currently writes for *Inside Fitness*, *Your Tango*, *Bestdatingsites.com*, *Lavalife* & several online dating publications on the topics of Love, Sex, Dating & Relationships. She is founder of her dating blog [DatingLoveandSexTips.com](#)

*Carmelia Ray*

[www.datingloveandsextips.com](http://www.datingloveandsextips.com)

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