



Finding Mr/Mrs Right

Better clarity, Better strategy



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What's the odds of finding "The One"? The notion of finding "The One", a partner that is compatible with us in many ways: intellectually, emotionally, physically, sexually, values system-wise etc is driving us crazy.

Logically speaking, to find "The One", you will need to meet every single potential date, compare them, match them to your list before you can conclude if he/she "The One". But, is this feasible?

The short answer is No, and most people settle down after 2 to 3 relationships, believing the last one is most probably the right one.

Sounds a little risky, don't you think? Concluding the future of your next 50 years with 2-3 relationships. Are there better ways to assess your Mr/Mrs Right to-be? And increasing the chance of success.

In this e-book, we will be bringing you through the 5 steps in getting Mr/Mrs Right.

#1 Understanding Me

#2 Creating the List

#3 Commitment Test

#4 Am I Ready

#5 Officiating a Relationship

Shall we get started?

#1 Understanding Me

- A deep connection starts with me

Understanding ourselves help us build a relationship with ourselves and deepen the connection within. This is the very ingredient to connect with another person.

What will a deep connection look like? Having self-love and self-care is part of the picture, what can be more? Use the below exercise to find out more about you.

What are some of your dreams? (eg, be a dancer, travel the world etc.)

What is something that you want to accomplish in 10 years?

What would you like to achieve in the coming year?

List down some of your strengths.

List down some of your weaknesses.

What are some of the values you have? (eg. honesty, integrity, punctuality, compassion etc.)

What makes you happy?

What makes you upset?

Now that you have pondered and made some notes on the above, give yourself a pat on the back :) In the busyness of life, we often forget to give ourselves the time and space to explore who we are.

Feel free to re-visit the questions again and add more points along the way. The more data you gather about yourself, the more you know who you are.

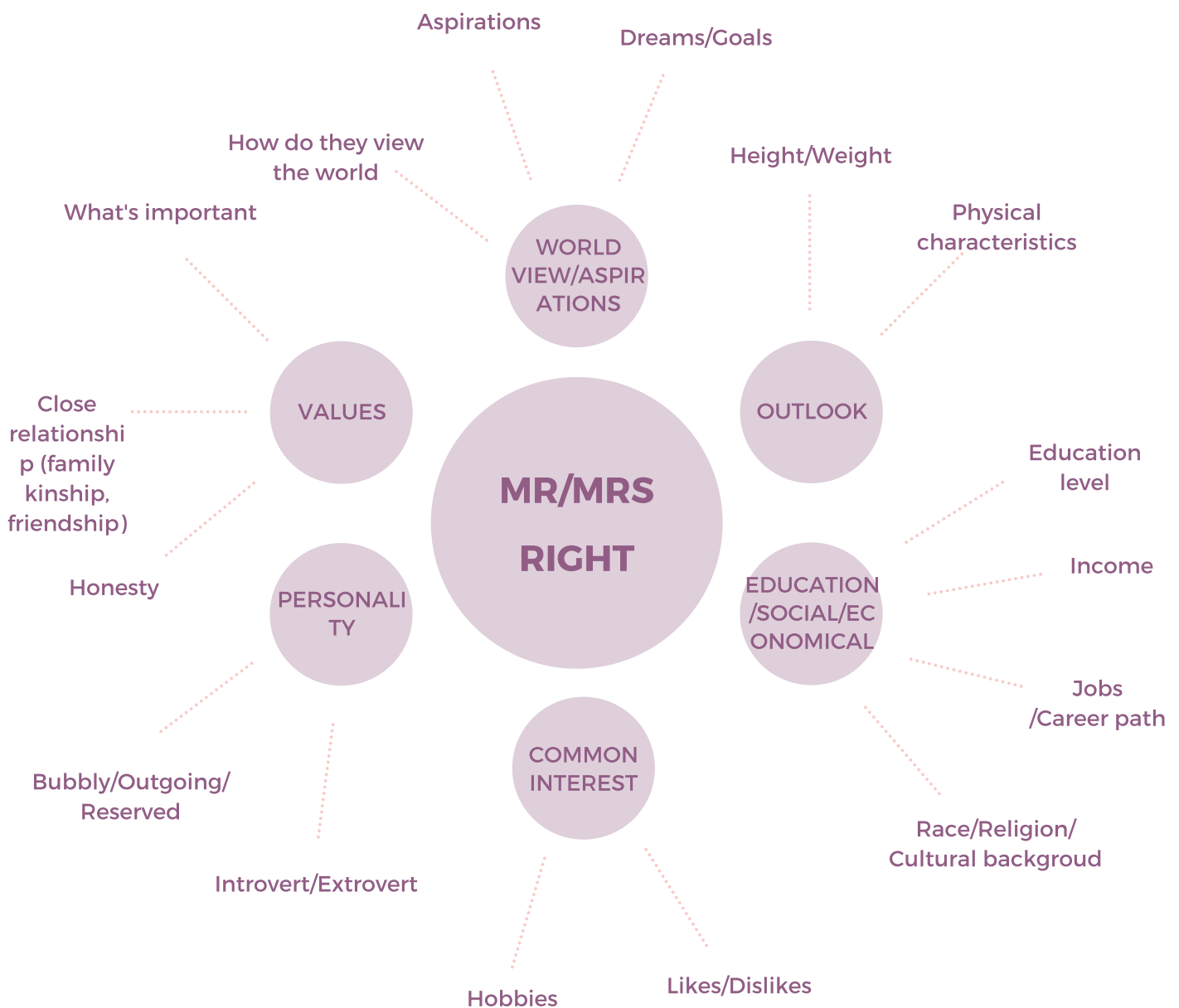
Bonus:

Will you be able to tell why you wrote what you wrote? How are they important for you?

#2 Creating The List

Now that we have a better understanding of ourselves, let's explore what you desire in your partner.

In the following exercise, make a list of the desirable qualities in a partner using the model below. Let yourself dream a little and write down all the qualities that are important for you.



Find a conducive environment, take your time to work through the different categories. Have fun!

Physical

Education

Social-economic status

Common interest

Personality

Values

World view, how do they see the world? (Eg. optimistic, realistic ...)

Aspiration and dream, what do they want to achieve in this lifetime?

Interaction with family, friends

Interaction with lovers/partners

With the list, the person you are looking for should be more tangible and apparent. Next BIG question is, where do you find this person?

Try this, imagine you are this person,

- Where will you hang out usually?
- What kind of events/activities will you attend?
- Are you a social person who will join public events to know new friends?
- Or are you a more reserved person that tend to know new people through existing groups of friends?

Answers to the above questions will give you some ideas about where and how to meet this person. So all the best!

#3 Commitment Test

- If he/she is in for the long haul

Should you meet this person close enough to your list, how do you know if he/she is in for the long haul? Knowing this is crucial, as you don't want to waste your time, energy and hope on someone who turned out to be not interested in a committed relationship.

Below are five indicators that you can look out for to determine if the person you are dating is the one.

1. Signs of Commitment

- Include you in their future plans
- Making future plans together
- Not feeling pressured to get married

2. Financially Stable?

- Have a steady income stream
- Able to take care of and be responsible for their personal finance
- Well managed debts (if any)

3. Major flaw

- A major flaw that you cannot accept
- Behaviours (smoking, drinking, punctuality etc.)
- Mismatch in value system

4. Do you feel safe with this person?

- Comfort to be yourself with this person?
- Safety to express your thoughts and feelings with him/her
- Absence of fear to be judged or put down

5. Same outlook in life

- Someone who can see eye to eye with you when it comes to career and family
- Supporting each other in your decisions in life

#4 Am I Ready For A Committed Relationship

Looks like you are progressing well! So, say you found someone who fits the list and is ready to jump, final check, are you ready too?

There are times we long for a relationship and when the time comes, we doubt ourselves again. After all, putting all the eggs into one basket can be scary at times. And we wonder if we are worthy enough for the person; if the person is too good to be true; will we be hurt in the relationship etc etc.

In this section, have a quick check, are you ready to jump too?

1. Ready to meet each other's friends/family

- You feel ready to meet each other's friends
- You feel ready to meet each other's parents and families
- You feel ready to be in each other's intimate circles

2. At peace with past relationships

- No longer feeling awkward meeting your ex-partner and/or their new date
- Stop needing to check your ex's social media
- You feel ready to move on from the past

3. Phase of life

- You are open and available for a relationship
- You are not overwhelmed by massive commitments in your life
- The need for exploring has ceased and feels ready to settle down

4. Sense of completeness with self

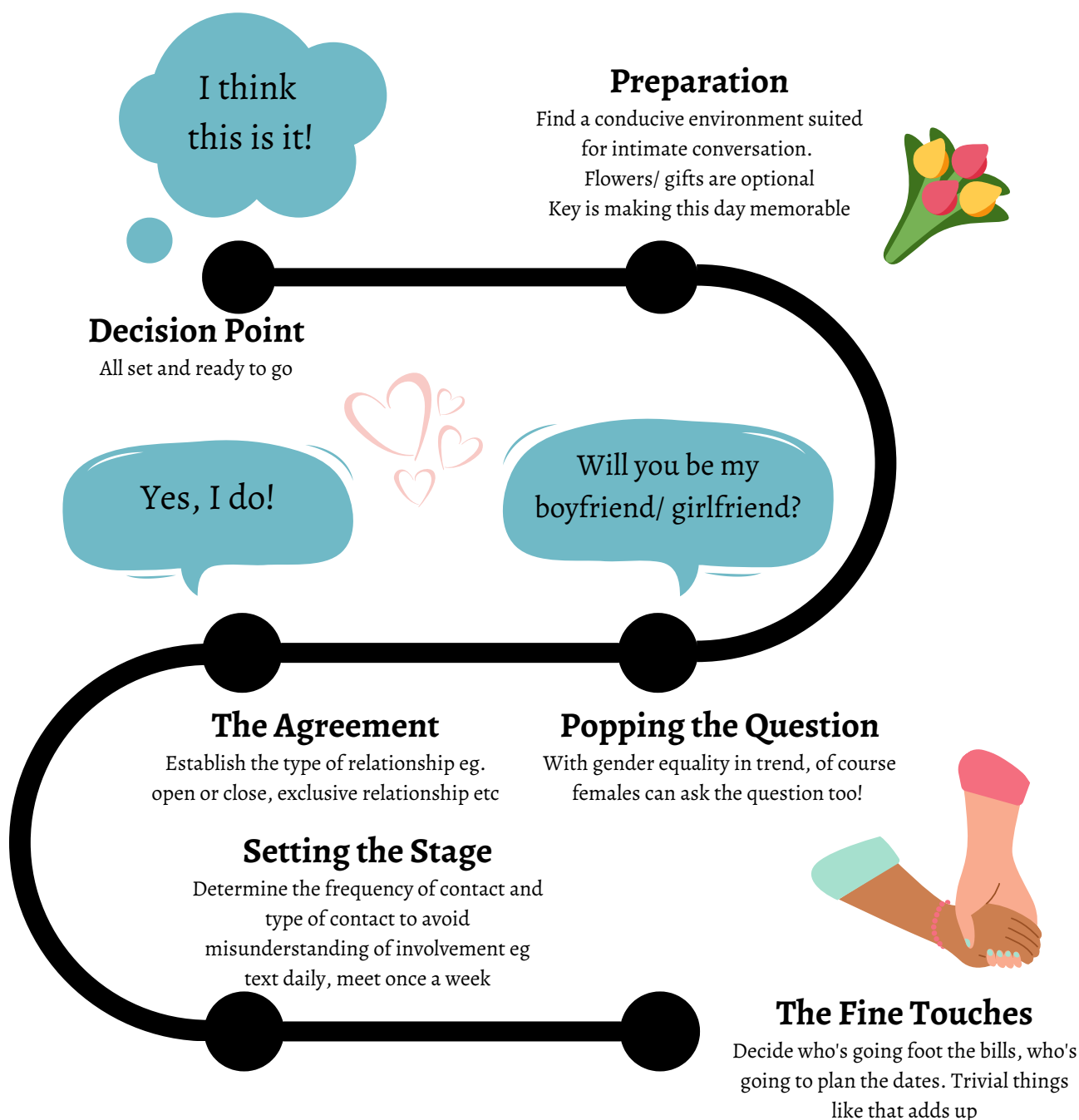
- You are comfortable with being alone
- Companionship is not about filling a void, making you feel less alone
- You can work on your own shortcomings because you want to, not because of your partner

5. Trust that you can work together as a team

- Trust that your partner will team up with you to overcome challenges in life
- Trust that each other is committed and won't quit on the relationship readily
- You feel that you can be vulnerable and let your partner take care of you when needed
- You are willing to step up to take care of your partner when needed

#5 Officiating A Relationship

Now that all is set, how do we start off on the right note? Officiating a relationship helps set the boundaries of the relationship and make things clear right from the beginning, so here we go!



As the relationship progresses, continue to share with your partner your likes and dislikes. These conversations are crucial as it serves to tune in each other's preference and make adjustments.

Spending quality time together and going through significant life events will also help understand each other's values better. Core values system are difficult to change, hence do ensure that your values system works well with each other before moving the relationship to the next phase (marriage).

This book only serves as a beginning in your journey of finding Mr/Mrs Right. We hope it has been helpful thus far. If you are interested in more in-depth works of finding your Mr/ Mrs Right, our Coaching Circle is where take a deep dive into the concepts and make sure it works for you.

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- Check out our event pages for upcoming events and join our Coaching Circle too

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