

YOUR FREE CHEAT SHEET

SOUL MATE FAST TRACK

1. PREPARATION – Understand the basic psychology of dating and relationships so a foundation can be created and built on. This increases the quality of all future interactions with all the people in the various areas of your life. We plan so many things in our life but rarely do people plan their relationships, so this is key to the system

2. PERCEPTION – Discovering who you really are, what you stand for and what you require in a relationship. Creating your deal-breakers and your priorities in regards to what you want. This stage is also about discovering the values, abilities, skills and attributes that make you a high quality partner for the right person. Building your self-esteem and self-worth starts here.

3. 'PRE-DATING' – This is 'qualifying' people to date you so your focus is only on people who are suitable for you to date, increasing the chances of success not only in intimate relationships but also in your social circle and support network. This is where you can become more effective with your potential partner selection saving you a substantial amount of time, effort, money and most importantly, saving you from investing emotions in relationships that won't work.

4. PROACTIVITY – This is dating the 'qualified' people and actually enjoying yourself because of effective use of human dynamics and escalation tools. This is about changing your mindset when it comes to dating so that it becomes an easy, enjoyable activity and you can date when and how you like. This is also a great tool for building your social circle which is one of the keys to quality mental health.

5. PROGRESS – Moving people into relationships once they are fully 'qualified' which ensures success due to the previous preparatory work in the first stage of the system. This is about building connection with the people with whom you can have a quality relationship and not selling them on a relationship but seeing your value so that they see that being in a relationship with you is sensible.

6. PARTNERED – Building a relationship where there is a deep connection and a high level of intimacy using effective communication tools and relationship processes. This is removing the 'hard' work from a relationship so it is more about maintaining a level rather than work.