

Week Eight – How To Stay Optimistic and Motivated On Your Dating Journey

Love is a journey you'll be on your whole life! And at this stage, it's easy to feel pessimistic at times. Here's how to keep yourself in a love-attracting state of mind!

I – Self-Love

- ♥ Flashback to week one! Self-love makes everything easier. If you're feeling stressed, rejected, or generally demoralized – walk through the Self-Love Check-In! I promise it helps. Even if you're not dealing with any stressful emotions, it still helps on your journey towards anything you want, including romantic love!

II – Love Confidence

- ♥ When it comes to love confidence, your actions matter. Checking in with yourself to see if your actions or choices are helping or hurting your love confidence is a powerful habit to develop.

III – Love Vision

- ♥ “Pull” motivation – the kind of motivation that you feel when you are working towards something (and that goal is “pulling” you towards it) is the ideal motivation when you're trying to achieve anything.
- ♥ The adrenaline based “push” motivation – i.e. *I don't want to be die alone so I better meet someone already* can be helpful in the short term, but it's not sustainable over time and it feels pretty crappy!
- ♥ Holding fast to the vision of the love you want will help tremendously when it comes to staying motivated on your journey.

IV – Take Necessary Breaks

- ♥ If you're feeling overwhelmed, or you're having a particularly busy time, feel free to intentionally give yourself a dating break. I recommend turning off any dating app profiles during your break (instead of just ignoring them).



V – Gratefully Cultivate The Love You Already Have

- ♥ You already have love in your life! It's easy to focus on the romantic love you don't have in your life (yet!), but focusing on the love you already feel and experience is powerful! Love of all kinds carries the same energy, so love it up!

Heartwork: For 30 days (or more! But start with 30), keep a gratitude journal where you write down 5 things each day you're grateful for – big or small! Pay attention to how this practice makes you feel. I recommend doing it before bed, but whatever time of day works best for you!

