

FREE DATING CRASH COURSE

A woman with dark hair, wearing a blue hat, a grey scarf, and a pink sweater, is making a heart shape with her hands. She is standing outdoors with a blurred background of water and trees. The text is overlaid on the image.

**10 WAYS
TO
FIND
LOVE
IN
10 DAYS**

BEST DATING SITES

CONTENT

03	DAY 1 NURTURE SELF-LOVE
08	DAY 2 MANIFEST YOUR DREAMS
11	DAY 3 DRAFT YOUR ACTION PLAN
15	DAY 4 REDEFINE LOVE
19	DAY 5 YOUR KIND OF LOVE

22	DAY 6 THE CHEMISTRY OF LOVE
----	--

25	DAY 7 ATTRACT LOVE & HAPINESS
----	--

28	DAY 8 ENJOY THE EMPOWERMENT OF ONLINE DATING
----	---

32	DAY 9 FINDING AUTHENTICITY & HONESTY
----	---

36	DAY 10 PRACTICE KINDNESS
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***A AGREEMENT
NO.1
LEARNING
TO NURTURE
SELF-LOVE***

1 NURTURING SELF-LOVE



LEARNING TO BE YOURSELF

DAY 1

On this very first step in our 10 days journey, we have to start from the beginning...**YOU**

That's right.

Any change that you want to do, any goal that you want to reach this year starts with you.

What to do then?

The first thing you will have to do is to try to practice some introspection to rediscover who you are and accept yourself.

Once you start accepting yourself, you can then start the journey of learning how to love who you are.

So let's start by discovering who you are and accepting it!

THE BENEFITS OF INTROSPECTION & SELF-LOVE



DEAR BODY:

When we think about oneself, we probably start by thinking about the way we look. And that's ok.

Physical appearance is important because it is a way that allows us to differentiate ourselves from the others.

It is exactly in this line that physical appearance can sometimes become a source of trauma and discomfort for some people: because they don't accept that they are different to everybody else.

In fact, everybody is different to everybody else which really makes every single one of us **UNIQUE**.

YOU'RE UNIQUE

There's nobody else exactly like you (as far as we know!).

If you really think about it, it's mind-blowing! Your eyes, your mouth, the way your knees look, your elbows, the exact position of your moles...your body defines you and makes you special at the same time.

Your body allows you to be, to live, to breath, to eat, to laugh, to talk, to feel, to love and to be loved.

Make sure you take care of your body, you respect it and you appreciate it, because, without your body; your mind, your feelings, your thoughts and your heart couldn't function (at least for now, we never know in the future!)



THANK YOU

DEAR MIND:

The second part that defines you is the way you are. Do you have a positive or a negative outlook at life?

Are you shy or really outgoing? Do you like tomatoes and hate cucumbers?

We tend to be so obsessed with defining how we are according to the expectations put on us that we tend to forget who we really are.

so what's the best way to learn who you are?

What really defines us is not the way we are but the way we react to things.

Think about how you react to things, if you're happy with the way you talk, the way you act and if there's room for improvement.

Once you start this introspection journey, you'll start to accept yourself more, you'll start to appreciate yourself more and you'll be able to be honest with yourself and surrender to your being.

Because after all, as we said, you are here, you are alive, and you have a body and a mind to experiment every single adventure you're wishing to have in this life.

Let's start!



NOW IT'S YOUR TURN

Write your own appreciation letter to yourself:



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DEAR MIND:



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***A AGREEMENT
NO.2
MANIFEST
YOUR
DREAMS***

2 MANIFEST YOUR DREAMS



DAY 2

We are just starting this 10 days journey towards welcoming love by being open-minded.

In this second step, we'll delve into the importance of manifesting your dreams and wishes.

Manifestation became really popular by association with the law of attraction.

WHAT IS MANIFESTATION?

There are lots of ways to define what manifestation is, but as you'll see the more you'll experience it, the best way to really define manifestation is to define it for yourself.

Having said that, there are general aspects that do define manifestation as the act of bringing something to your life through your thoughts, experiences, and beliefs.



SO HOW DOES IT REALLY WORK?

In order to manifest something, you have to really believe in yourself (check step 1 of our journey: how to nurture self-love) and you have to also believe in the possibility of being able to manifest something.

For that matter, it is very important that you acknowledge at least the possibility that we are all surrounded by energy.

The world is energy, we are energy.

So the idea here is to use all that energy that already exists and direct it towards something you strongly believe in.

Manifestation is a very powerful tool to not only think about what's really important for you but also to set goals in your life.

It involves learning to be aware and conscious of your situation, your context, your being, and your potential.



HOW TO MANIFEST YOUR DREAMS...



You might be wondering: so what's the difference between new year resolutions and manifesting your dreams?

The answer is that a resolution is a statement: "I will find love this year".

A manifestation is a state of mind, it means that you'll consciously direct your energy towards finding love. You'll imagine yourself having found love, and you will try to gather all that energy and all those feelings (the feelings of how you feel when you picture or manifest yourself having found love) to direct them towards the task of finding love.

It might sound a little bit complicated at first, but the more you will practice it the more you will find the best way to make it work for you.

The magic behind manifestation is also that the more you consciously manifest a dream, the more your mindset will become open-minded for that dream to happen.

*Think of your dreams
Imagine it happening
Keep that energy*

3

2

1

Make it happen..



“

***A AGREEMENT
NO.3
DRAFTING
AN ACTION
PLAN FOR
THIS YEAR***

3 DRAFT YOUR ACTION PLAN



DAY 3

So far, we've already seen the importance of nurturing self-love and manifesting your dreams in order to set a positive outlook on life.

Finding love is not only about loving oneself in order to be able to properly love somebody else, but it is also about having a clear idea about what you want and what you're hoping to find.

Finding love is about **finding opportunities** for it to happen, and that's why it is so important to draft an action plan to increase your chances of finding love.

DRAFTING YOUR ACTION PLAN TO FIND LOVE



Now that we've understood what it really means to manifest your dreams, the next important step is to have a clear idea of what your dreams are and to think about ways in which you could attain those dreams.

It makes sense, doesn't it?

For that, we encourage you to **draft an action plan.**

To design an action plan you have to take into consideration different aspects:

#YOUR LIFE

The different aspects of your life, such as your work (and the hours per week it involves), your recurrent activities and your commitments.

#YOUR HOBBIES & INTERESTS

Are there things you would like to do but you haven't found the time?

#YOUR ROMANTIC GOALS

Would you like to start dating again? would you like to meet a special someone or are you open to the idea of meeting lots of new people instead?

HOW TO DRAFT YOUR OWN ACTION PLAN...

This first step is really important as it will help you to really understand how your life is organized and how you could improve it or at least, how you could organize yourself to add the different actions you need to take into consideration in order to reach your objectives.

So, once you have a good insight of your current life, the idea is to think of ways you could reach your romantic aim.
Let's put an example...

Let's imagine you would like to try to meet a significant other.



1

The first step would consist of being aware of your desire to meet a significant other and to manifest it: how would you picture your life with a significant other?

2

The second step would consist of understanding how your weeks and months are organized and when you could comfortably find some time to actively start looking for love.

3

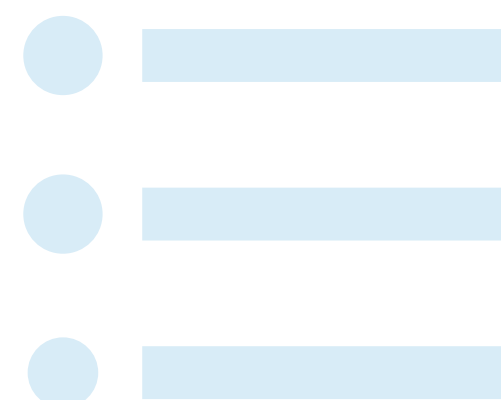
The third step would consist of thinking of ways of increasing the opportunities to meet a like-minded single

WAYS OF DRAFTING A GREAT ACTION PLAN

The third step is really important as it would entail your exact action plan to find love this year.

If we follow the example of wanting to meet a significant other in 2019, this could be an action plan:

- ✔ Registering to a great and popular matchmaking dating site.
- ✔ Creating an attractive profile with information about your desires
- ✔ Start meeting local singles
- ✔ Attending singles events in your city
- ✔ Registering to an activity such as pottery, drawing classes or sports classes (as you'd increase your chances of meeting new people)
- ✔ Discovering and exploring the best romantic places in your city to meet singles (bars, cultural activities, parties, etc).



READ MORE_

Get started with this [Free Printable cheat sheet to create an awesome dating profile!](#)

START DRAFTING YOUR ACTION PLAN...



✔

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***A AGREEMENT
NO.4
REDEFINE
LOVE***

4 REDEFINE LOVE



WHAT IS LOVE?

DAY 4

A very hard question to answer, don't you think?

I'll tell you the truth, there isn't only one answer but as many as you can think of.

Love is non-tangible and as such, it is a very individual and personal feeling.

Which means that there can be as many different definitions of love as people live on this planet.

Interesting and scary and at the same time!

In today's agreement, we'll be exploring how to redefine what love means to you.

Let's start!

READ MORE_

Is love becoming instantaneous and automated?

REDEFINING LOVE: A JOURNEY TO BREAK STEREOTYPES ABOUT TRUE LOVE

What does true love mean? What is the meaning of love in a relationship?

It is said that people need love to survive, would you agree with that statement?

Love has been defined by our society for centuries: from romantic literature to romantic movies and marketing on romance, we've been exposed (and we still are) to what love is meant to be in a very unrealistic way.

We've been taught that love should be everything to aim for: to be in love means to breathe for the other person at the same time that the other person only breathes for you.

It also means that we put so many expectations on love that at the end, it is almost impossible to escape from disappointment.

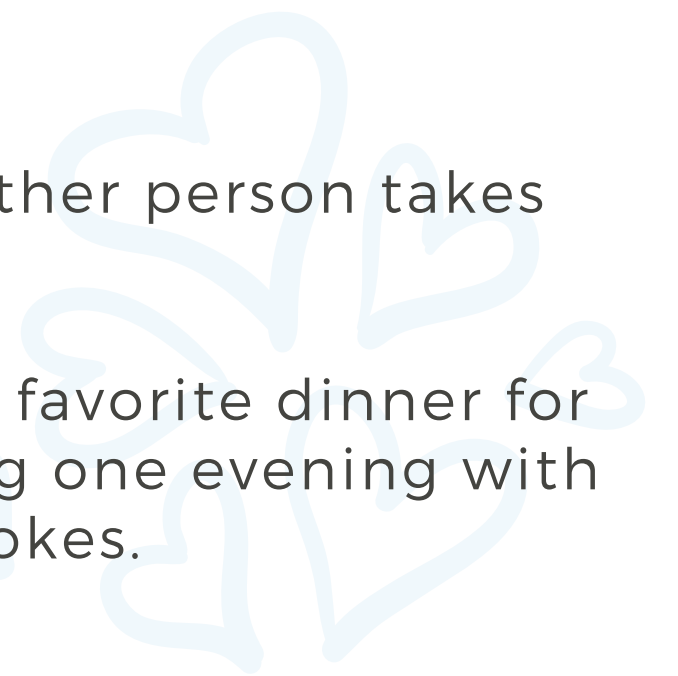
That's why it is very important to redefine what love means to you, outside of the imaginary created around the concept of love.

Perhaps love from you is a synonym of romance and therefore you expect to feel loved (and give love) with romantic dates, gifts, compliments, etc.

BUT PERHAPS LOVE IS FOUND IN THE LITTLE THINGS...

Knowing that another person thinks of you, that the another person takes care of you when you're not at your best.

Perhaps love for you means that your partner cooks your favorite dinner for you when you arrive from a hard day at work, or spending one evening with your partner on the sofa under a cover laughing at silly jokes.



WHAT IS LOVE FOR YOU?

These are some important questions you should ask yourself:



Are your expectations of love too unrealistic? Can you really find a perfect partner? (is there really a perfect human being on earth?)

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How would you feel loved and most importantly how do you show love?

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What's important for you when it comes to love?

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Redefine love, take it out of the box and think about what would really make you happy and content.

Make sure you write it so if one day you're in a relationship and you that feel love and romance are starting to fall apart, **revisit your definition of love.**

Find **YOUR love** and don't let anybody tell you how love should be.

Because there's not one but thousands of ways of loving and being loved.

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***A AGREEMENT
NO.5
I POSITION
MYSELF IN
MY KIND OF
LOVE***

5 FINDING YOUR KIND OF LOVE



DAY 5

Day number 5 in our journey to find love.

Today's agreement is directly connected to yesterday's one: Redefining love.

Yesterday you put love out the box, you redefined what love means to you.

Today, we're going to learn how to position yourself in your kind of love so you can start manifesting it.

SHARING YOUR KIND OF LOVE

As we've already discussed it is very important to create your own definition of love.

But it is equally important to learn to communicate and to share your kind of love.

The first thing you should do is to make sure, once you've agreed on your standards for love, that you live by those standards.

We live hectic lives and sometimes we tend to be too focused on ourselves. We don't have time to stop, and really think about how we feel or how we make others feel.

That's why the first step you should take is to **learn to communicate and to act by your definition of love.**

For example, if you think compliments and constructive criticism are an important way of showing love and care, make sure you practice it.

It is very simple to demand something for oneself, but it becomes much more complicated to give and share with others what we expect for ourselves.

Start treating others in the exact same way you expect to be treated.

Try to avoid gossiping and assumptions, but rather be as transparent and honest as you can be.

The more you live by your standards the more your standards will become the norm in your life.

It is a very important step towards your search for love.

COMMUNICATING YOUR LOVE EXPECTATIONS

You'll see how little by little, the more love you give, the more love you'll receive.

It is a very empowering feeling! In that sense, when you meet a match or when you start dating, you should always keep in mind your love "standards" and you should communicate them to your partner.

The idea here is to be on the same page.

Being on the same page when it comes to love is one of the most efficient ways of finding a match.

Think about it, your interests could be different, your hobbies could also be different, after all, a relationship is also about sharing and learning from the other.

However, if you're not on the same page when it comes to romance and love, that's exactly when frustrations and disappointment shows.

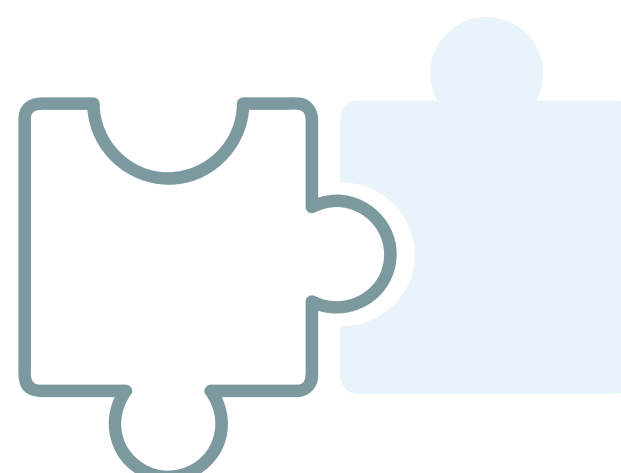
It is very refreshing to discuss with someone love and romance, and we definitely encourage you to do so!

Start spreading love and see your life grow!



READ MORE_

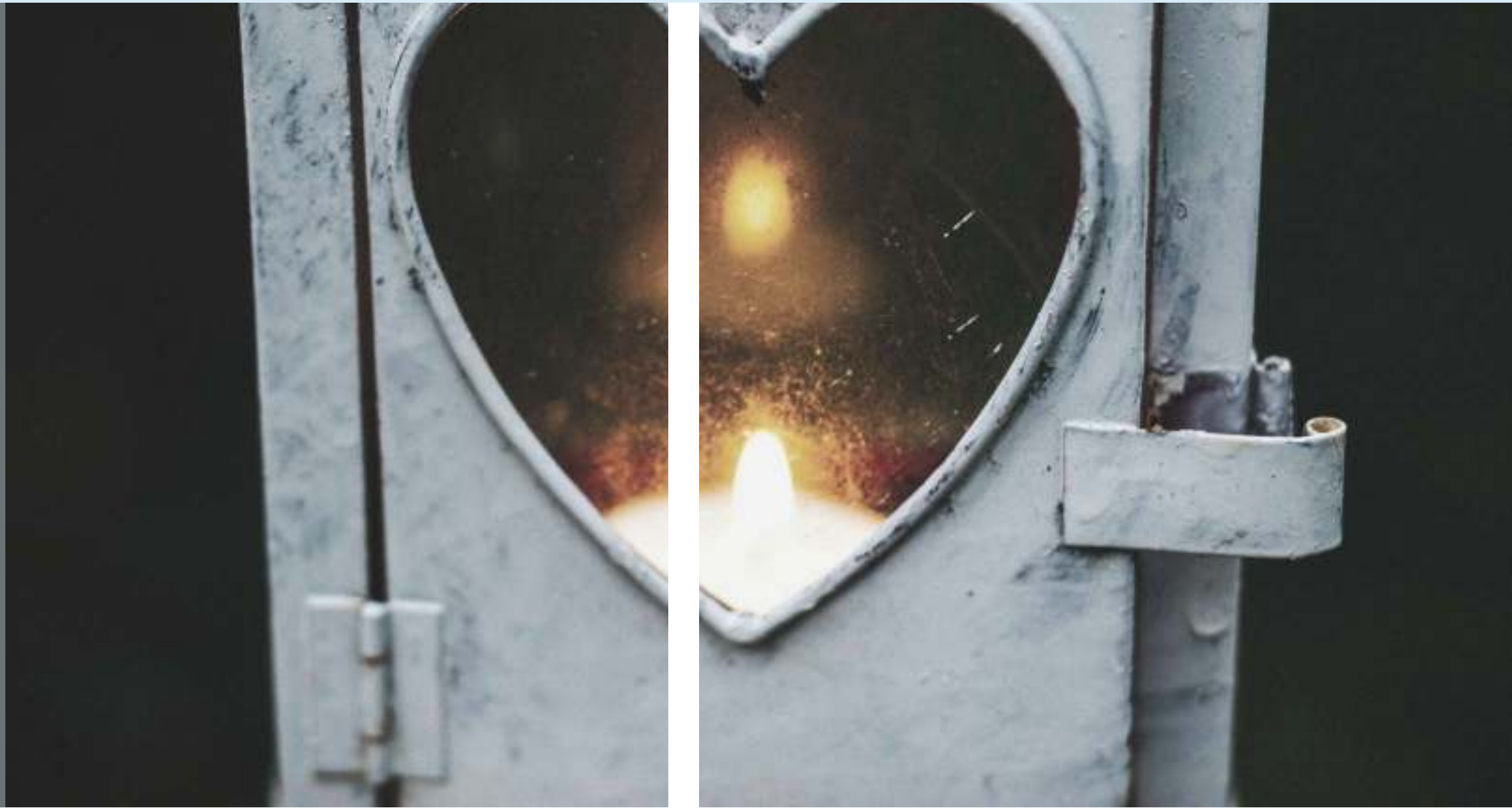
Discover Bauman's lessons about love: identify your kind of relationship!



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***A AGREEMENT
NO.6
I'LL
PRACTICE
MINDFULNES
TO FEEL THE
CHEMISTRY
OF LOVE.***

6 THE CHEMISTRY OF LOVE



DAY 6

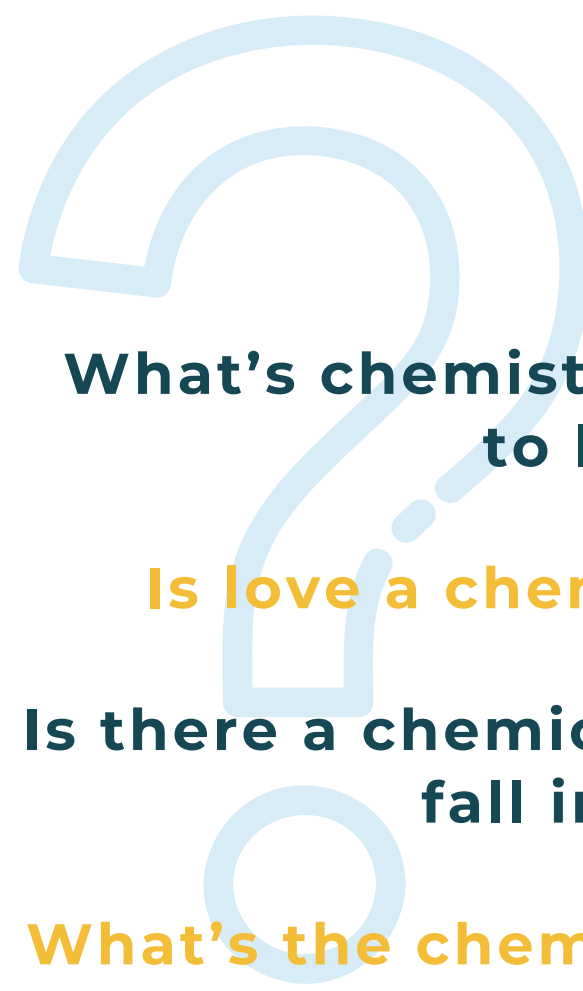
So far, we've talked about love and romance...in today's letter, we'll talk about chemistry.

RELATIONSHIPS, CHEMISTRY & LOVE

According to Abigail Marsh, a professor of psychology at Georgetown University, Love is *"an emotion that is a particular response to one person, you love being around that person"*.

But love is also a chemical response to that person.

According to Marsh, *"dopamine is the sort of reward-seeking [reaction, it makes you] energized, excited (...) the hormone that is most specific to feeling in love, that is more specific to the social response is oxytocin, and then closely related, a neuropeptide called vasopressin. Nature really wants love to feel good"*.



What's chemistry when it comes to love?

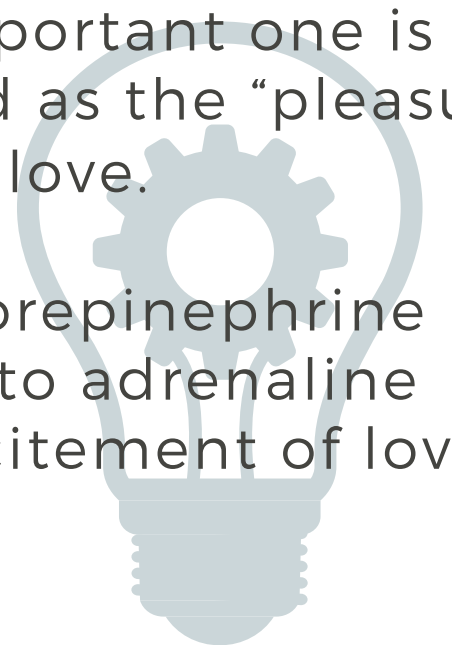
Is love a chemical reaction?

Is there a chemical that makes you fall in love?

What's the chemistry behind love?

There are actually a lot of different chemicals involved when you're in love, but the most important one is **dopamine** considered as the "pleasure chemical" involved in love.

On the other hand, norepinephrine is a chemical really close to adrenaline that produces the excitement of love.



BEING MINDFUL TO LOVE CHEMISTRY

The aim is not to learn the scientific explanation about how we fall in love, but rather to start practicing a certain mindfulness to be more aware of the ways the chemistry of love can affect us...or in your case, if you're looking for love, in the ways chemistry can help you determine your attraction towards a potential match.

Love is not just in the mind but also in the body, and if you learn to listen to your body together with your mind, you'll probably won't need to start questioning yourself if you are with the right person, or if you're taking the right decision about dating that person.

By practicing mindfulness when it comes to the chemistry of love, you'll simply know that it feels right.

Obviously, sometimes certain partners feel right but tend, in the long-term, not to be right for ourselves, but this comes later in the game of love.

For now, if we're focusing on finding love, you should also focus on **listening to your body**.

The feeling of chemistry is hard to explain and it can vary a lot, but in general terms, it involves a feeling of excitement and energy.

You feel nervous, you look forward to seeing the other person and you find yourself more active than usual.

But also, despite feeling nervous, you feel good when you're with your partner.

His/her smell makes you feel good and safe, and his/her touch makes you feel relaxed and happy.

Start listening to your guts!

Your body will help you find love!



READ MORE_

Learn more about how to improve the chemistry in your relationship with these steps:

- ▶ #The art of listening & sharing
- ▶ #Making time for the two of you
- ▶ #Doing activities together & taking the initiative

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***A AGREEMENT
NO.7
I ATTRACT
LOVE AND
HAPPINESS***

7 ATTRACTING LOVE & HAPPINESS

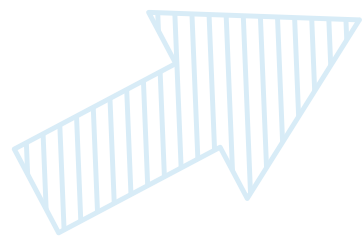


DAY 7

If you're already following all the agreements we've seen before, you're probably starting to notice a positive change, but there's still room for more improvement. The next step will consist of learning how to attract love and happiness.

But how to do it?

It's pretty simple!



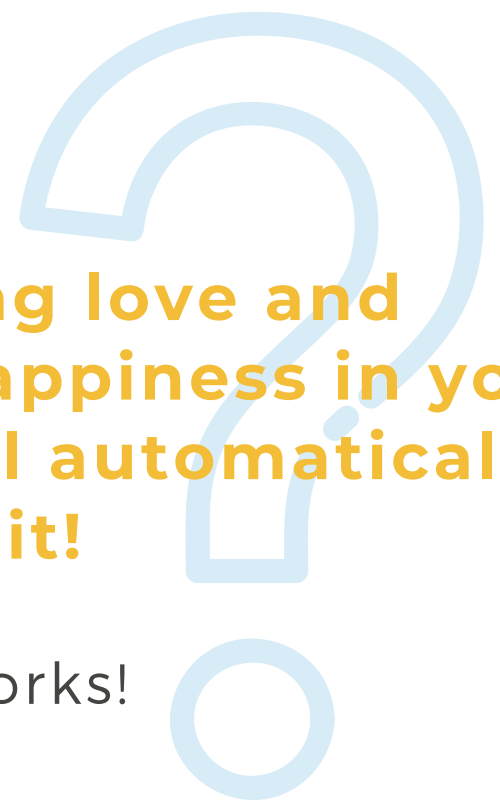
FINDING LOVE BY ATTRACTING LOVE AND HAPPINESS

You've probably already heard of the law of attraction so you probably already know that the more positively you think the more chances you have of attracting positive things into your life.

It is exactly this kind of logic that we would like you to apply to love and happiness.

Start by creating love and appreciating happiness in your life and you will automatically start to attract it!

Let's see how it works!



Let's practice:

▶ **Happiness:** The happier you feel the more likely you will be of attracting more happiness into your life





▶ **Love:** The more surrounded by love you are and the more love you give: you'll increase your chances of finding love.

Sounds pretty easy and obvious, doesn't it?

It is such a simple statement yet so powerful.

However, you should keep in mind that it also takes some time to put into practice.

So we recommend you to go step by step and start this journey by asking yourself some important questions:

-  Are you happy right now? If yes, what makes you happy? If not, what makes you unhappy and how could you focus on the things that make you happy?
-  What is happiness for you? What tools do you use to measure your happiness?
-  Do you feel surrounded by love? or do you feel surrounded by toxic people?
-  Do you think you give love and act with kindness? If not, how could you improve it?

It is very important to take some time to really think about what is happiness for you.

Happiness, like love, needs to be redefined in order to find your own happiness.

The thing is that most of the time, we tend to measure happiness in past terms, meaning that we can only see that we were happy when we think of past times, but we really struggle to realize our happiness in the present time.

So start exercising mindfulness and start identifying your present happiness.

That's the key to start attracting positive things for you this year.

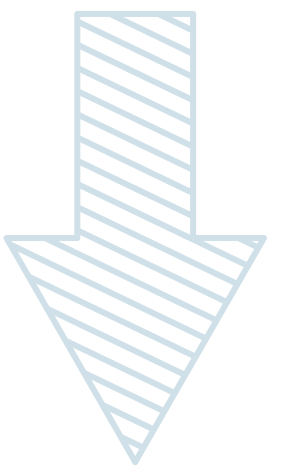
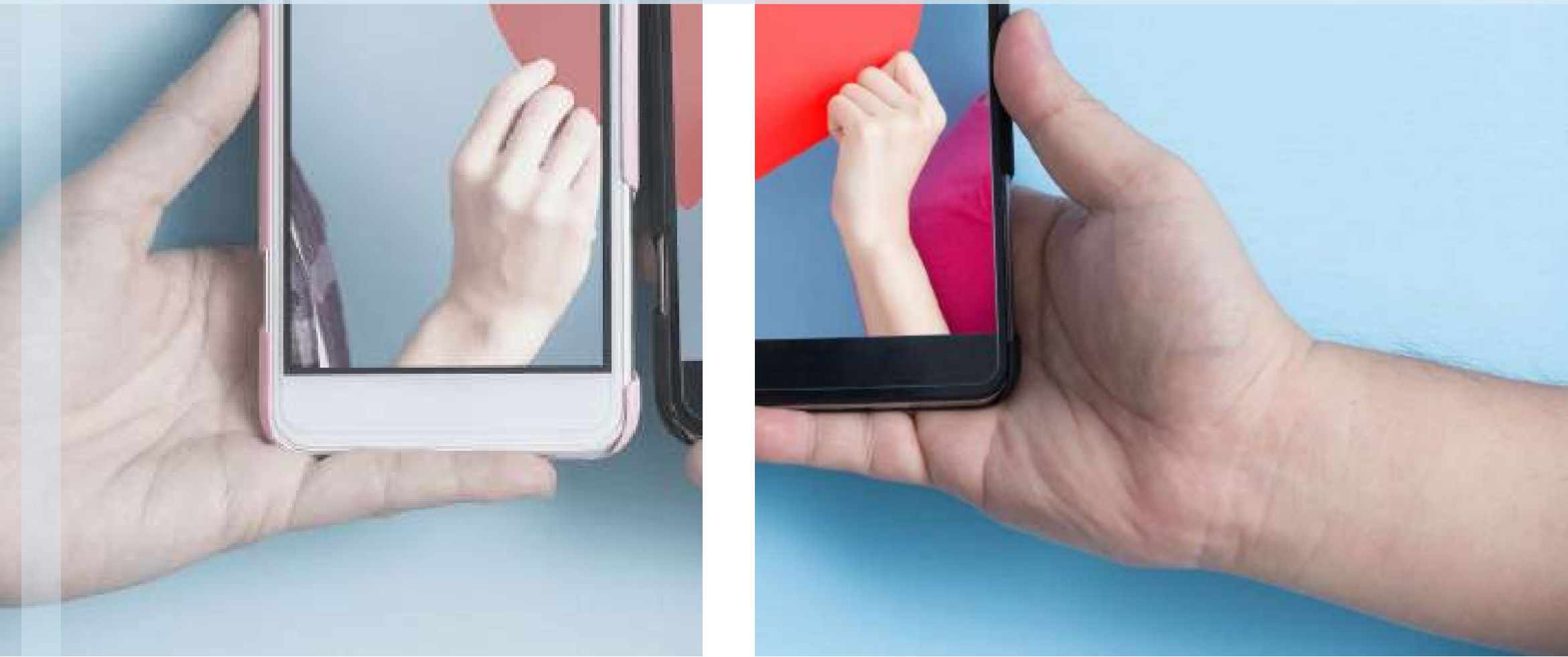
Good luck!



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***A AGREEMENT
NO.8
I'LL TRY
ONLINE
DATING***

8 ENJOY THE EMPOWERMENT OF ONLINE DATING



DAY 6

If you're starting to practice all the seven agreements we've been seeing together through the last seven days, then you're probably ready to take the next step:

START MEETING LOCAL SINGLES!

Easier said than done... is it that hard though?

It's probably time for you to discover how great and empowering online dating can be!



When it comes to agreeing on the best places to meet singles... Single people tend to have the same complaint: it is hard to meet other single people.

But is it really hard?

With the boom of apps and dating sites to interact and meet new friends, people are more connected than ever.

TOP 5 PLACES TO MEET SINGLES

- 1- Dating sites
- 2- Mutual friends
- 3- At happy hour
- 4- Coffee shop
- 5- At the gym

But is that a good thing? Does it make it easy for singles to meet potential partners? Or does it become more complicated...

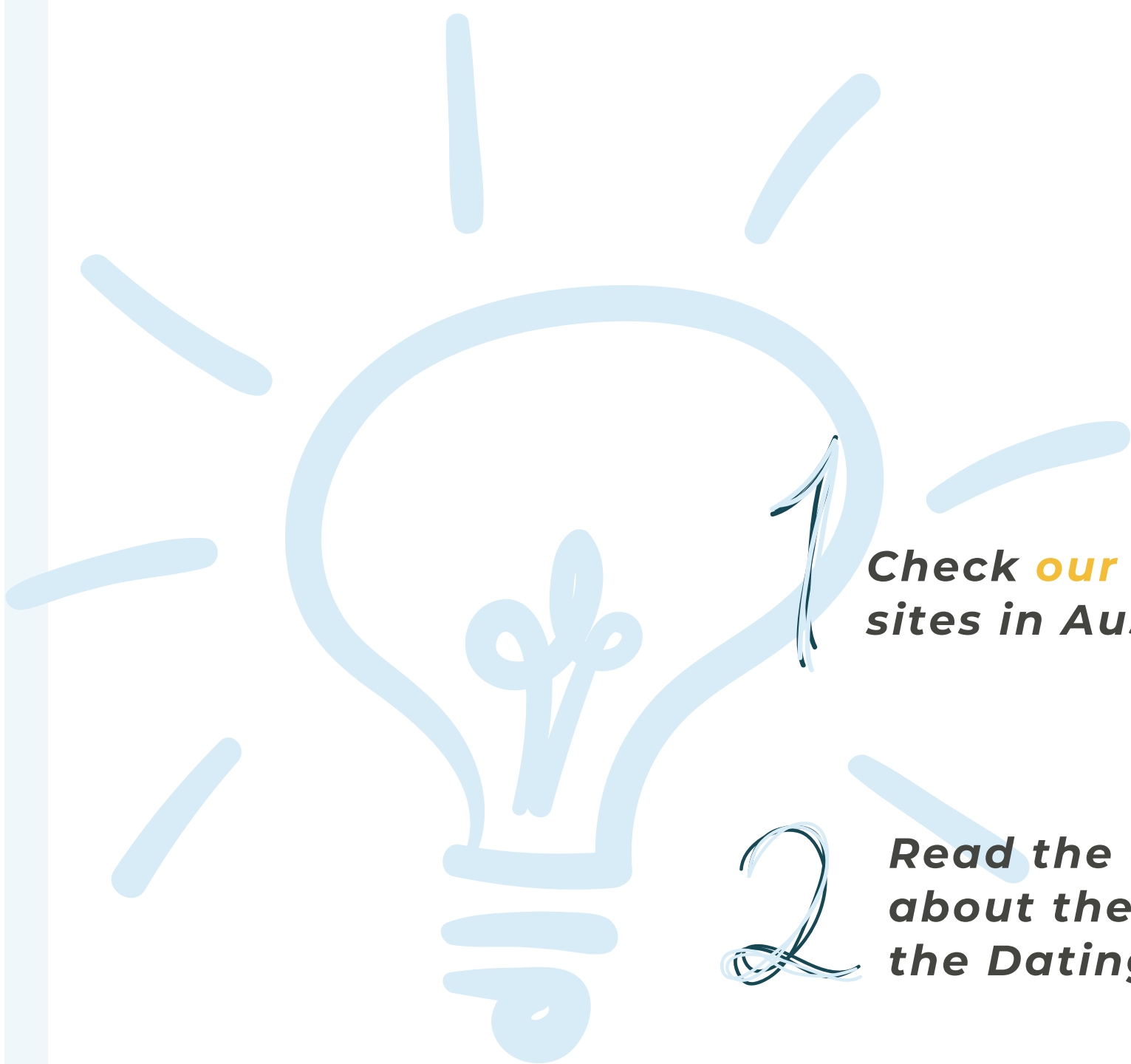
The more people you can reach, the more your possibilities expand but the harder it also becomes to choose and meet someone special.

HOW TO MEET SINGLES WITH ONLINE DATING SITES: EMPOWER YOURSELF!

The first thing we've got to clarify is that we encourage you to try Online dating but only by registering to the best dating sites.

There are many different kinds of dating sites on the web.

Some are more professional and serious than others and that is why we strongly recommend singles to wisely choose before registering or subscribing to a dating site, as your experience will depend on the seriousness of the site.



- 1 Check **our Ranking** with the top dating sites in Australia
- 2 Read the **complete reviews** to learn about the different characteristics of the Dating site
- 3 Register for **free** and try it out
- 4 Follow our help to create the **best dating profile** ever!
- 5 Start meeting **local singles!**

ONLINE DATING EMPOWERMENT AND ROMANTIC IDEALS

Online dating has not only empowered women when it comes to meeting partners but it has also empowered shy people, gay people, singles looking for a serious commitment, etc.

One of the best tools that online dating gives you is the fact that you're under control at all times: you can manage your time, manage your profile, manage with whom you decide to chat and even be as specific as you want when it comes to finding the person of your dreams.

Of course, having said that, we want to clarify that sometimes the vision we tend to have of the "person of our dreams" is quite unrealistic, as it often happens that everything seems perfect "on paper" until we start to interact with the other person.

Although it happens very often, it is quite dangerous to develop an unrealistic idea of perfection in a potential partner as at the end of the day, we're guessing you'll want to start meeting with actual human beings...and the truth is that nobody is perfect!

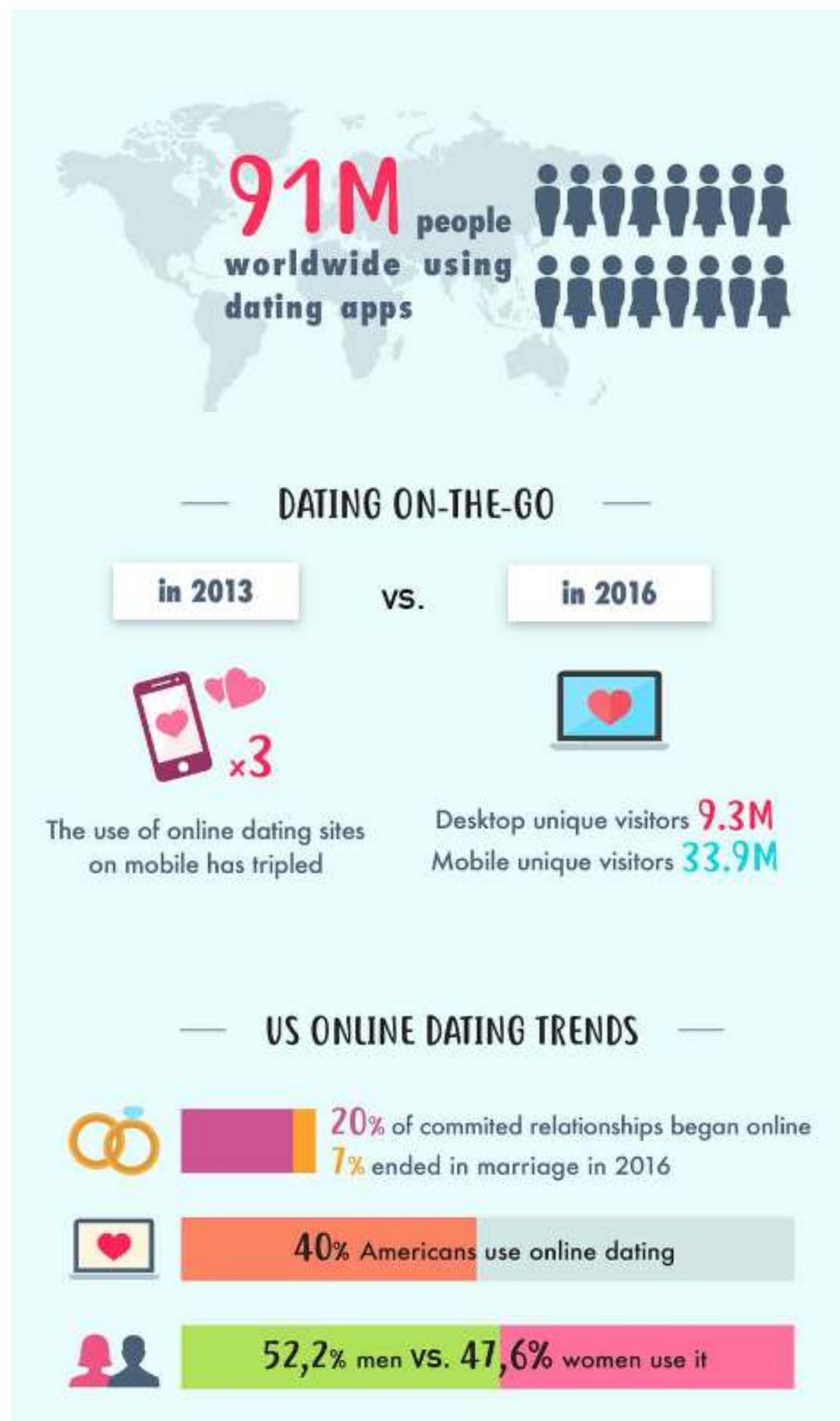
So our recommendation is the following:

- ▶ **Feel the empowerment of online dating, meet singles around your area, start chatting, start flirting (if you feel like it) and stay as far as you can of romantic ideals of perfection.**



ONLINE DATING IN NUMBERS

Finding your match today



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***A AGREEMENT
NO.9
I'LL FIND
AUTHENTICITY
& HONESTY***

9 FINDING AUTHENTICITY AND HONESTY



DAY 9

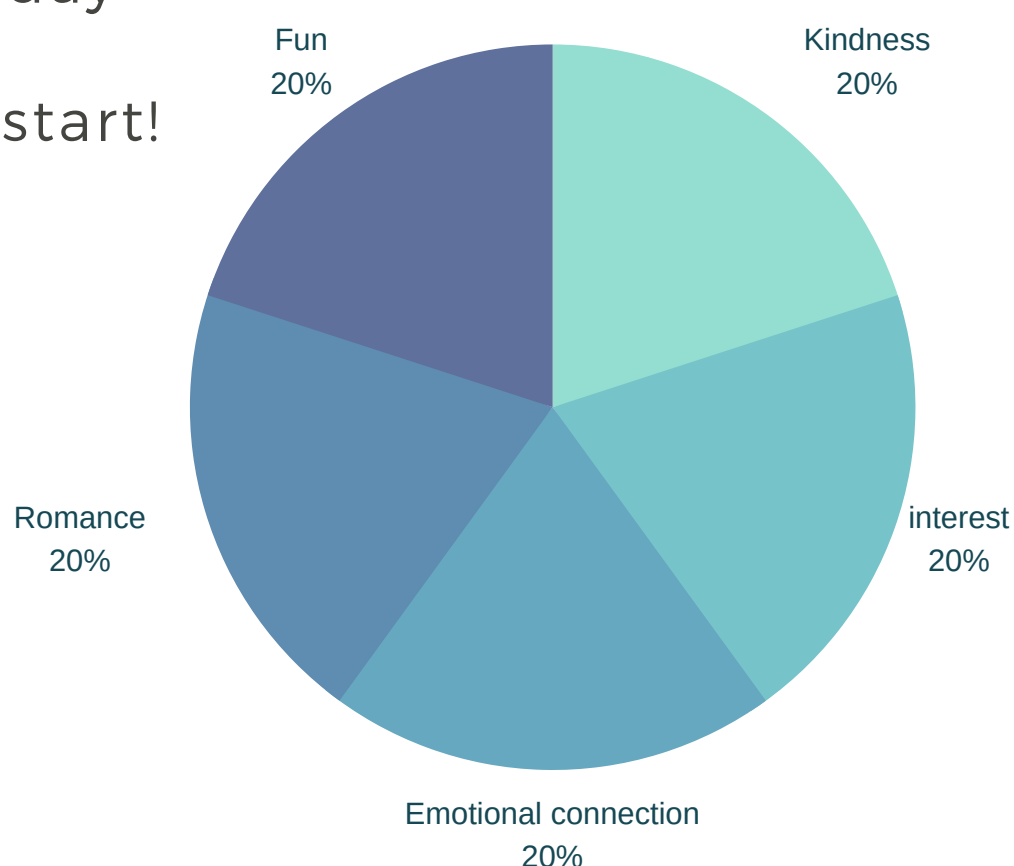
When we talk about love we tend to forget about authenticity and honesty. Instead, people tend to focus on a mainstream vision of what love is and what love should be.

The truth is that there's not a single way of loving, but rather every single person has to find their way to give love and receive love.

Romance has to be authentic and honest, and for that, it has to be individualized.

Finding authenticity and honesty in your life, in your thoughts, in your actions, and in your surrounding is the agreement we will be focusing on today

Let's start!



READ MORE_

Are you the perfect partner?

A study carried out by the leading dating website EliteSingles, where over 490,000 single men and women were asked about their ideal match wish list, showed that kindness leads the top spot of the most searched for attribute in a partner.

8 in every 10 single women confessed that they are currently looking for a kind man as a long-term companion, while six in every ten single men seek a kind women to initiate a serious relationship.

Emotional chemistry is another must-have for millennial singles. The research revealed that both unattached men, and women, in particular, a 57.1% and a 76% correspondingly, seek to have an emotional connection with their potential partners.

FINDING TRUE LOVE OR THE ART OF LOVING WITH HONESTY AND AUTHENTICITY

That's right.

What's True Love?

You have probably lived all your life hearing how you should be waiting for your true love, this kind of unconditional love that comes from your soulmate.

But let's be honest, does it really exist? and if we suppose it does? should you be really waiting for it? How to know when it comes or if it's the right one?

An almost impossible task, isn't?

That's exactly why today's task will consist of debunking such an outdated concept.



YOU ARE THE ONE THAT CREATES YOUR TRUE LOVE:

- ➔ True Love means to share your life with someone in an honest and authentic way.
- ➔ True Love means building a meaningful relationship and adapting together to potential problems.
- ➔ True Love means... **[insert your thought]**.

- ➔
- ➔



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As you can see, true love can mean lots of things, as it really depends on each person.

However, if we focus on the part of “true” we instantaneously see a connection with authentic, and my friend, **in order to be authentic we also have to be honest.**

So in today’s agreement, I encourage you to free yourself from the expectations that society puts on love and start practicing honesty and authenticity.

Try at least for one day to talk with more honesty and authenticity to others, dare to show yourself, dare to be weak and strong.

Dare to feel.

You’ll see that soon enough you’ll also dare to love and most importantly, you’ll also dare to start appreciating your own true love story.

Love cannot really exist if it doesn’t come from a place of honesty and authenticity.

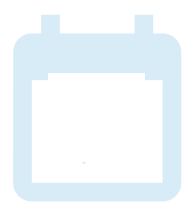
It is not an easy task to start practicing these two pillars, but day after day if you make the effort, you’ll start to feel more empowered, stronger, kinder and full of love.

YOU ARE THE ONE THAT CREATES YOUR TRUE LOVE:

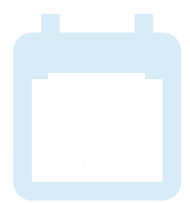
Practice it for at least 5 days. Mark your progress here:



Read about authenticity. I feel ready



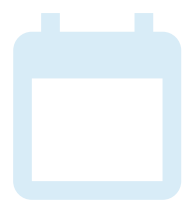
Day 1



Day 2



Day 3



Day 4



Day 5



“

***A AGREEMENT
NO.10
START
PRACTICING
KINDNESS***

10 PRACTICE KINDNESS



DAY 10

Today we're reaching the final step of our 10 days' journey to find love.

Surely, at this point, you've started practicing the different agreements we've been seeing for the last 10 days and you're starting to see some change.

If you don't feel any different yet, do not worry.

In this final step, we will talk about a very important element when it comes to life and love, and yet so forgotten in our modern societies:

Kindness.



This journey is all about motivation, constancy, and effort.

Changing old habits for new ones.

→ *What does it mean to practice kindness?*

→ *What's the difference with being polite?*

→ *How can kindness change me?*

FINDING LOVE IN EVERY ASPECT OF YOUR LIFE THROUGH KINDNESS

You might wonder: what do you really mean by kindness?

Well, the truth is that defining kindness, same as what happened when we try to re-define Love, is pretty much a really personal definition.

According to the Oxford dictionary, kindness is “the quality of being friendly, generous and considerate”,

So let's see those three elements separately:

Being Friendly

This one is probably the easiest one. We can all be friendly, when we want, and unfriendly when we see it fit.

However, having said that, if you really think about situations in which you've been friendly in comparison to those in which you have been unfriendly, you'll probably notice that when you've been friendly, you've had a much more positive experience and that you've even experienced yourself the friendshipness of others.

Being Generous

This one becomes a little bit more complicated, doesn't it?

Being generous. It is a hard one, we all want to think that we are generous people but when it comes to facing the reality it is sometimes hard to think about specific actions that show our generosity.

Being generous is not all about the materialistic world, but it is also in the little details. You can be generous by offering your total support to a friend, or by smiling to strangers on the street...

Being Considerate

This one is the hardest one.

Being considerate in an individualistic world is with no doubt, a hard task! If you think of being considerate as in putting yourself in the place of others, and having others in your thoughts, you'll probably quickly realize that it is not always the case, don't you think?

Being considerate is not only a great way to surround yourself with consideration, friendship, love and care, but it is also a very positive and rewarding feeling!

LOVE IN THE MODERN WORLD: THE ART OF PRACTICING KINDNESS

You probably have now a better idea of what practicing kindness really entails, but let's push it a step further...

Think about past experiences meeting new people.

Chances are that you've met somebody that was so nice, so gentle, that has made you feel incredible good and that you've felt really comfortable being around that person that had a kind of amazing aura of positivity.

That's Kindness.

And my friend, kindness is incredibly attractive!

Attractive to the heart, attractive to your mental health and attractive to other people.

On this last step in this incredible journey, we encourage you to start practicing kindness.

It feels like a hug for your heart!

It is such an incredible feeling of fulfillment and love that we are confident, it will definitely determine your success when it comes to finding love!

Now, before we do a recap, we also encourage you to post any question or experience you've had during this 10 days journey in our **Facebook #datingquestionzoe**.

We will be happy to assist you in your dating experience as much as we can!



READ MORE_

The search for Love according to Science

Romantic love is a universal feeling that is closely linked to brain activity. But why is love so important and why do we all are in a constant search for love?

Love activates several different brain areas, but most specifically love activates the areas related to motivation and the feeling of reward.

Indeed, those are very soothing areas that help reduce anxiety, negative behaviors and that also increase confidence.

Love makes us feel good. More relaxed and safer.

A powerful feeling that stimulates several brain areas such as the hippocampus and the hypothalamus, thus the strong effect on the decrease of negative feelings.

According to a 2012 study, neural correlates of marital satisfaction and well-being, reward, empathy, and affection.

The findings of this study highlighted the importance of the neural sites in the link they create with relationship quality and psychological and physical well-being and health.

CHECKLIST



LEARN MORE ON
OUR BEST
DATING SITES
BLOG



YOUR CHECKLIST (PRINT IT!)

- 1 **DAY 1**
**NURTURE
SELF-LOVE**
- 2 **DAY 2**
**MANIFEST
YOUR DREAMS**
- 3 **DAY 3**
**DRAFT YOUR
ACTION PLAN**
- 4 **DAY 4**
**REDEFINE
LOVE**
- 5 **DAY 5**
**YOUR KIND OF
LOVE**
- 6 **DAY 6**
**THE CHEMISTRY
OF LOVE**
- 7 **DAY 7**
**ATTRACT LOVE &
HAPPINESS**
- 8 **DAY 8**
**ENJOY THE
EMPOWERMENT OF
ONLINE DATING**
- 9 **DAY 9**
**FINDING
AUTHENTICITY &
HONESTY**
- 10 **DAY 10**
**PRACTICE
KINDNESS**

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If you're from New Zealand, you can also check out NZ Dating Blog

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