



Helping singles discover their *best possible life!*



Life Coaching, Dating
and Relationship
Consulting

January 2006

Heartmind Connections

By Amy Schoen, CPCC

This month's feature article:

For Singles:

5 Key Questions for Creating Your 2006 Attraction Plan for Dating

Enjoy reading the latest monthly Heartmind Connections ezine. I would love to hear your comments on my ezine and any suggestions you may have for future issues. You may contact me at:
coachamy@heartmindconnection.com.

Quote of the month: Never give up, for that is just the place and time that the tide will turn.

– Harriet Beecher Stowe

Don't Miss this Month's Motivated to Marry™ Tele-gathering-January 16th at 8 pm!

Last month we had a very informative and lively discussion. Call in to the bridge line provided, add your two cents to our monthly topic and bring your questions, issues and concerns about dating and relationships- Talk with Amy Schoen, Professional Life Coach and Dating and Relationship Expert. Tele-gatherings take place on the third Monday of the month at 8 p.m. – the next one is on January 16th. Our topic will be how to create your Motivated to Marry Attraction Plan for 2006. Sign up at www.heartmindconnection.com

Come hear Amy speak at the following event in the DC area:

Thursday, January 5th at 7pm
5 Easy Steps to Improving Your Life Today!
Professionals in the City – Washington, DC
John Hopkins University- Washington Center
1625 Massachusetts Ave, NW (Dupont Circle)
Contact: 202-686-5990 dc@prosinthecity.com
www.prosinthecity.com

Tuesday, January 17th at 6:30 pm
*Am I Ever Going To Meet the Right Person? Learn How to Date
the Motivated to Marry™ Way!*
First Class
Dupont Circle, Washington, DC
Contact: 202-797-5102
www.takeaclass.com

Thursday, February 2nd at 7pm
*Am I Ever Going To Meet the Right Person? Learn How to Date
the Motivated to Marry™ Way!*
Professionals in the City – Washington, DC
John Hopkins University- Washington Center
1625 Massachusetts Ave, NW (Dupont Circle)
Contact: 202-686-5990 dc@prosinthecity.com
www.prosinthecity.com

Do you need a speaker for an event or meeting? See my entire list of speech topics on www.heartmindconnection.com. For more information contact Amy at 301-564-9323 or coachamy@heartmindconnection.com.

Feature Article:

The New Year is upon us. It's time for a new beginning, turning over a new leaf, and for renewing our hope of finding love this year. Now is the time to think about how you want 2006 to be for you. You get to create what is possible for you. Here are some questions and suggestions to get you thinking about what you want to attract into your life this year.

1. *How would you envision your life to look like in January 2007, a year from n.ow? What values and characteristics do you want your romantic partner to have?*

Here I am asking you to close your eyes and see your life a year from n.ow. If you see it, then you can work toward your vision. Once you have visualized what you want, it's important to make it real by creating a picture of it or putting together a collage of what you want your life to look like and what qualities you want your romantic partner to embody.

For instance, when I was s.ingle, I made a picture (a very primitive one!) of a male and female stick figure dancing and skiing. This is my representation of what my boyfriend (eventual husband) and I would be doing. It turns out even though my husband didn't really dance or ski, he was willing to learn! So my vision did turn into reality after all.

2. *What are your dating or relationship goals for 2006? (3 months/ 6 months/ 1 year)*

Goals need to be written down to make them attainable. I suggest you post your goals at a place you see at least once a day. I post my goals on the bathroom mirror. For instance, an example of goals written down is "in 3 months time I will be dating someone steadily, lose 10 pounds and work as a volunteer once a month". Some of my clients put their goals on their computer- or in their Palm Pilot.

3. *What would support you in achieving your dating and relationship goals for 2006?*

For instance, would losing weight or having a makeover support you in feeling better about yourself so you would be more confident about going out and dating? Perhaps better time management would give you more time in your day to look for someone and for going out on dates. Taking up a new sport can put you in touch with new people to date. Last, by working with a coach or a therapist, you can get the support and encouragement you may need from an impartial person to take action.

Article continued below:

[Learn how to improve your relationships with Amy](#)

I have discovered the best way to know what you need and want in a relationship and life overall is through life coaching. Learn how to attract the right person to you or become clear on whether your current relationship is right for you.

Call me for an exploratory conversation to learn how I can help you.

Make 2006 your best year ever! Get the romantic relationship and the life you have always dreamed of. Give yourself the gift of coaching – it will last a lifetime! Daytime hours are available during the week. Take advantage of this opportunity today!

www.heartmindconnection.com/coaching_services.html .

[Here are some of my testimonials about my coaching:](#)

"Thanks to working with Amy I feel not only supported but empowered to make changes that enhanced my life and those around me. Amy impressed me with her extensive knowledge on personal and professional matters, as well as, her understanding of people and organizations."

-- Kathleen, Rockville MD

"Amy has been a live-saver! She helped me clarify my values and to focus on living a more values honored life, especially with regard to my entrepreneurial endeavors and my personal relationships"

-- Paul, Alexandria VA

"Amy focused me on the areas of my life that needed improvement and gave me the tools to reinforce that focus. Together we came up with creative solutions to problems and strategies to accomplish my goals. I highly recommend Amy for anyone who feels frustrated with the dating world."

-- Stewart, New York, NY

"Amy has definitely helped me have more self confidence in myself to go out into the dating world and take more risks."

-- Sue, Rockville, MD

Article continued from above:

4. *What one or two things will you try that you haven't yet tried in order to meet new people to date?*

I recommend going to my website in the Resources page to see what singles groups are in the major cities that you may want to check out. Also, you can Google "singles groups" in your particular local. Find something that you haven't tried before where you will feel comfortable. For instance, if you are not athletic, then I don't recommend you going to a sports oriented group. You may feel awkward there. Also, see my article, "Where to Find You Motivated to Marry™ Partner" in my free page of my website to get more ideas on where to meet people for dating.

5. *Who can you enlist to help you in your search for a life partner?*

There is a whole list of people who can help you: friends, family, co-workers, leaders at your synagogue or church. Also, there are match-makers who help people find life partners for a fee. It's also a known fact that married women love to fix people up. So who can you approach about setting you up on a date?

Bonus question: What will you commit to doing differently in 2006 that you haven't done this past year?

Do you need to change your attitude about dating from an uptight perspective to a more relaxed one? Are you willing to be more open and positive about dating? All this will make you more attractive to the opposite sex. Perhaps you need to learn how to weed through suitors better and more quickly. And, how is your rejection tolerance? Are you willing to face your fears head on and be fearless about meeting new people to date this year? Last, give someone a second chance or a second date. You may be pleasantly surprised what's really there.

My hope is that these questions have pushed you to think outside your box about dating and to try out a new approach or new ways to meeting people. When you take yourself outside your comfort zone and stay true to yourself, you will attract the right person to you!

Have a happy and fulfilling New Year!

To read articles from my previous monthly ezines go to:
www.heartmindconnection.com/free.html

[Amy's Expert On-line Dating Profile Review](#) -- Only \$99!

Attract the right people to your online dating profile. Improve the number and quality of responses to your profile. I have you fill out an in depth questionnaire to pinpoint what's really important for you to convey. Remember, you attract what you put out there! Sign up on www.Heartmindconnection.com/profile_review.html

Amy's review was so helpful! She took the best of me and made me shine! Finally, the kinds of men I want to meet are n.ow contacting me. Thanks Amy!

-- Penny, Reston, VA

Wow what a difference! With Amy's assistance, I n.ow present myself in a more positive and active manner. This is so much more attractive to women. Also, Amy urged me to put a more flattering picture on my ad. N.ow women return my emails!

-- Stan, New York, NY

Amy's terrific! Her suggestions were right on target. I n.ow have included things I hold d.ear and have edited out comments that were in my ad that I n.ow see prevented men from contacting me. The response to my ad has definitely improved.

-- Tania, Silver Springs, MD

[Questions?](#)

Have a question about relationships or how you can get what you truly want and need out of life?

www.heartmindconnection.com/coaching_services.html

[Get Dating and Relationship Tips](#)

If you haven't done so already, sign up for the newsletter, "Heartmind Connections" to receive more articles on dating and relationships like this. As a sign up bonus, you'll receive a "5 Steps to Achieving Your Best Possible Life", not offered anywhere but h.ere.

www.heartmindconnection.com/free.html

[Help your Friends/Help Yourself:](#)

I'll be happy to send them my "Heartmind Connections" newsletter. Send them a note about this newsletter at

www.heartmindconnection.com/tell_a_friend.html so they too can discover their best possible life! Then you will get my popular “18 Personalities to Avoid in the Dating Pool!” as a thank you.

If you enjoyed this newsletter, please pass it along to your friends and associates.

Amy's Vision:

“As a life coach, my goal is to bring you the information you need to make intelligent and heartfelt decisions about the relationships in your life. We all desire our best life possible. My hope is that you find this information helpful and achieve all your life long dreams.”

Amy Schoen, CPCC

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Helping you discover your best possible life!

301-564-9323

Rockville, Maryland

www.heartmindconnection.com

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