



Helping singles discover their *best possible life!*



Life Coaching, Dating  
and Relationship  
Consulting

October 2005

## Heartmind Connection™ Chronicles

By Amy Schoen, CPCC  
301-564-9323

**This month's feature article:**  
*5 Ways to Improve Your Dating Experiences*

Approximate read time: 3 minutes

Thank you for signing up for my monthly ezine. I would love to have your feedback on my ezine and any suggestions you may have for it. You may contact me at [coachamy@heartmindconnection.com](mailto:coachamy@heartmindconnection.com).

Quote of the month: Each of us has a fire in our hearts for something....  
Find it and keep it lit!

– *Mary Lou Retton*

**Come hear Amy speak at the following event:**

Tuesday, November 15<sup>th</sup> at 7:30 p.m.

*Will I Ever Find the Right One? Learn to Date the Motivated to Marry™ Way.*

Greater Washington Jewish Community Center

Rockville, MD

Contact: Selma Sweetbaum, 301-348-3860

[SSweetbaum@jccgw.org](mailto:SSweetbaum@jccgw.org)

Fee

**Do you need a speaker for an event or meeting?** Contact Amy at 301-564-9323 or [coachamy@heartmindconnection.com](mailto:coachamy@heartmindconnection.com).

## Feature Article:

Dating can be a very frustrating experience. Don't you wish you could go up to a computer and punch in all the characteristics and qualities of your ideal mate and then, *abracadabra* that person appears custom made for you!

If you are smart and focused, dreams can come true. First you need to figure out the information that you would need to input into that computer.

### **1. You must be honest with yourself and know yourself well.**

Sit in a quiet place and think about what your values are. Values are the things that are really important to you – what you treasure. Reflect upon your peak experiences in your life. What made them peak experiences? For example, I love skiing where I am enjoying the beautiful pristine nature and having the feeling of flying down the slopes. My values here are *nature* and *feeling of freedom*. Another peak experience is giving my husband his recent birthday party. I sent out festive invitations, picked a fabulous restaurant, all our close friends were with us and my husband was thrilled. The party was a hit! From this you can see my values are *accomplishing something out of the ordinary*, *being with our close friends* and *my husband's happiness*.

To know yourself well, you also need to get a firm handle of what goals you have in life. What do you want to accomplish in the next year? The next three years? What's your 10 year plan? If you had all the money in the world and nothing to stop you (i.e., any family obligations you may currently have), what would you want to do? What's your top 20 list of the things you would like to do most in the next 10 years?

The reason this is important is that you want to choose to date people who have similar values as yourself. Also, if you have a life goal that is in conflict with the person that you are dating, this may be a deal breaker. For instance, one of my friends loved the New York area and wanted to live there. The woman he met online lived in the Boston area and wanted to remain there with her family and friends. Although there was an attraction, the relationship did not work out because they had different goals on where they wanted to live. The worst situation is to be dating a person for a couple of months before discovering that your goals are totally opposite. For instance, a big dividing point in dating is whether or not you want

children. I had a girlfriend who desperately wanted children and dated a guy for several months before finding out he was adamant against having any more children. He was divorced with two children. He didn't want anymore responsibility. She had already fallen in love with him. It was a difficult choice for her, but she had to break up because she knew her goal was to have her own family.

## **2. Know what your true non-negotiables are for a relationship.**

Make a list of the things you must have in a relationship. It's okay if your list is 5 items long or 30. It's your list. It may be wise to question whether your non-negotiable is truly non-negotiable or just a want or desire. For instance, some of my non-negotiables for a partner were he had to be a non-smoker, had to like (love?) cats, had to be the same religion as I, to have no addictions (alcohol or drugs), and have a steady job and is financially responsible and would support me in my endeavors. Some of my desires were it would be great if he played tennis, enjoy cultural activities, likes the beach and lived in the DC area. However, I could compromise and live without the last group or find other people to enjoy these things with.

By knowing your non-negotiables, you will be able to skip over dating people who do not meet your real needs. This will save you time and heartache in the long run.

## **3. Choose wisely the people you date**

Based upon the above knowledge you have gained about your value, needs and wants, it best serves you to decide carefully to choose with whom you spend your time. Yet, it is important to be open to date people who seem like they would be a good match who may not totally "wow" you at first. Some relationships are like smoldering fires and they grow hotter and brighter with time. In contrast, those relationships that are like bonfires at first, may be based on lust and don't usually last very long.

Actually, there have been studies that have shown that women on their first date with a guy may not have been crazy about their dates, but for some reason decided to give the guy a second chance. Many of these women did actually marry the guy!\*

Do pay attention to your internal warning signal or your whacko alarm! If something doesn't seem right when talking to the person over the p.hone, or by your email interactions, then don't pursue it. Your instincts are usually on target.

When you meet someone where your values mesh, then there is a feeling of familiarity. It feels comfortable and you find that you understand each other well. Then add on the same life goals, and shazam!, the relationship will just click. It's that simple. Don't waste your time with cute, but inappropriate people unless your time is of little value to you. Choose your dates wisely, and you will have a more enjoyable and hopefully successful dating experience.

Article continued below:

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[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.

**Currently, I have openings for two (2) coaching clients this month. Evening and day hours are available during the week. Take advantage of this and improve your dating success and your relationships today! [www.heartmindconnection.com/coaching\\_services.html](http://www.heartmindconnection.com/coaching_services.html)**

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Article continued from above:

#### **4. Become the most attractive you!**

Your image does matter. According to my research, sloppiness and poor grooming are the top dating turnoffs. Therefore, it is important to make yourself the most attractive person that you can. No matter what you have to work with, one may be able improve with regards to hair, grooming, clothes

and weight. Actually, several of my heavy girlfriends have gotten married. They are able to carry their weight, they have beautiful faces and dress to make the most of their shape. Here are my suggestions:

- Exercise and workout several times a week. Use a trainer if you need discipline or find a workout buddy.
- If weight is an issue for you, then find a diet or a diet program that is easy for you to stick to. You may want to consult a nutritionist.
- Get a makeover! Hair and makeup for women and hair and grooming for men. Find your own Fab-Five!
- Have your wardrobe reviewed by a friend with good taste or a wardrobe consultant. Women, you don't want to look too frumpy or too trumpy. Strive for simple elegance. Remember, a man wants someone they feel comfortable bringing home to meet Mom. Men, you just need to look neat, be well-groomed and dressed in something nicer than a rumpled tee-shirt and jeans!

## **5. Keep your relationship expectations realistic!**

Nothing will scare someone off faster than to start talking about weddings and family stuff too soon! However, don't be afraid to communicate what you are looking for in generalities. For instance you may say, "I'm looking for a relationship that will lead to marriage." If that statement scares away your date, then, so be it! The right person will say, "I want this for myself too and I am looking forward to getting to know you better". The only expectation placed on the relationship is the one of getting to know one another better.

It's better to have a pleasant surprise of everything working out than to be disappointed by out of proportion expectations.

If you implement these five steps, you will see an improvement in your dating experience. At least, you will be pointing yourself in the right direction. Remember, no matter how frustrating dating may seem, it is important to keep a positive attitude about both yourself and dating.

### 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](http://www.heartmindconnection.com/coaching_services.html)

### Get Dating and Relationship Tips

If you haven't done so already, sign up for the newsletter, "Heartmind Connection Chronicles" 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 here.

[www.heartmindconnection.com/free.html](http://www.heartmindconnection.com/free.html)

### Help your Friends:

I'll be happy to send them my "Heartmind Connection™ Chronicles" newsletter. Send them a note about this newsletter at [www.heartmindconnection.com/tell\\_a\\_friend.html](http://www.heartmindconnection.com/tell_a_friend.html) so they too can discover their best possible life!

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### Here are some of my testi-monials 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

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[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. Sign up on [www.Heartmindconnection.com/profile\\_review.html](http://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 now contacting me. Thanks Amy!

-- Penny, Reston, VA

Wow what a difference! With Amy's assistance, I now 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. Now women return my emails!

-- Stan, New York, NY

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

-- Tania, Silver Springs, MD

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**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**

**Heartmind Connection™**

Life Coaching and Dating & Relationship Consulting

*Helping you discover your best possible life!*

301-564-9323

Rockville, Maryland

[www.heartmindconnection.com](http://www.heartmindconnection.com)

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