



Helping singles discover their *best possible life!*



Life Coaching, Dating
and Relationship
Consulting

March 2006

Heartmind Connections

By Amy Schoen, CPCC

This month's feature article:

5 Signs That You Have Found the "Right One"!

Do you 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.

For my frustrated friends out there still trying to find "the one".....

Quote of the month: Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow."
--Mary Anne Radmacher

The next Motivated to Marry™ Tele-gathering will be March 20th.

In January we had a very informative and lively discussion about creating an attraction plan for 2006. To join a tele-gathering all you have to do is call in to the bridge line provided, add your two cents to our monthly topic. 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 March 20th. Our topic will be a continuation on the theme about "Who are you attracting? Who do you want to attract to you?" Sign up at www.heartmindconnection.com under tele-gatherings.

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

Thursday, March 9th

How to Get Out and Date-Again!

New Beginnings (For separated and divorced individuals 5 years or less)

Montgomery County, MD location

Contact: Debra Frederick 301-929-3391

Wednesday, March 22nd

Dating Like a Pro!

Learning Escapes

Vienna, VA

Contact: www.learningescapes.com

Wednesday, April 19th

Learn How to Date with the Motivated to Marry™ Method

Learning Escapes

Vienna, VA

Contact: www.learningescapes.com

Wednesday, May 10th at 6:30 pm

Am I Ever Going To Meet the Right Person? Learn How to Date the Motivated to Marry™ Method!

First Class

Dupont Circle, Washington, DC

Contact: 202-797-5102

www.takeaclass.org

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 240-498-7803 or coachamy@heartmindconnection.com.

Feature Article:

Amy's note:

For those who saw the *Bachelor in Paris* this past month, and specifically this past week, this article is perfect. I predicted that Travis would choose Sarah since they had similar backgrounds, a level of comfort and “that

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feeling of home”. Ruana was intriguing and exciting, but not the girl you brought home to the family and settled down with.

5 Signs That You Have Found the “Right One”!

Nancy is 38 and has been dating Barry for a year now and is wondering if he is the one for her. She would like to be married with a family and is starting to think about if she should break up with Barry. My advice is that if she isn’t sure, then it is not right. This is why. Of the couples I have interviewed, they expressed having these signs about their mates they married:

1. There is a feeling of “home”
There is a sense of comfort, and a familiarity. The word *recognition* comes up as knowing that this person is the one. It’s like you have known the person your whole life. It’s so easy to talk to one another.
2. There is a Flow
The relationship has ease. The couples finish each other’s sentences. Time just flies when you are with the right person. Yes, relationships take work, but this is joyous work. The concept of flow is true for both in and out of the bedroom!
3. You are able to laugh together and have fun
You enjoy being with each other and get each other’s jokes. You may not have exactly the same humor, but you at least crack a smile. My husband and I both blew straw wrappings at each other like kids! It’s okay to be silly with this person. The couple has fun doing activities together and has some similar interests.

Article continued below:

[Learn how to improve your dating skills and 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.

New! 4 month Tele-coaching group is now being formed. Limited spaces are available. Get affordable coaching and support from others who are in the same boat as you.

Stop complaining and 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 (Now in 2 yr LTR)

"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 (Married in 2005)

"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. You are each other's best friend

There is a sense of trust and loyalty. You know your partner will be there for you through thick and thin and can be counted on. You

want to share everything with this person- the good and the bad stuff. You are always excited to see that person walk in the door.

5. You both act in a “we” way rather than a “me” way

The couple makes decisions that the benefit the relationship instead of only the individual. You share life goals and work together towards them together. You care about how your actions affect the other.

When all these signs are in place, then it is natural to want to take the next step towards marriage. The only things that would stop the progress in a relationship would be one or both of their internal fears and external circumstances.

When Nancy realized that several of these signs were missing in her current relationship, she became clear that she needed to move on and find someone better suited to her rather than hoping that things would change in her present situation. This wasn't the easy path, but she was determined not to settle for anything less.

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

[Get 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 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 n.ow 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

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 the sought after article "18 Personalities to avoid in the Dating Pool", not offered anywhere but here.

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 MP3: "He Said-She Said Telegathering on Dating" 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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www.heartmindconnection.com

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