

5 WAYS TO CREATE A POSITIVE AND ABUNDANT DATING MINDSET

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#1 CLARITY OF VISION

Being clear on what you desire, what you are available for together with what you are ready to let go of in order to allow that high quality partner in to your life is the first vital step to having positive and abundant mindset when dating. Your mind loves clarity, it helps it to make decisions who you date, who you attract and why.

Question to journal on: What does your fulfilled version of love life look, sound and feel like? Journal on that.

#2 FOCUS OF YOUR MIND

You are where your attention is. If you want to attract a high quality partner and have abundant, healthy and lasting relationship, focus of your mind is vital. Become an observer for a day and notice what you focus on. Do you focus on what is going well or what is lacking? Do you focus on why you are already enough or do you focus on what may be wrong with you? Make mastering your focus an unbreakable standard.

Question to journal on:
Where is my attention?

#3 CHOICE

In dating, you are making a choices. Whether consciously or unconsciously, your mind chooses all the time. When cultivating positive and abundant mindset in dating, consider what choices you are making. Are you choosing to react when something happens to you or to respond? Reaction of your mind is automatic and can be very emotional. It often feels like it is out of your control. Whereas response is more conscious. You consciously choose how you want to respond to the situation or a person around you.

When you become aware of your choice to respond or to react, you can then consciously choose if you want to respond with love or through fear (which often triggers the reaction). Love creates abundance while fear attracts lack.

Question to journal on: What am I choosing?



#4 COMMITMENT- CONSISTENCY & REPETITION

Attracting a high quality partner and relationship is a result of consistent repetition of thoughts and actions that take you closer to what you are committed to. But first, you need to get clear on what you are committed to. We are all committed to something. Whether it is hiding, protecting ourselves or exploring and opening up to the new experience. Depending on what you are committed to, you knowingly or unknowingly repeat certain things you do, say and think about yourself and others.

Questions to journal on:

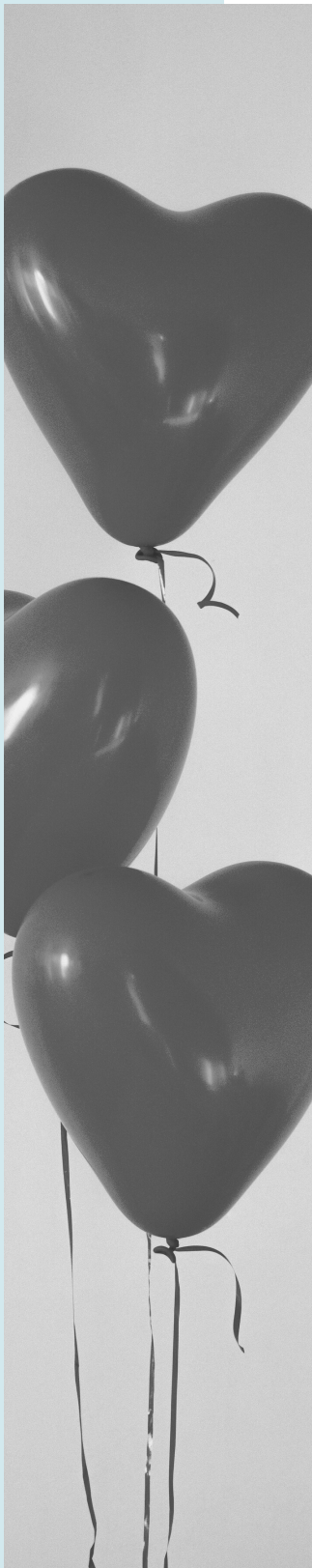
What are you committed to?

What is a person who is in a healthy, fulfilling and lasting relationship committed to?

What do I need to be committed to to get what I desire in my love life?



#5 GRATITUDE



One of the fastest and most empowering habits you can develop and the gift you can give to yourself is a gift of gratitude. Gratitude not only attracts more things you can be grateful for, it also creates more flow, ease and joy in your love life and life in general. If you have not done so yet, I invite you to write down 3 things you are grateful for right now, 3 things you are grateful for that already happened and 3 things you are grateful for will happen in the future (Tune into feeling as if you already had what you are opening up to in your love life right now. E.g. I am so grateful for being with a loving and supportive partner!). Journal on how is enjoying all those things making you feel. Express gratitude to the Universe, God, Higher Power , the choice is yours. Repeat daily. Make it an unbreakable standard. You don't have to wait for the moment in future to feel certain way. You can feel that way right now. And visualizing already having what you desire will help you tune into that energy.



Question to journal on:

What am I grateful for today?

Fill in the gaps: I am grateful

for.....and it makes me

feel..... Thank you!/ Thank you

Universe!/God!/Higher Power!/Spirit!/etc.

“

DON'T CHASE THE BUTTERFLY. MEND YOUR GARDEN, LET THE BUTTERFLY COME.

MARIO QUINTANA

”

Ready to attract your Mr.Right?

Book your free Introductory Call with me on
www.zuzanasvepesova.com or send me an email on
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