

10 Tips to Attract a Partner

Relationships between people can be extremely complex. There is no question that many factors need to be considered if we want to have a long-lasting relationship with someone else.

I am going to be sharing 10 essential tips that will help you attract your partner and find someone that is going to be a good match.



1. Love Yourself

This might sound like a cliché, but the truth is that people are never going to genuinely love us if we don't love ourselves. Just think about it, why would someone else love you if you are unable to love yourself. It's not in our nature to want to deal with any emotional baggage that is not ours. When we start a relationship with people who feel unhappy with who they are, we start to grow tired. If we cannot learn to love all of ourselves then when we show up in the world, we are only in part, not as a whole and complete person.

Consider how your daily thoughts and actions reflect your true self. Are they positive or are you constantly putting yourself down? Learn to connect back to yourself and your heart space and truly love every cell in your body. When you do, it vibrates your being and you can give from the over flow and not from a place of scarcity and this then becomes a magnet to others.

2. Learn To Be Single

One of the biggest emotional problems people face is feeling comfortable with being single. Whether you have been in a long term relationship, or searching for a partner, learning to be happy with your own company can be confronting. Desiring companionship is normal, but when it is absent there is room for personal growth and self love.

Being single is a great opportunity to work on yourself and your goals, embrace life and do all the things you love. When you learn to love being alone, your space becomes sacred. This self acceptance and happiness from within, will in turn encourage positive energy and relationships into your life.

It's a time to be still and enjoy the space, to be totally free of all limitations and conditioning from society. Forget the critics and the ridiculous reasons why people frown upon single adults. The only reason why society is trained to react to single people is that they believe we are supposed to get married, have kids and continue the cycle.

3. Be the person you are looking to attract

The energy that we send out on a consistent basis is going to attract a certain type of person. If you feel there is too much negativity in your life, you need to start becoming more aware of what's happening around you and the decisions you are making.

Non-verbal communication takes up 55%, our voice and tone make up 38% and spoken words are only 7%. If we take the time to be aware of how we are communicating to others then your heading in the right direction. If you want a partner who is honest and trustworthy, then you need to become more honest and truthful in all areas of your life. Become the kind of person that you see as your ideal partner, remember like attracts like.

4. Be true to yourself

This is something that everyone should do, but very few people actually manage to accomplish. Being true to yourself is the ultimate way to achieve the results you want in life. Start by having a good relationship with yourself, and this means that you have to identify the things you need to change. If you can't look in the mirror without lying to yourself about who you truly are, you are never going to be happy.

It's about honoring yourself and all that you are, the good, the bad, the ugly, nobody is perfect. Once you are honest with yourself and accept every facet of your character, you gain clarity and peace of mind. The next step is to take aligned action and be consistent. It takes 21 days to create a habit and 90 days to create a lifestyle.

5. Create space for someone else

You need to figure out if your lifestyle is going to be one that allows for another person to come into your life. If you have a very busy schedule and you hardly have time for yourself, you might want to evaluate if this is the right time to start a relationship. Perhaps this is a perfect time to build a friendship with someone you like and that could lead to a relationship in the future.

Consider your environment and the life you have created, is it cluttered and stagnant? or is it clear and open to receiving new energy. When you can you create space in your life, house, bedroom, wardrobe etc you automatically attract positive new energy into your world.

6. Are your values aligned with your reality?

Having good values is very important, but not everyone's actions are aligned to their values. This is the reason why you need to take a close look at your life and your way of living. What are your top 5 values and are they in alignment with all areas of your life? If you do not know your values, look at where you spend your time, money and energy. Is it health, gratitude, balance, success, honesty, trust, love, kindness, respect, equality, wealth?

Once you recognise your values it is easy to say yes or no to things. Then you are more likely to succeed because it's something you value and then are willing to do those things more often and with ease.

Have a think about what values your potential partner might have, where would they spend their time and money? What type of character do you need to embody to attract that type of person. Then it is only a matter of time before your energy attracts someone new into your energy field who is on the same wave length.

7. Don't try too hard

Some people are content with enabling unhealthy relationships just to avoid being alone. You should never settle for anything less than what you deserve. Be true to yourself, is your life is in sync with your thoughts feelings and actions.

If you are trying to force something or someone to be with you then they are not the right person. Trying to control someones emotional response or respect towards you is impacticle and inevitably will push them away. Genuine love and friendship will be reciprocated without attachment and expectations. The right person always shows up when you allow it to flow naturally and with ease.

8. Let go of expectations

Learning to go with the flow is essential in the realm of romance. Love is unpredictable and the actions that people engage are not for us to control or even assume. Never expect anything, but always expect respect. What is fair, what is right, what is good or bad, is often going to depend on personal opinions, but respect is a universal aspect of healthy relationships that everyone deserves.

Having expectations of others can set you up for disappointment, things don't always go to plan, accept this and allow yourself to remain positive and open. Allow people to be who they truly are, then you get to consciously decide if they are the right person for you and how you want to proceed.

Don't waste time and energy trying to change someone. The only thing you can change is yourself and be a model for that behavior. You also get to choose who you want in your life, which is empowering.

J. Spend your time and energy wisely

Take a look at how your energy is directed and make sure that it is always positive, kind, loving and respectful. Everyone deserves to be treated equally regardless of our gender, race, religion or age.

How you spend your time, the places you visit, social circles you have and the lifestyle you lead are all important factors in attracting your ideal partner.

Are you fun and playful to be around, or are you tight and closed off? Why would anyone want to be around you if your unhappy and causing conflict? By vibrating joy, love and laughter you naturally welcome positive people into your life.

10. Learn to flirt

Flirting is an art that can be hard to master. If you put it on too strong, you could seem desperate, cocky or a little too crazy. Taking it too slow and being submissive and you miss the opportunities. Just remember flirting is an art and it takes time and practice, find the balance and what works for you. What works on one person may not work on another, so watch out for signs and clues to know if they are interested.

Men, a clear signal that a woman is interested in you is that she looks at you more than twice, a third and a fourth time and maybe even more. This is your cue to come over and say hi and introduce yourself. Woman, a clear signal a man is interested in you is he may try to impress you, chat you up, buy you a drink, ask for your phone number, do something stupid or funny or even bump into you.

The key here for both men and women is to be honest and open in your communication, if you are not interested, be polite and courteous and say thank you for the offer but no thank you.

Rejection is something everyone fears and if we take the time to be kind to one another then it makes it easier for the next person they approach instead of giving up and not trying at all.

Be consistent and don't give up, keep trying. While you might not always get the result you want, everything is a learning lesson of trial and error. They may not be your first, second or sixth but it could be lucky number seven and you feel like you're in heaven. Don't give up. Sometimes you need to kiss and few frogs before you find your king or queen. Just be yourself.

final thoughts

These tips are not the only things you need to consider when you are looking to attract a partner, but they are a great guide to get you started. The good news is that the more you learn how to put these tips into practice, the easier it will be for you to find a person that is worth your time.

Consider ways to expand your interests and talents to invite more opportunities to meet like minded people into your life. Join a gym, take a dance class or just drive to a new beach, any new activities create the potential to meet a new friend or partner on your journey.

action time!

If you're ready to play a bigger game and take your life to the next level? Then why not join me in one of my Conscious Connections Workshops for singles.

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Create a life you love

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