

10 STEPS YOU CAN TAKE NOW TO ATTRACT YOUR SOULMATE

Dear Lovely Friend:

This process is intended to help you open your heart to love and set your heart's guidance system to bring in the right soulmate for you. I invite you to contact me for a complimentary get-acquainted call where we can discuss what the next steps are for you, how to free yourself from past relationship patterns and create a new road to love. I will provide a loving, non-judgmental, compassionate space for you to begin creating a future with the right partner for you. My warmest most loving wishes to you!

Maria

1. **Embody love now.** Be the thing you say you want. Be love. Feel it, radiate love and expand it into your experience. Give it away to others. Express love. Look for evidence of love all around you and in your life. Notice your friends' and family's love for you and your love for the dear ones in your life.
2. **Welcome love.** When you catch your mind going to a place of fear, tune in to the love channel. It's like tuning into a channel on your car radio. You can do this by thinking of someone or something you love unconditionally like a pet. Bask in that feeling. Allow this to open your heart. Find opportunities to feel this kind of love every day.
3. **Find and live your passion.** Perhaps your passion is a hobby, an interest or talent of yours. Do this thing, whatever it is, to release the inner uninhibited totally lovable essence of you that gets lost in the daily shuffle of life. If you have trouble finding something, imagine yourself as a small child doing something you loved doing like drawing with crayons, singing, dancing riding your bicycle. Allow fun, play and pleasure into your life and make sure to nurture this part of you.
4. **Express love to yourself.** Look at yourself in a mirror and speak adoringly to yourself as you hug yourself at the same time. Look yourself in the eye and thank yourself. Tell yourself all the things you're grateful to yourself for. Think of things you'd like your beloved to be saying to you or that you would say to someone you love for whom you are deeply grateful. You can send yourself little love notes expressing gratitude for yourself.

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707.366.0201

maria@maria-spears.com

www.maria-spears.com

5. **Forgive yourself for everything in the past.** As you are looking in the mirror, acknowledge your younger selves who have been hurt or have not received enough healthy nurturing love. Tell these parts that you forgive them for any mistakes that have been made and any ways you feel you've let yourself down. Tell these parts that you know they did the best they could. Thank them for everything they've taught you and for trying to keep you safe all your life.
6. **Nurture yourself.** Ask yourself daily, what is the most loving thing I can do for myself today, for my heart and soul, for my mind, for my body? Take great care of all of these parts of you.
7. **What are you proud of?** Write a list of 50 things you are proud of in your life, that are awesome about you, to boost your confidence. Keep this list with you and look at it every day, especially as you date and meet new people.
8. **What is your unique essence?** Ask for feedback from loved ones about what they feel is so unique, special and irreplaceable about you in their lives and add this to the list of things you are proud of and that are awesome about you. Then add your special attributes, talents, skills, adorable quirks to this list. You can record your own voice saying the list and then listen to the recording daily.
9. **Visualize daily.** Especially before you go to sleep and in the morning as you awaken:
 - a. Identify the top 5 must have qualities (these are core qualities like honesty, kindness, integrity, etc.) you need in your future partner AND how **you** want to **feel** in the relationship with them.
 - b. Identify how you will show your love for this person. How will you make **them feel**? What will you do for them? What gifts do you bring to the relationship?
10. **Know your deal breakers and hold your ground.** Get clear about the top 5 things that are absolute deal breakers for you. Your deal breakers could be someone who lies or cheats on you, has untreated addictions, is verbally abusive, doesn't put an equal amount of effort in the relationship, is self-centered, etc.). These are qualities, beliefs or habits that you could not be happy living with, not only for now, but especially over a lifetime with this person. If you find yourself in a relationship with a person like this, walk away from them now. Your life, well-being and time are too precious. Always remember that...

YOU WERE BORN WORTHY OF THE DEEPEST MOST GENUINE LOVE IN THE UNIVERSE

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