

THE SOULMATE SHOPPER'S ESSENTIALS

6 “items” that will rock your soulmate quest!

♥ With **BONUS Checklist** ♥

1. A VISION

Your vision is what is going to anchor you throughout your soulmate quest. Ask yourself:

Ask yourself:

*Have you put into it what you

WANT and NEED

in a soulmate. As you transform on your quest you might find what you need becomes what you want.

*Have you made a visual representation of your

DREAM LOVE LIFE:

a collage or a vision board?

*Have you put it somewhere you see it every day?



2. A LIST

It is important when you go soulmate shopping for a Soulmate that you

DO NOT IMPULSE BUY

You know... when you pick a person or when someone picks you and there's lots of sparks.

Sparks and nothing else are not much to build a relationship on.

Making a list can help you discern how to best use your soulmate quest. Instead of letting your passions lead you by the nose, create a list that helps you monitor your search.

Put on your list:

a) QUALITIES you want in your worthy partner

b) What his/her **PERSONAL HISTORY** in relationships needs to be for you to feel safe and secure

c) Whether or not she/he's done **PERSONAL WORK** and how important (or not) that is to you

d) What this person **VALUES** in life

e) How they **TREAT OTHERS** – especially **YOU**

f) Does this potential soulmate **FIT INTO YOUR LIFESTYLE** (e.g.: is this person a meat eater and you are vegan)

g) Does this person **ENHANCE** what you already have? (e.g.: their bank account is empty and you've saved all your life)

h) Does he/she have at least **HALF THE TRAITS** you are looking for in a love partner (e.g.: cuddly, demonstrative, has a good sense of humour, etc.)



3. A PLAN

Once you have a vision and a list, it's time to set a plan in motion.

START AT HOME:

*Clear out your closets, making sure you've done your

BASIC FENG SHUI

*Add two's of things such as pictures, objects, and pillows to let the universe know you are thinking about pairing up! Take away ones that represent being alone - such as images of single women - to let the universe know you are not interested in being alone anymore!

Ask yourself:

IS IT BIG ENOUGH

that it inspires you to keep going?

IS IT REALISTIC ENOUGH

that you truly believe you can manifest it?



4. A COMMITMENT TO ACTION

Having **A VISION**, **A LIST**, and **A PLAN** is fabulous. But unless you **TAKE ACTION**, nothing much is going to change. Some tips:

1) **START SMALL** – one step at a time. Much better to choose something simple to do - that you will actually do - than something too big that will intimidate you into procrastination. This doesn't mean hiding at home and meditating on your potential partner. These simple step have to be **ACTIONS OUT ON THE WORLD**

2) **BE CONSISTENT**: If your action is to regularly smile at friendly (and attractive to you) strangers and to hold your gaze for 2 seconds longer that you normally would, then plan to do this at least twice a week



5. A MEASURING TOOL

Once you start committing to action, it's great to have a way to **MEASURE YOUR SUCCESS**. A measuring tool can let you see how your steps are working.

Use a spreadsheet or a daily journal entry to:

*note how you are doing – how many people are responding to your smile, for instance

*note your own triggers and do your best to get over them. For example, if one person you smiled at didn't smile back, you might be triggered into your old belief that you are unattractive. First, tell yourself: "He/she didn't smile back; he's certainly not the one for beautiful me – no matter how you feel. Then phone a friend or accountability buddy to remind you how beautiful you really are!



6. AN ACCOUNTABILITY BUDDY

Choose carefully. **SOMETIMES PEOPLE CLOSE TO US DON'T WANT US TO CHANGE.**

It's better to have no "buddy" than one who coddles you when it gets tough and agrees with your patterns that you are not good enough or strong enough for the quest.

Whether your buddy is a support group, a counsellor or a friend. If it's a friend make sure they are wanting to be accountable for something they are working on in their life. Always make sure you have equal time! It's been proven that if you have one person or more that supports you to achieve a goal, that goal can be achieved much faster.

An accountability buddy (or buddies) need(s) to be someone who:

- * **DOESN'T GIVE ADVICE**
- * **VALIDATES YOUR AUTHENTIC SELF** and
- * **ENCOURAGES YOU TO GET BACK UP ON "THE HORSE"**



Ellen Arrand

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For over 30 years, Ellen Arrand has mentored, counselled, and coached women one-on-one, and led workshops and classes to help women get what they truly want in life. In the last five years, she has focused her services on guiding her clients through overcoming obstacles that have kept them from finding (and keeping) their soul right partners (particularly women 50+). She believes that finding a worthy partner can be an important step on the journey to Self-Actualization.

If you want to sit down with me for a free half-hour Soulmate Breakthrough Session in which I can help you design a mini-plan that is customized for your search, and get you on the right track to finding your soulmate, just click on the heart for the link:

Much love,

Ellen

Founder of It's Raining Soulmates (find yours)



**See the next page for your
BONUS CHECKLIST
(just "fridge-magnet" it, so it will always be there to inspire you!)**

Bonus **CHECKLIST** to put on your wall or fridge!

♥ 6 ACTION STEPS TO ROCK YOUR SOULMATE QUEST ♥

1. A VISION

Action Steps:

- * Create a visual representation with a collage/vision board
- * Put into it both what you want and what need in a soulmate
- * Make sure your vision is big enough that it inspires you
- * Determine if your vision is realistic enough that you believe in it
- * Put your visual representation where you see it every day

2. A LIST

Action Steps:

- * Make a list
- * Put on your list: the qualities and the values you want in that person, and the ways he/she will fit with your life/lifestyle

3. A PLAN

Action Steps:

- * Use Feng Shui to add two's of things into your environment
- * Decide your "shopping" style
- * Schedule action steps on your soulmate quest

4. A COMMITMENT TO ACTION

Action Steps:

- * Go one step at a time
- * Choose something simple you will actually do
- * Be consistent. Plan to do your action at least twice a week



5. A MEASURING TOOL

Action Steps:

- * Use a spreadsheet or journal each day to track your self-created criteria such as:
- * Keep track of the dates you've gone on, the no shows, the thank "you's"
- * Give yourself Bronze, Silver, Gold stars for how you are progressing

6. AN ACCOUNTABILITY BUDDY

Action Steps:

- * Choose a buddy who really wants you to "win" at your soulmate quest.
- * Make sure your buddy can cheer for you and comfort you when need be
- * Above all make sure this person's intentions is to get you "back on the horse"

Click here to
book your free
half-hour
session
with Ellen