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Love Life Lady



Love Life Coaching Presents

MY MR. RIGHT

Create an Inspiring Vision

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1. My Mr. Right:

Create Your Clear and Inspiring Vision

You must start with desire, keeping in mind that with the magic of believing you can obtain what you picture in your mind's eye. – *Claude M. Bristol*

Many women have lost the hope, excitement and joy associated with finding true love. It's easy to let past disappointments, hurt and experiences cloud the vision of what you really want.

A friend of mine said that at one time she had an inspiring vision of what she really desired in a relationship and the qualities she wanted in a man. Now, however, she said she would settle for someone who was simply employed and breathing.

We had a good laugh, but it really was a little discouraging.

When was the last time a vision of your Mr. Right made you smile with joy?

One of the benefits of finding love a little later than expected in life is that you know yourself better and have a clear idea of what is most important to you. You know what qualities you would most value and what you consider to be essential. This is a great gift of wisdom and clarity you can use to your advantage. I was 43 when I married my husband as a first time bride.

There are different schools of thought on making a list of the qualities you most want in a partner.

Some people will say you have to be "realistic". They say you are being "too picky" or no man will meet your criteria.

My opinion is most women are too willing to compromise on things that should be non-negotiable.

I once heard it said that "most women are very realistic, if not critical, about their looks; while most men think they are just a few sit-ups away from being with Cindy Crawford (or insert other supermodel name here)."

While it may be true that there are a few women who have completely unrealistic expectations, my experience tells me the greater danger is the temptation for women to settle for less than they deserve.

About 18 months before I met my adorable husband Benjamin, I took a big, poster-size piece of paper and various colors of sticky notes and wrote down all of the qualities I most wanted in my Mr. Right. In a way, it was kind of a low tech vision board of my ideal mate. I did not filter for "realism", I just let myself dream. Most of what I listed was the personal, spiritual and emotional characteristics I most wanted in a man. I do believe physical attraction is important, but I wanted to go beyond just that.

I listed what I wanted in a positive way. For example, I said "honest" rather than "does not lie"; I said "faithful" rather than "does not cheat". You get the idea. I got clear about what was most important to me. I felt inspired and happy even though I had no idea how, when or if I would ever be blessed to meet such a man. I put this under my bed and would take it out and put another sticky note on it when I thought of something else that was really important to me. There were times I forgot about it for several months at a time.

Believe it or not, my husband Benjamin, whom I had not even met when I did this exercise, has almost every quality and characteristic I listed. I consider it to be an absolute blessing and miracle!

I invite you to create an inspiring vision of what you really want. Many of my clients who have done this exercise have found this to be very valuable! Let's go!

Have fun! Dream big! Get inspired!

Note: One of the great benefits of getting clear and creating an inspiring vision of what you really want is it can motivate you into action. You may realize there are some things you need to do in order to attract the kind of man you want. You may decide to go to a party or attend a social event, conference or gathering where you have an opportunity to meet new people. You may decide to upgrade your wardrobe, image or hairstyle. You may lose a few pounds. You may spend more time devoted to what makes you most joyful and happy to raise your energy and vibration.

I have heard it said that one of the main reasons many people don't achieve their goals is the end result of achieving the goal is not "big enough" to inspire them. I invite you to make your vision of your Mr. Right "big enough" to inspire you.

Dust off your dream and have some fun!



2. Getting Started



Ready to get started?

Instructions for best results:

List the attributes and characteristics of your ideal mate. Focus more on character, personality, spiritual, professional and emotional attributes rather than physical characteristics.

The best men don't always come in the packages we expect them to. ☺

Think deeply about this. Go beneath the surface of the "*tall, dark, handsome and rich*".

Think about the "*heart and soul*" of the man who will make your heart sing.

Remember there will be both "*non-negotiable*" and "*nice to have*" items on the list.

Remember you can always make additions or deletions to your list. Just let it flow in an unfiltered manner without questioning the "*realism*" of what you are putting on your wish list.

Write the attributes and characteristics in **positive language**.

For example:

Instead of saying: Does not smoke, you might say, takes good care of his body.

Instead of saying: Is not cruel to animals, you might say, kind to animals.

Notes:

You may use the checklist template below or another format. There is significant benefit in taking the time to do this exercise on paper (even if you have made a list before and even if you feel like you have a clear vision of your Mr. Right).

Take the time to give this some time and give it some deep thought. Do not edit your initial wish list. There is time for that later on if you decide you want to make changes.

Most of all have fun. This is meant to be a joyful process. Enjoy thinking about the wonderful possibilities of being in a relationship with your Mr. Right!





3. My Ideal Partner Checklist



Looks

Height:

Body type:

- ✓ *Slender*
- ✓ *Average*
- ✓ *Athletic*
- ✓ *A Few Extra Pounds*
- ✓ *Heavy Set*
- ✓ *Stocky*

How important is your ideal partner's height/weight?

How important is that your partner be physically attractive?

Eye Color:

Hair Color:

Skin Tone:

Ethnicity:

How important is your ideal partner's ethnicity?

Likes

Hobbies/Interests:

Personal Income:

How important is your ideal partner's income?

Occupation:

Level of education:

How important is your ideal partner's level of education?

Religion:

How important is your ideal partner's religion?

Smoking:

Drinking:

Exercise:

Style

It's important that my ideal mate be:

- | | | |
|------------------------------|------------------------|------------------------|
| ✓ <i>On time</i> | ✓ <i>Compassionate</i> | ✓ <i>Open</i> |
| ✓ <i>A great planner</i> | ✓ <i>Attractive</i> | ✓ <i>Self-aware</i> |
| ✓ <i>Love to help others</i> | ✓ <i>Loyal</i> | ✓ <i>Over-Achiever</i> |
| ✓ <i>Is adventurous</i> | ✓ <i>Witty</i> | ✓ <i>Vivacious</i> |
| ✓ <i>Is tidy</i> | ✓ <i>Spontaneous</i> | ✓ <i>Wise</i> |
| ✓ <i>Creative</i> | ✓ <i>Sensitive</i> | ✓ <i>Bossy</i> |
| ✓ <i>Warm</i> | ✓ <i>Under-Achieve</i> | ✓ <i>Leader</i> |
| ✓ <i>Clever</i> | ✓ <i>Generous</i> | ✓ <i>Kind</i> |
| ✓ <i>Dominant</i> | ✓ <i>Moral</i> | ✓ <i>Calm</i> |
| ✓ <i>Ambitious</i> | ✓ <i>Adaptable</i> | ✓ <i>Healthy</i> |
| ✓ <i>Outgoing</i> | ✓ <i>Communicative</i> | ✓ <i>Knowledgeable</i> |
| ✓ <i>Submissive</i> | ✓ <i>Honest</i> | ✓ <i>Outspoken</i> |
| ✓ <i>Introverted</i> | ✓ <i>Sensual</i> | ✓ <i>A Follower</i> |
| ✓ <i>Aloof</i> | ✓ <i>Liberal</i> | ✓ <i>Opinionated</i> |
| ✓ <i>Energetic</i> | ✓ <i>Patient</i> | ✓ <i>Conservative</i> |
| ✓ <i>Spiritual</i> | ✓ <i>Resilient</i> | ✓ <i>Romantic</i> |
| ✓ <i>Adventuresome</i> | ✓ <i>Optimistic</i> | ✓ <i>Well Educated</i> |
| ✓ <i>Frugal</i> | ✓ <i>Passionate</i> | ✓ <i>Shy</i> |
| ✓ <i>Predictable</i> | ✓ <i>Reflective</i> | ✓ <i>Trusting</i> |
| ✓ <i>Affectionate</i> | ✓ <i>Caring</i> | ✓ <i>Artistic</i> |
| ✓ <i>Intelligent</i> | ✓ <i>Genuine</i> | ✓ <i>Competitive</i> |

My ideal partner's friends would describe him/her as someone who would agree with these statements:

- ✓ *My personal religious beliefs are important to me*
- ✓ *I enjoy a good joke*
- ✓ *I enjoy mingling with people on social occasions*
- ✓ *I am satisfied with my level of emotional development*
- ✓ *I am able to express myself in unique ways (e.g., words, music, art)*

- ✓ *I have a high desire for sexual activity*
- ✓ *It is easy for me to engage in conversations with people I have just met*
- ✓ *I tend to think "outside the box"*
- ✓ *I view myself as well adjusted*
- ✓ *I greatly appreciate the physical beauty of the opposite sex*
- ✓ *I often see humor in everyday life*
- ✓ *It is important for me to be viewed by others as a successful person*
- ✓ *Being in settings where I will meet new people is an important part of my life*
- ✓ *I ask questions in search of information*
- ✓ *I think it is important to continually try to improve myself*
- ✓ *I care a lot about the physical shape I am in*
- ✓ *I like to look at people of the opposite sex*
- ✓ *It is important for me to take time to "smell the roses"*
- ✓ *I need to spend time creating things to feel satisfied*
- ✓ *I have an ability to make others laugh*
- ✓ *I work much better if people follow my lead*
- ✓ *My emotions are generally stable*
- ✓ *I am proud of my educational background*
- ✓ *If I am not in control of a situation, it is better if I leave*
- ✓ *My friends come to me when they are in difficult times because they know I can handle emotional crisis*
- ✓ *I am more comfortable being a follower than a leader*
- ✓ *I get upset easily*
- ✓ *People who are controlling irritate me*
- ✓ *I think it is important to express my feelings whether they are positive or negative*
- ✓ *I prefer not to be around people who have emotional swings*
- ✓ *I tend to either like someone a lot or dislike him/her a lot*
- ✓ *I like to be pampered*
- ✓ *I generally feel better when I am around other people*
- ✓ *When I get mad I tend to take it out on someone*

My ideal partner strongly agrees with the following statements:

- ✓ *I am looking for a long-term relationship that will ultimately lead to marriage.*
- ✓ *When I get romantically involved, I generally tell my partner just about everything.*
- ✓ *It is difficult for me to let people get emotionally close to me.*
- ✓ *A "serious" relationship needs to be exclusive (i.e., monogamous).*
- ✓ *I know I can always count on the people who are closest to me.*
- ✓ *I don't need to have close friendships to be happy.*
- ✓ *Being monogamous helps build intimacy and trust in a romantic relationship.*
- ✓ *People often let you down if you depend on them.*
- ✓ *It's important to me to have close friends in my life.*
- ✓ *Being exclusive (i.e., monogamous) is one of benefits of being in a successful relationship.*
- ✓ *I sometimes find it difficult to trust people I get romantically involved with.*
- ✓ *I find it easy to get emotionally close to people.*
- ✓ *Being monogamous causes relationships to get boring over time.*

The following are extremely important to me:

- ✓ *My partner's skill at resolving conflicts*
- ✓ *My partner's friendliness*
- ✓ *My partner's capacity for emotional intimacy*
- ✓ *The friendship between me and my partner*
- ✓ *Being able to easily talk about personal problems with my partner*
- ✓ *Being able to tell my partner everything about myself*
- ✓ *Being able to discuss with my partner how I am feeling towards him/her*
- ✓ *Having my partner be open with me about how he/she feels toward me*
- ✓ *Enjoying physical closeness with my partner*
- ✓ *Being able to spend as much time as possible with my partner*
- ✓ *Doing special things to let my partner know how important he/she is to me*
- ✓ *Being able to make compromises*
- ✓ *Showing my partner that his/her needs are as important to me as my own*

- ✓ *Having similar ideas on parenting*
- ✓ *Knowing that my partner is usually to blame when things go wrong*
- ✓ *Having similar educational background*

My ideal partner has interests similar to mine in the following categories:

- | | |
|----------------------------------|---|
| ✓ <i>Live Music</i> | ✓ <i>Spending time with friends</i> |
| ✓ <i>Eating</i> | ✓ <i>Spending time with family</i> |
| ✓ <i>Backpacking</i> | ✓ <i>Animal rights</i> |
| ✓ <i>Astrology</i> | ✓ <i>Camping</i> |
| ✓ <i>Movies</i> | ✓ <i>Religious Community</i> |
| ✓ <i>Listening to Music</i> | ✓ <i>Playing a Musical</i> |
| ✓ <i>Watching TV</i> | ✓ <i>Instrument/Singing</i> |
| ✓ <i>Reading</i> | ✓ <i>Science</i> |
| ✓ <i>Parties</i> | ✓ <i>Teaching/Coaching</i> |
| ✓ <i>Dining Out</i> | ✓ <i>Volunteering</i> |
| ✓ <i>Board Games</i> | ✓ <i>Watching Sports</i> |
| ✓ <i>Gadgets</i> | ✓ <i>Going out</i> |
| ✓ <i>Traveling</i> | ✓ <i>Protecting the Environment</i> |
| ✓ <i>Art</i> | ✓ <i>Conversation</i> |
| ✓ <i>Participating in Sports</i> | ✓ <i>Religious Faith</i> |
| ✓ <i>Shopping</i> | ✓ <i>Hosting/Entertaining</i> |
| ✓ <i>Friendship</i> | ✓ <i>Maintaining a healthy diet</i> |
| ✓ <i>Hunting</i> | ✓ <i>Learning</i> |
| ✓ <i>Politics</i> | ✓ <i>Church Involvement</i> |
| ✓ <i>Pets</i> | ✓ <i>Video Games</i> |
| ✓ <i>Children/family</i> | ✓ <i>Exercising regularly to stay healthy</i> |

My idea partner is great at:

- ✓ *Socializing*
- ✓ *Entertaining at home*
- ✓ *Achieving personal goals*
- ✓ *Using humor to make friends laugh*
- ✓ *Creating romance in a relationship*
- ✓ *Keeping physically fit*
- ✓ *Remaining calm yet resilient during a crisis*
- ✓ *Helping those who are less fortunate or in need*
- ✓ *Resolving conflict*
- ✓ *Making art and culture an ongoing part of my life*
- ✓ *Finding and taking on challenging activities*
- ✓ *Finding creative solutions to everyday problems*
- ✓ *Maintaining a healthy lifestyle*
- ✓ *Making new friends*

After you are finished you may want to go back and put an asterisk by the qualities that are essential and non-negotiable for you.

You may also want to ask yourself questions like:

- ✓ *How would my Mr. Right treat me when I was sick, sad or discouraged?*
- ✓ *How would my Mr. Right behave when we have a disagreement?*
- ✓ *How would my Mr. Right react if I was grumpy or hormonal?*
- ✓ *How would my Mr. Right react if I did or said something hurtful?*
- ✓ *How will I know my Mr. Right will be willing to see the best in me?*
- ✓ *How will I know my Mr. Right will be willing to forgive me for my mistakes?*
- ✓ *Will my Mr. Right be willing to overlook my imperfections?*
- ✓ *Who do I need to “be” to attract my Mr. Right?*
- ✓ *What aspects of myself could I enhance to attract this man?*
- ✓ *How will my life be different with my Mr. Right in it?*

- ✓ *What priorities might I need to change to accommodate him?*
- ✓ *What compromises would I be willing to make for him?*
- ✓ *How would I need to consider him in the daily decisions I make?*
- ✓ *What do I need to do to make room for him in my life?*
- ✓ *How important to me is it to have Mr. Right in my life now?*





4. Recap



What is the single most important insight you have gained from this exercise?

What might be slowing you down, holding you back or stopping you from meeting your Mr. Right?

What is the most important thing you can do right now to move forward in this area of your life?

5. Bonus Gift



**Complimentary “*Meet and Marry Your Mr. Right*” exploratory coaching session invitation:

As a valuable gift for requesting this guide, I also invite you to request a personal complimentary “*Meet and Marry Your Might Right*” exploratory session.

In your session you’ll:

- ❖ Create a **crystal clear vision** for the **kind of man** that you’d like to attract and **the kind of relationship** that you’d like to have
- ❖ Uncover **hidden challenges** that may be sabotaging your success in finding your ideal relationship

- ❖ Create a 5-part strategic action plan you can get started on right away
- ❖ You'll leave the session **renewed, re-energized and inspired** to find and keep a wonderful man, once and for all



To claim your session, just complete this form <http://bit.ly/kzNklN> or email me at michelle@lovelifecoaching.com.

You'll also find out how you can get more support to move powerfully and confidentially forward on your path to meeting and marrying your Mr. Right!

