

Conscious Dating Tele-Seminar Series

Being the Chooser: A New Paradigm for Loving Yourself

Frankie: Introduction

Hello everyone. Welcome and thank you for joining our monthly Conscious Dating Tele-seminar. This seminar series is designed to help you find the love of your life and the life that you love. Please mark your calendar and be sure to join us on the first Thursday of each month for outstanding one-of-kind programs you won't want to miss.

Our topic tonight is: **Being the Chooser: A New Paradigm for Loving Yourself**

If you do not have the outline of tonight's call, it is available in PDF format. You can go to: www.consciousdating.com/chooser.htm and print off a copy. The outline will make it easier to follow along and takes notes.

I'm Frankie Doiron, the President of Conscious Relationship Network. Our mission is to do everything in our power to help you find your life partner. For example, on the third Thursday of each month we conduct a free monthly Conscious Dating Tele-clinic to provide real-time coaching and relationship advice. For more information visit www.consciousdatingteleclinic.com. We are absolutely serious about our commitment to helping you have fulfilling relationships, and we're excited you're here with us this evening.

Tonight I am joined by my special guest Lynne Michelson. Lynne is the Director of Singles Training with Relationship Coaching Institute.

In tonight's program we will discuss:

- What being a 'Chooser' really means and why it is your guarantee to finding the love of your life
- The top 5 obstacles you need to overcome to be a 'Chooser'
- How to forever eliminate feelings of fear and rejection
- What your ideal partner is looking for in a mate and how you can stand above the crowd
- Why living your life fully, in alignment with your values and life vision, makes you a magnet for love

We'll be recording this tele-seminar, so if you would like to receive the audio file and a complete written transcript visit www.consciousdatingaudio.com.

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Tonight's seminar will be approximately 1 hour in length and includes a Question & Answer period at the end of the program, so please make note of questions you may have as they come up during the seminar.

Lynne, let's begin with the definition of a "chooser"

Lynne: Definition of "Chooser":

As a Chooser you are **aware that you have choices**. You are never stuck! You always have choices, even if you don't know what your choices are. A Chooser doesn't allow impulse or lack of information to result in a poor choice.

As a Chooser you **identify your choices**. You always assume there are more choices than you are aware of and you seek to identify a variety of the choices available to you. You are mindful that "you don't know what you don't know." You always seek productive choices and don't settle for unproductive choices.

As a Chooser you **make productive choices**. You use all the information available to you to make the best choice possible to achieve the outcome you desire. You evaluate a choice based upon the likely long-term consequences of that choice.

As a Chooser you are in control of your life. You take control by:

- Accepting that you are the center of your universe, and are solely responsible for your life experience.
- Being confident you have the right to have the life and love you desire and deserve;
- Being creative and seeking new ideas and opportunities beyond the immediate past and present;
- Taking risks without fear or worry of failure;
- Being assertive and asking for what you want, and saying "no" to what you don't want;
- Guarding your decisions and your boundaries;
- Being proactive – not merely reacting to events, or habitually waiting for things to happen;
- Being goal-oriented and clearly defining and vigorously pursuing your goals;
- Assuming abundance and believing there will always be plenty of opportunities and resources;

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- Being Positive and always anticipating success.

Frankie: Why being a chooser is your guarantee to finding the love of your life.

An interesting phenomenon occurs when you become a chooser - you immediately move from the passenger's seat to the driver's seat in the vehicle that is your life.

Think about what that really means.

Being a chooser will enable you to view your life from the inside out. By that I mean, as a chooser you create the life experiences based on **your** criteria for living a full life. It is **all** about you – and that is a wonderful and good thing! It is not being selfish – it is being self-FULL. You are not driven by others' opinions, expectations, or wants. You have a clear vision of your ideal life and relationship and you are not willing to compromise or settle for less than what you deserve. Why would you?

I'm sure many of you have heard of the 1001 Arabian Tales, where a King married and then killed his new bride every night. Scheherazade, his last bride stayed alive by recounting stories. One of those stories is about a prince who was in search of his perfect bride. He had his craftsmen build a doorway with the silhouette outline of his perfect woman.

All the single females of the kingdom were required to past through the door. As you can imagine, some were too tall and had to stoop to pass through the doorway. Others were too thin; some were too wide and had to pass through the doorway sideways. I think you get the picture! The point is, thousands of women passed through the door until one day a woman stood there with no gaps showing...she fit perfectly into the mold he had created for his perfect mate.

The lesson is a profound one for singles who have a clear understanding of their relationship requirements and needs. When you take the time to figure out the attributes of your ideal partner and ideal relationship, you can build your own mold. When someone doesn't fit your mold, why would you be upset? Why would you feel rejected? You wouldn't – because you are a chooser!

As a chooser, you also realize the person you wish to attract will want to be with you and will love you **because of who you are -- NOT in spite of it**. The more you are authentically you, the more you drive your life, based on where you want to go, the easier it will be for your mate to connect with you. Don't pretend to be anything you are not - The more you honour yourself and are authentic, the easier it will be for your mate to find you – you will become a magnet attracting and guiding your partner to you.

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You won't need to fall into the "Marketing" trap to make yourself more appealing to a potential partner – the very fact that you are being selective and making choices that serve you, that are self-FULL, means you will attract the right person.

What most people don't realize is that your partner is looking for you; is envisioning you; and anticipating meeting and being with you; just as much as you do. Take comfort in this knowledge. When you are tempted to falter in your belief that you will find the love you deserve, remember he or she is counting on you to do your part and not give up. They need you to be a magnet so they can find you.

Lynne: The top 5 obstacles to being a Chooser

Many people struggle with the concept of being the chooser, and here are the top 5 reasons why:

1. Lack of self-worth and self-esteem

Too many people suffer from low self-esteem and self-worth. These are learned attitudes and have no place in a chooser's life.

Our perception of our own value and worth comes from our earliest relationships and through thousands of hours of role-modeling from parents, caretakers, family members and friends. If that role-modeling contained dysfunctional behaviours, it can easily interfere with our ability to have satisfying and successful relationships.

No matter what type of role-modeling you received, you have a choice to create a new paradigm and it starts with accepting, valuing and loving yourself. If you need help to eliminate those limiting beliefs that sabotage your ability to be a chooser, go and get it.

Frankie: 2. Fear of Failure

Loving and being loved touches such a deep, personal part of us. It forms who we are and validates our self-worth. That is where we are most vulnerable.

Fear of rejection and failure are issues that most people have experienced. But they are especially difficult for people who have low self esteem. To those people, rejection is a validation that they are not worthy or deserving of a great love relationship. That cuts deep and it creates strong feelings of fear!

When you add the stress of meeting new people, the experience can become unbearable.

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Being 'the chooser' is the antidote to the fear of rejection and failure. Once you become a chooser, you will never fear rejection again.

When you are the chooser, your attitudes and behaviours reflect your understanding that not everyone is a compatible match for you; that when someone does not choose you, it is a clear sign that you are not a fit. As a result of this awareness, you don't attach yourself to the outcome of dates.

This analogy might help: If you are an actor who goes on casting calls, you understand that when a casting director doesn't select you it has nothing to do with your worthiness as an actor. There are so many factors that influence the decision and they are not within your control. So don't base your self-worth and value on what someone else says or does.

You can combat fear by taking action. Get out of your usual comfort zone and take some risks to experience things you might not usually do. No one is successful staying in their comfort zone. Be open to recognizing the opportunities – say yes when you might want to say no!

Be active in your search for a partner. Put as much effort into finding your soul mate as you would into finding your ideal job. It is worth it!

Lynne: 3. Not Trusting Your Instincts

We have instincts for a reason. Our intuition is our inner warning and guidance mechanism. Trust yours. Pay attention to it. Have the confidence to be guided by it.

In matters of the heart, following your instincts can save you from heartache and making the wrong choices.

A chooser makes intelligent choices based on achieving their goals. This sixth sense will alert you to red flags that you might otherwise overlook and which are integral to your decision making process.

Frankie: 4. Being the Victim

The opposite of being a victim is being the Chooser.

We live in a victim culture. It's usually the other guy's fault that we go to war, get into a car accident, lose our money in stocks, or get a divorce. While victim-hood might make us feel better and in the right, it also makes us helpless and perpetuates our problems.

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It is challenging to take responsibility for your failures and pain as being the result of your own choices. It is easy to blame your boss, your ex, the other driver, or your parents.

The truth is that whether you are acting out of ignorance or impulse doesn't absolve you of responsibility for making a bad choice.

Buying into the victim mentality keeps you in the passenger seat. It robs you of control and self-direction, and it holds you back from achieving what you really want out of life.

Lynne: 5. Not Developing Your Road Map for Life

If you don't know where you are going, how will you get there? How will you be able to make informed choices?

By **not knowing** what you want in life and a relationship, you relegate yourself to the passenger seat, making it easier to fall into a victim mentality, because you have abdicated control over your life.

Figuring out your life vision, defining your goals and values, and your relationship requirements takes work. Do it! Be in control of your life.

Frankie: Conclusion

Before we open it up to questions I'd like to remind everyone that you can get a written transcript and audio recording of this seminar, by going to www.consciousdatingaudio.com. It's only \$9.95 and you will get immediate access to the replay line.

Open to Questions

If you have a question or comment, please enter 5*. That will put you in queue and let me know you'd like to speak. I'll call out the last 4 digits of your telephone number and take you off mute so you can ask your question.

Frankie Wrap –up:

Join us next month on **June 7th** for our next free Conscious Dating Tele-seminar where our topic will be **Conscious Dating Strategies: Where to Meet Your Soul Mate**

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Be sure to join us in two weeks on May 17th at 6:30 PM Pacific, 9:30 PM Eastern for our Conscious Dating Tele-clinic for live coaching and advice. Just register at www.consciousdatingteleclinic.com It's free!

If you have questions that you would like addressed in a monthly seminar or during our Dating Tele-Clinic, write to us at <http://www.askconsciousdating.com>

All of these URLs are provided in the Study Guide. You can download it at www.consciousdating.com/chooser.htm

Thanks for joining us and goodnight everyone!