



Summary Sheet for *Wings for Women*® Audio Course “3 Keys to Create New Relationships That Nurture Your Heart & Soul”

1st Key... Set Your Intentions

Listen to the audio to hear why we need new friendships after divorce.

Exercise 1: Start by assessing the quality of your existing relationships ... How satisfied are you with these relationships?

	<u>Your Satisfaction Scale</u>									
	(1=Non-Existent or Very Dissatisfied, 5=OK, and 10=Very Satisfied)									
<u>Your Existing Relationships (3 types)</u>	1	2	3	4	5	6	7	8	9	10
1) Your Significant Other										
2) Your Close Friends										
3) Yourself										

Exercise 2: Listen to the Guided Visualization, and jot down some words that describe your INTENTION for friendships and/or romantic partnerships that would nurture your heart and soul.

2nd Key ... Clearly Visualize

Listen to the audio to learn the critical steps you must take to attract the right relationships into your life, whether you're looking for close friendships or a life partner.

Exercise 3: Visualize Your Ideal People ... listen to the audio and list your Top 10 Criteria. Feel free to use Keiko's examples listed in the audio. Use Keiko's tips on how best to focus your attention emotionally so that you attract the ideal people into your life.

Exercise 4: What do you notice about your Top 10 List, versus the types of people you've attracted in the past? Listen to Keiko's own "aha's" about her past relationship patterns, and what she did to change them.

3rd Key ... Strengthen your “Relationship-Creation Muscles”

Listen to the audio to learn why we need to build our "relationship-creation muscles." Also hear about where to go to find your "peeps," tips for being charismatic, and how to overcome any fears about going out and meeting new people.

Where to Go to Meet New People:

1. Find people who have the same hobbies and interests as you do
 - Meetup.com

- Sports-related groups like ski clubs, golf leagues, dancing clubs, hiking or biking clubs, baseball fan clubs, exercise classes
 - Business networking groups like BNI, Chamber of Commerce
 - Community service projects
2. Find people who have a similar world view as yours
 - Spiritual groups
 - Personal growth seminars or workshops
 - Political action groups
 3. Dating Services ... Listen to the audio for Keiko's tips on how to get the most out of online dating services
 - In Person: Just Lunch
 - Online: eHarmony, Match.com, JDate.com, PlentyofFishintheSea.com

Top 7 Tips for Reclaiming Your Natural Charisma:

1. **Smile** and establish good eye contact. That's the obvious tip.
2. **Have 1-2 questions** as conversation starters
3. **Be present.** Listen attentively.
4. **Be curious** about learning what's interesting and unique about this person.
5. **Share 2-3 things about you** that authentically describe who you are, your passions, and your uniqueness.
6. **Allow yourself to be vulnerable** when you share your story.
7. **Mingle graciously**

Listen to the audio to hear tips on how to follow up with people you met whom you resonated with.

Moving Forward

Set your intentions, visualize your ideal people clearly, and then go out and meet and mingle to create NEW relationships that nurture your heart and soul!

Notice if any of the following are happening:

- Repeating the same relationship patterns of your past
- Attracting the wrong types of people
- Attracting no one interesting
- Self-doubts or negative self-talk are undermining your efforts to meet new people
- You rated your satisfaction with yourself at less than a "10" (in Exercise #1)

If so, we invite you to join us for ***"Discover your Inner Radiance - 10 Fast Action Steps to Attract What You Want, and Live a Joyful Life After Divorce,"*** a transformational home study program:

- ✓ Reclaim parts of your heart and soul that you lost during your divorce. Feel whole again.
- ✓ Develop your inner radiance to turn your deepest desires into reality.
- ✓ Attract the people who are IDEAL for you, and LET GO of your past relationship patterns.
- ✓ Overcome negative self talk and other barriers to happiness
- ✓ Discover your true passions, and create your personal roadmap to bring joy into your life.

You'll get the clarity and inner courage to DO something to change your life, once and for all.

Go to www.post-divorce.com for more information about this life-changing home study course.

This is the best gift you can give yourself ... a joyful and vibrant future!