

Get Happy First, Before Trying to Attract a Partner

Contributed by Gayle Crist, M.S.

If there's one piece of advice I give to just about every client I serve as a dating coach or matchmaker, it's this:

Learn how to make yourself happy first before looking for a partner and expecting him/her to do that for you.

Only when you are happy with your life as a single will you be in a healthy condition to attract another happy, healthy person to connect with as part of a couple.

Fortunately, this is easier for Baby Boomers to understand than it is for younger people. Life's ups and downs, especially divorce or the loss of a spouse, have taught them that the only thing in life you can change is yourself and your own thoughts, attitudes and outlooks. You can't change anyone else's ideas, opinions, or behavior. It's a waste of your precious time to try. You might focus on taking care of your own needs and desires and going after what makes YOU happy. Your chances of success are much greater. The result of this attention will be greater life satisfaction and peace of mind, and fortunately for those seeking mates, a big boost in your attractiveness index!

Here are 10 guidelines FOR MAKING yourself happy: Do at least one thing that brings you joy and pleasure every day. Make a point of it. Put it on your To-Do List if you have to. Make sure you do it. You deserve it! Focus on fun.

There's nothing more attractive than someone having fun in his/her own company. Others LOVE to be around happy people! If your life is filled with things you dread, eliminate as many of those as you can and replace them with more enjoyable pursuits, so you can keep the focus on fun. Get comfortable doing things alone. Don't wait around for others to take a trip or try something new. Do it on your own. Experience the bliss that comes from striking out on a new adventure and the feeling of pride that comes from accomplishing something you were afraid to try before. Bliss and pride are two high-frequency emotions that are great attractors. Surround yourself with other people who are also following their own bliss. Their positive attitude is contagious and motivational, keeping you focused on pleasing yourself and following your heart towards your dreams. Join a group. Take a class. Get together with old friends; do whatever it takes to put yourself in a blissful energy field. Eliminate negative-thinking people from your life. They sap your energy and deplete your joy. Determine which activities and people boost your energy and add more of them to your life. As we get older, some of us have less energy, so you want to conserve as much as possible for creating a life you love! Deal with self-doubt. Get rid of it. If necessary, hire a therapist to help you quiet those negative internal voices that are second-guessing everything all the time, so you can raise your self-esteem. Try the myriad of self-help personal growth programs out there designed to help you shed your emotional baggage. Once finished, you will feel lighter, freer, and, yes, happier. Accept whatever happens. Commit to growing emotionally and psychologically to get to a place where you are OK with whatever happens and not fixated on controlling it. Only when you can honestly say "It's OK if I never find a partner. I love my life as it is in this moment." will you be able to let go of controlling the outcome, break down the wall of worry that gets in the way, and open the way to allow good things to flow your way. Stop the addiction to approval. Rather than seeking others' approval, seek only your own. You can't please all the people all the time anyways. The beautiful thing about aging is we don't seem to care as much about what others think of us. We are more comfortable with who we are and more likely to see ourselves as the unique, special people we are so that others and, maybe even that special someone can, too. Choose happiness. Like the book, *Happiness Is a Choice*, said, "you have the option, in every situation, to see it in a way that makes you happy or miserable." The amount of energy you expend to make yourself happy or miserable is the same. Why not opt to see the bright side or the lesson in every occurrence. Everything happens for a reason. And when you can see that reason and grow from it, even the saddest, most upsetting situations are much easier to deal with. Don't let such situations steal your happiness. You have the power to see it in a different way and get happy again, even if you ARE single! J