



Mastering Dating and Attraction, e course.



Hi there,

I'm Samantha Jayne, Relationship Expert, Professional Matchmaker and Speaker. I've been matchmaking since 2005. I have worked with some of the most incredible individuals from all walks of life and given them a helping hand in personal transformations and ultimately find that special someone they have been searching for.

I've helped clients let go of the past, define what it is they really want and need to feel complete and given them access to an exclusive network of professionals through Blue Label Life, who are seeking the very same thing and ultimately introducing them to that special someone, someone just like them to share their life with and live life passionately as a team.

I've literally worked with thousands on individuals both one on one matchmaking by myself and my team and through my group dating and relationship coaching sessions. It has touched my heart to see how much impact a small change through my specialised coaching and matchmaking has made on so many individuals. This is the very reason I created this mastering and attraction e course for you.

To give you free access to information that is normally only available to my valued clients and those clients of my amazing team of highly specialised matchmakers from Blue Label Life.

I'd like to give you a warm welcome to my on Mastering dating and attraction e-course.

Sit back and absorb, remember knowledge gives you so much power. I recommend reading over this course a few times, revisit every few months to check your progress, your mindset and watch your

transformation. I promise if you follow my guide you will feel better, gain more confidence, feel happier and be more attractive to the opposite sex. See for yourself.

I'm about to share really powerful with you, and give you the most incredible tools to take charge of your love life. I'll help you get rid of past pain created by painful relationships, and show you how to move past to a new fresher more confident you and most importantly you'll learnt how to master dating and ignite attraction.

Let's get started!

Chemistry! Oh don't you just wish you could bottle that special feeling. You know the feeling you have in the first few months of meeting someone, the honeymoon phase. It's absolute bliss. The butterflies in your tummy, you feel intense happiness and new found optimism are all brought on by the surge of serotonin, dopamine and oxytocin running through your body. You have so much energy you barely need to sleep; you walk around with a bounce and your smile can right up a room. You feel vitality, freshness, youthful and nothing seems to faze you. Everything seems to get even better day by day! You know that feeling well. A friend of mine Dr Helen Fisher, believe that love is the most powerful addiction know to humans. Here are two of my favourite quotes.

"Romantic love is an addiction: a perfectly wonderful addiction when it's going well, and a perfectly horrible addiction when it's going poorly." — Helen Fisher

"A world without love is a deadly place." — Helen Fisher

Here is picture of Dr Helen Fisher and me at the New York Matchmaking Institute Conference, in April 2014. She is a wonderful inspiring lady. I talk about her fascinating studies in my webinar which I will give you access to at the end of this e-course.



Let's get back to it.

Attraction or some call it 'connection' is a mystery, you can't control who it is you fall in love with. Chemistry happens whether you like it or not. It isn't a choice. You can't resist it; it takes complete

control over you. It's primitive and deep rooted human core need to love and be loved. Love is an obsession in our minds.

Luckily, this intense feeling is good for you as long as you are being resourceful in your choices! Statistics reveal that people in relationships are happier, healthier, more relaxed and live up to 10 years more than singles. Couples have also been found to have fewer illnesses and much lower levels of stress.

I couldn't resist this cut couple!



So how do you have that incredible relationship that it seems like everyone else in the world is experiencing?

Imagine if you could be absolutely irresistible to the opposite sex?

Imagine fresh and alive feeling love just like the first time, being filled with excitement and no fear?

Imagine mastering dating and attraction so you can have your last first date?

Well you can!

I'm about to teach you just how in my exclusive e-course just for you!

DATING Detox!

I'm big on having a fresh start and when the team and I work with my matchmaking and coaching clients we make sure we eliminate the old get rid of anything that may be holding back from finding love.

The e course will help you off load your old exhausting baggage so you can fall in love again just like a teenager.



Prepare yourself for the most intense passionate relationship. Are you ready?

When it comes to letting go of the pain of the past, there is no time like the present. Once you make that decision the shift will happen sooner than you think. It all starts with you! You have complete control over your thoughts, feelings and ultimately outcome.

Having a healthy mindset is essential because with a healthy mindset, you have positive beliefs about yourself and a new sense of hope.

Positive beliefs about you mean you value you, and if you value yourself, others will too! Imagine the type of partner you will attract with your new fresh baggage-free healthy mindset and your new found positive state. It will change your approach when it comes to dating and make you more attractive.

Instead of *"stinking thinking"*, a state of mind which is based on fear and rejection, you will approach dating with a positive attitude which comes from your heart. *"Stinking thinking"* exists because you are afraid of being hurt, afraid of being rejected and afraid of being lonely. This causes you to become stuck in limbo either staying alone or subconsciously picking the wrong type and dating emotionally unavailable people both terrible mistakes if a relationship is what you seek.

Instead of letting fear completely take over, trust in yourself to make good decisions and you learn to trust others too. Easier said than done, right?

If you are a bit stuck its ok. We have all had 'stinking thinking' at some stage or another. I'll be the first to admit that, luckily I learnt how to turn it around and you will too.

Stinking thinking comes from the three universal fears:

1. Fear of not being loved - "What if I get rejected?"
2. Fear of not being good enough - "What if I'm not enough?"
3. Fear of being found out - "What if I open up and my date/partner doesn't like me?"

The strategies of FEAR:

1. Fear of not being loved- most people with this stinking thinking avoid romance, love all together. They see so much pain associated with it and chose to stay alone as they think that this will be less painful. Ultimately being alone is very painful. Isolation is devastating to the human psyche.
2. Fear of not being enough – This person is all in, in the early stages of dating, and then pulls away as they fear they will not be enough and they run for the hills as they fear rejection so they reject in turn thinking it will be less painful. They often sick back an wonder what could have been.
3. Fear of being found out – This person never really opens up. They reveal very little about themselves, they have fun in the early stages of dating then they are overwhelmed by fear. They fear that if their date really finds out about them they will disappear. This person never allows themselves to be vulnerable therefor never really allow the person they're dating in and often the other person leaves and they don't feel a connection.

Sound familiar? Are you guilty of any of these?



Did you notice a pattern?

Have another look.. Did you get it?

Notice that they all start with "What if...followed by a negative.

There is also another pattern: they never actually allow anyone to truly get to know them and never actually experience a proper connection.

If you're serious about finding the perfect one for you, it is essential you get rid of those nasty fears, they are simply made up. The past does not equal the future.

What if you come from a place of, “I value me”? Replace the negative “What ifs” in your head with positive thoughts: “I know what I deserve. I know I have a lot to offer. I am worthy of a happy loving relationship”. Now that is attractive!

How would that feel instead? Hopeful! How does it feel to be hopeful? Pretty amazing!

What will it do to your level of confidence? Sky rocket even more!

And guess what? I have good news, confidence is the number one attractive quality in a person.

Ok let's start the clean out.

I want you to think of all those negative stories you've made up about you.



The times you were heart broken, cheated on, not supported, lied to, broken up with, horribly divorced or even the early stages where other person didn't feel the same about you, they never called you back.

Those feelings are icky but instead of trying to store those memories in some part of your brain to be ignored forever, which you and I both know can't be ignored, let's face them. Head on. As I say to my clients let's empty the dumpster.

Because trying to avoid your negative stories will manifest as tension, stress, a negative frame of mind even more fear which leads to more rejection and eventually illness.

Back to those icky feelings... take a moment to think about how it *feels* in your body when you think of them? I'd imagine pretty heavy huh? Is there a place you feel them? It could be your shoulder, tummy, head, there are no right or wrong answers.

Now take a few moments to write down the stories or beliefs you made up about yourself. Write as many things as you can down, really purge out those beliefs.

Eg. *"Why wasn't I enough, to be faithful to? If only I was more attractive, funnier, more relaxed and a better person, maybe then they would have been loyal?"*

I had a client once she believed that she wasn't enough, she kept telling others of her story of how she had been cheated on, of how much pain she had, of how she couldn't trust and was so scared to open up.

She appeared happy on the outside but on the inside she was lonely, scared and craved to be with someone. The more she told that story the worse she felt, eventually she was just so exhausted and nothing seems to work out, she wasn't connecting with anyone, men would leave her and she grew more and more fearful, she shut down.

When she came to me she was eager to for a fresh start but didn't know what do to.

We drilled down; I asked *"What are you gaining out of your story?"*

She looked at me startled and almost offended and said, *"Nothing, absolutely nothing!"*

I took a few moments and asked *"What are you gaining from your story?"*

As humans everything we do, every action we take there is a gain, sometimes it serves us, other times it doesn't.

I asked her a third time, *"What are you gaining from your story?"*

Finally the penny dropped, she smiled and laughed as she felt hope and realised she was in control now.

She said, *"I get attention, people listen to my story, they empathise."*

I asked do you feel a connection when people listen and empathise?

She replied. *"Yes. I feel a connection when I am heard. I also am keeping myself safe, safe from ever letting anyone close to me again".*

I asked, *"Is that belief/story helping you or hindering your happiness?"*

She replied. *"Hindering, I think I've been trying to keep myself from getting hurt but really its keeping me lonely and the more I tell that story the worse I feel, the more scared I become".*

That's right, the more you tell a story the more you focus on it, the more it will grow. So my next question to her was. *"How would you like it to be instead?"*

I'm sure many of you reading this can relate to this.

It's your turn! How would you like it to be instead?

I want you to re-write your story. Look for a positive outcome to your scenario. If you look hard enough you will find a positive.

This practise is called Reframing. Reframing truly allows you to let go of the heaviness. Helps you let go of baggage and have a fresh beginning and feel happy, light and opens up the door to fall in love and be attractive to others.



New Story, New, You! The fresh Start you have been waiting for!

Go on write your NEW story.

Eg. "I am grateful that my ex truly showed me their character, their values and true colours. The broken trust was really painful at first however it was a gift. For I would have never known what a true connection really felt like and in hindsight he/she was never my best friend. We were in compatible in values and the proof is their behaviour.

Thankfully their behaviour released me to find greater love and allowed me to define what I really want. To find the right person, that I can truly connect with authentically someone I value and in return they value me. I feel happy to have the truth and be free for a fresh new start. The world is my oyster now. It's my turn right now to make it happen.

Now it's your turn. Tell me your NEW and improved story.

Now that you have written your new story, and its ok if it takes a few times. Check in how does that feel? Do you feel lighter? A new sense of freedom or choice, maybe even some power, some control?

Do you feel more positive a new sense of hope? Do you feel the areas of your body that felt tight feel more relaxed?

Keep re-writing your story, until you have the best possible version. Because nothing has meaning except the meaning you give it. Be sure to give it a good meaning, you deserve goodness.

What else do you feel? Be excited! Write it down.

Mastering Dating!

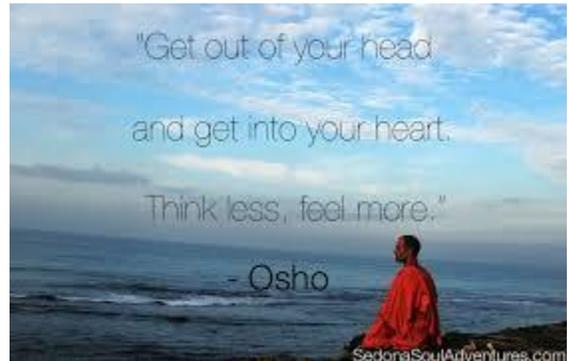
Now that you are all fresh and new feeling fabulous it's time for you to master dating and attraction!

Have you ever noticed that some people seem to get all the dates?

They seem to have a ton of people pursuing them; do you ever wonder what is so special about them?

How can you have a fraction of that magnetism?

Well you can!



The secret is as simple as getting out of your head and into your heart. But what does that mean? Let me explain.

Get Out Of Your Head and Into Your Heart!

Remember a time when you felt like doing something and you just went out and did it? You lived passionately. You know that time, you didn't think about it, you just went straight ahead and did it because it felt so good. You had the desire, you lived with passion, and you were in your heart. If you honestly think about that last time you were probably a teenager or a child.

Children are really good at this; ironically they are the perfect role models for adults when it comes to love. Children are in their heart space. They say it as it is, they do things because it feels good and they tell you how they *really* feel. If they are happy, you know it. If they aren't you sure as hell know it too! Children truly are open books; they don't think about rejection, they live in the moment.

Children know how to connect. They smile, they give you eye contact, touch you, communicate how they feel and most importantly they are playful. It all comes natural.

As adults, bad experiences cause walls to go up and fear kicks in. Connection with the self and others is lost. Focusing on too much work is hugely responsible for the lack of connection, also the focus on fear the negative what if's and playing it safe.

Connection is lost even more as today as more and more people communicate via social media, text message and email. You don't even have to hear a person's voice anymore, people think it is safe but sadly as connections are lost, or worse still never made, loneliness and fear creep in.

When you were a kid, you knew naturally what it took to connect. You didn't think "what if?" You purely thought about the good feeling of connecting and you wanted to make friends, you smiled at most people and you felt more energy.

Today most adults, are back into, “*What if?*” mode. Because of the consequences, and the fears, most people opt to stay safe rather than have a passionate relationship. But it doesn’t have to be that way.

How do you get out of your head and into your heart?

Here is how I help my clients.

STOP putting others on a pedestal. Get rid of your long list of to do things and list of what your partner should and shouldn’t be, take time out to sit in quiet.

We are all humans, we all have the same needs, desires, dreams and everyone wants to be in love, to connect and have someone. Every single soul on this planet: the guys that retreat to their caves, and the super strong women who pretend they are unbreakable. I know plenty of strong smart successful women who often say “*I don’t need a man etc.*” but what message is this giving men?

It tells a man that he isn’t needed so he will go elsewhere. Imagine how he feels not to be needed, to feel obsolete, it’s no wonder they run. And imagine how the strong successful woman feels once he is gone and left all alone. Sad, lonely, frustrated even angry.

Or the cave man. Have you thought about why a cave man retreats into his cave? Or if this is you probably don’t even know why, or what about the ego central super confident arrogant male what is behind this. What is that all about?

It’s all a persona, a mask to hide fear. They have huge amounts of fear and use strategies to appear super confident and invincible or even avoidant. The one thing in common is they are all in their heads.



Our heads have the worst stories ever, when you are in your heart, fear melts away, because you trust.

When you trust you make good judgements and things just seem to work out for you in your favour. Things feel light, natural and you are in the flow.

It’s time for you to get in your heart space, isn’t it?

It’s time to see the light, the good in others.

Instead of thinking what is in it for me, or taking the action of others personally, I want you to see what is really happening. Look for the pattern in a person’s behaviour. Before too long you’ll smile and know the code and be in your heart.

Exercise to get in your heart.

I want you to be present. Take a few breaths to relax, listen to the sounds around you.

Take a deep breath through your nose and out through your mouth, be conscious of how your body feels. Sit comfortably for 10 minutes, back pressed against a chair. Say nothing, clear your mind, as thoughts come into your mind, acknowledge them and breathe them away. Stay focused on the sound of your breath, you'll start to feel your heart beat, you'll be aware of your physiology. You will begin to feel calm and connected with yourself. Practise this twice a day, life with slow down and you will build your confidence, and get connected with yourself and have the ability to connect with others even more. You will find more peace and happiness.

Write down the times you commit to your daily exercise. Ideally morning and afternoon.

Connection Exercise with a partner.

Don't say a word. I want you to give eye contact for 5 minutes and say nothing. Look into their eyes, their soul, connect, and open your heart. (This might feel uncomfortable at first, I can actually guarantee it will but I promise you will feel amazing afterwards).

When you take the focus off you and your insecurities and stop feeling weird and you truly focus on another person and make it all about them. This is how it feels to be in your heart space.

You know you are in your heart space when you feel things and stop worrying about what they are thinking.



Becoming Your Best Self

And now comes the fun part.

After all that work leaving your past behind and clearing out your head of all the negativities, it's time to get your act together and start dating again.

When it comes to dating, much of it depends on how attractive you are. Now let's be realistic first. There's only so much you can do with regards to your appearance but you should learn how to work with what you have! Besides, attraction is a fickle thing.

Although your physical appearance plays a role, it's not the dominant power behind your attractiveness! Remember that although being physically attractive will make it easier for someone to be interested in you, this interest could only go as far as the first conversation. Attractiveness does not guarantee happy relationships after all.

So what is attraction all about? It's about your natural beauty. Being attractive is not about being able to having the body of a fitness model or dressing up in designer labels. It goes a little bit beyond that.

Keep reading to know how to become truly attractive:



Be who you are. Most people hide their true selves by hiding behind a meticulously engineered persona. I've seen plenty of people trying to do this whenever they go out with someone new. They try to embody the persona they've identified with from somewhere else like a mysterious character in a book they've recently read or the exciting leading actor who was featured in a movie they've recently seen or a character from their favourite sitcom.

It may seem fun at first but in my years of experience, this can only lead to frustration. When you create a false persona, people are actually interacting with your false persona and you are creating false relationships.

Don't hide your faults when they don't exist. Don't exaggerate facets of your personality when it's not necessary. Embrace your true qualities. No one is expecting you to be perfect and you don't have to be.

People who are true to themselves tend to be seen more attractive. Why?

It's because they channel a different brand of confidence which only exists when you are comfortable in your own skin. When you love yourself, you can show people who you truly are and you will be able to build relationships with people who actually like the real you.

Learn to listen. Nowadays, the world has become so loud, filled with opinionated people who want to be heard. No one has the time to listen to anyone when they're focused on themselves and their opinions. That is why a person who knows how to listen is more magnetic and you can be that person.

When you listen and show genuine empathy for others, people see a side of you that suspends judgement and that assures them that you are the type of person who can be there for them. Listening is a skill and when you master it, people are guaranteed to see you in a different light and come to you.

Have a good sense of humor and smile. People who laugh, are able to find to find humor in even the most stressful situations and know how to make others laugh with them radiate a different kind of energy. People will tend to gravitate towards you, subconsciously wanting to bask in the positive energy you give off.



The same is true with those who always have a smile on their faces. No one wants to see a grouch. After all, how could you attract someone when you automatically go into b*tch mode or arrogant mode whenever you see someone you think you might like thinking it would make you seem more like a prize. Newsflash: it doesn't.

Even babies appreciate it when someone smiles at them. We are basically wired to like people who smile and laugh as opposed to those who sulk.

Look people in the eye. When someone walks up to you and starts a conversation in the office, at a coffee shop, or basically anywhere, please avoid looking at your phone. Put whatever you're doing on hold even for just a few minutes and look at who you're talking with.

Establishing eye contact is almost neglected nowadays but it allows you to communicate with others better. When someone speaks to you about something, looking them in the eyes makes them know you genuinely care and that you are acknowledging whatever it is they have to say.

Walk with confidence. Do you walk with your head down, your eyes on the floor, averting the gaze of anyone you might come across? A simple shift in the way you walk will change how others see you. Have you seen those high school movies where the attractive high schoolers "power walk" through their hallways?

Feeling confident and showing it goes a long way. You get to be noticed more even while you're not really saying anything. Let your posture do the talking and your beauty will radiate.

Stop complaining. Complaining is like a rocking chair. It feels nice but you don't really get anywhere. Like most people, you like to complain. It's your way of keeping up with stress from both your personal and professional life. It's ok to complain about things once and maybe twice but you have to stop afterwards and never complain on a first date.

People who love to complain attract situations which create more things to complain about. You know what complaining doesn't attract? Other people!

Who would want to wine and dine you when all they can hear is you whining? Potential dates and other people would listen, possibly empathize but they will get tired of listening to you going on and on about one thing after another.

Why not try a different approach? Embrace each moment as a blessing.

When a client becomes stuck we always encourage them to look at the brighter side.

Be more open. People who are closed off and inaccessible are often seen as unattractive. Sure, this little trick may have worked back in high school when the bookish nerd had a thing for the popular cheerleader but people mature and tastes also change.

Those who are looking for authentic relationships look for those whom they think will be easier to connect with. Being real, open and willing will make genuine relationships manifest themselves.

Actually Looking Your Best



Now that we've established how personality trumps physical attraction, that doesn't mean you should neglect your appearance. The confidence that comes from feeling good about how you look comes from actually looking your best.

Here are some ways to help increase your physical attraction by a few notches. This time, however, instead of focusing on your appearance, we will tackle how you can make use of your best assets to maximize your appeal as perceived by their senses:

Sight: Dress to your prime... but don't look primal. We see these everywhere. There's nothing wrong with wanting to look youthful with the way you dress but when, for example, a woman who dresses

which are cut a couple inches lower than what would be legally required by the fashion police, it tends to reek of desperation.

The same is true for grown men who try to ride on the fashion train and suit up in tight, ill-fitting clothes. Know the difference between keeping in fashion and style. Choose clothes which fit you better and don't expose too much skin. Also, don't forget to take care of yourself. Having a light, regular workout schedule can go a long way!

Smell: Choose the right fragrance. Pick the right perfume for your body. Some people have a habit of splashing on any brand of perfume but some studies show "how someone smells" is consistently ranked as one of the top factors in choosing a partner. There's a lot of scientific mumbo jumbo to explain this so I'll choose the simplest terms possible. When someone thinks you smell nice, their sexual hormones tend to spike, causing them to feel attracted and aroused by you. This is why you should choose your next perfume more carefully. Scents play a big part in sensuality.

Touch: Flirt by touching. Using the power of touch is a subliminal way of appearing more physically attractive. When used at the right times, lingering touches can make you seem more physically attractive.

Hearing: It's not what you say, but how you say it. Most people are not conscious about the tone of their voice and very few can appreciate how saying things in the right way can help them get their message across and leave a good impression on others. You may not be able to achieve a sexy voice worthy of doing voiceovers but modulating your voice to an appropriate pitch can help boost your attractiveness by a few notches!

Casting Your Net

So you've armed yourself with positive energy, confidence, and a few attraction tips up your sleeve. What do you do next? It's time to go to the next phase: dating.

Before you go on a date, however, there's the question of where to find a potential date.

Here's a good tip: stay away from the club/bar scene if you're looking for a serious relationship. These places are great breeding grounds for people whose goal is to have someone to warm their beds for the night. I'm not saying everyone who goes to nightclubs think like this but because of the influence of alcohol and the mindset people tend to adapt in clubs, it's a wrong place to go looking for a genuine connection.

If you've been spending too much time in the club scene and you're having the same disappointing results, it's time for a change of venue and attitude!



Meet single people in coffee shops. It may seem like a cliché but because of how the mass media has portrayed coffee shops, people have seen it as a great place to meet people. Find a busy coffee shop you feel at home in and set up a place near the door. Now comes the tricky part. If you can manage it, you don't have to bring anything else with you. The key is to seem approachable and when you hide behind a book or a laptop, you'd give off that "I'm busy" vibe. Smile at people who walk in. You'll lose nothing in the process and this small gesture helps you open up a bit.

Meet other singles through your friends. Accept every wedding, party or social invitation that you are given. You could even organize a weekly movie night with your friends where you bring a couple of friends from the office or from another peer group!



Meet others through your hobbies and interests. Are you a fitness nut? Use your time at the gym to make friends with other people. Are you passionate about cooking? Enrol in a cooking class and find someone who shares the same passion as you do (plus, having someone who can cook mind-blowing meals for you is just awesome).

Meet interesting people by volunteering. Wouldn't it be great to find someone who is selfless enough to devote part of his or her time for others? Volunteering for different activities in your community can help bring you closer to this type of people. Besides, when you volunteer for social activities, you come off being a better-rounded person and that in itself is enough to make you look more attractive.

Meet active people in public places. Bus stops, laundromats, parks, bookstores... the list goes on! The term "public places" can be quite vague and there's no sure way of knowing if the person you're interacting with is single or not. The point here is there are plenty of places where you can meet someone special anytime so you have to be ready to bring your best foot forward!

Meet people by outsourcing to the professionals. Isn't your love life the most important aspect of your life? You outsource your accounting, cleaning, car washing it make sense to outsource to a professional that can discover your patterns, redirect you the right way and help you get connected. You'd be surprised just how many people are doing it.

Getting Ready



So it finally happened! You're finally going on your first date in months! Before you step out of your house, let this short list remind you of the things you should do prior to your date.

- Stop fussing in front of the mirror. Dress yourself as best as you can then stop putting too much effort into it. You'd only become too self-conscious and it will show.
- Relax! Your date is probably just as nervous as you are.
- Prepare some conversation topics in your head. Uncomfortable silence is not invited to a first date... nor should it ever be present.
- Have the right mindset. Walk out of your house with your head held high and a positive attitude that says: THIS DATE WILL GO WELL!

Let the Environment Work for You

There are many things to consider when choosing where to go on your first date. At Blue Label Life we encourage our clients to stand out from the crowd. Dare to be different and bring out your inner child. It's so important to have fun on a date as it helps ignite chemistry and attraction.



Dinner is always a safe choice but you don't want to come off as ordinary on your first date. There are other options for a more interactive date to help keep the conversation more free-flowing and to show each other a side of yourselves that you will never reveal when you're sitting inside a restaurant. Here are some dating ideas:

Play tourist. Sure your hometown may not have the Eiffel Tower but yearly, scores of people travel to your city on vacation. You can both look at your hometown from a tourist's perspective and go on an excursion, exploring places you've both never been to.

Catch a live band performance. Again, getting to know each other further is crucial at this point. Keep in mind I am not encouraging you to go to loud concerts. Rather, if you both share the same passion for

music, you can see live bands perform in small venues. That way, you'd have music and conversation too!

Visit an art gallery. Going on an art gallery is perfect especially if you're both artsy types. Different art pieces can help stimulate conversation but just remember to go to appropriate exhibits you will both like. Don't shock your date by going on art exhibits that showcase things like the atrocities of the slaughterhouse!

Have some friendly competition. This can refer to different types of activities but bowling is definitely near the top. It's an old-school idea but it creates a casual atmosphere where you can both have good conversation, a beer and pizza, and some friendly competition. Also, the physical activity gives your date an endorphin boost which will help them enjoy the date even more and they'd associate this pleasant feeling with you in the future.



Go to your local theatre. If you both want to be entertained, go for the classy route. Ditch the movies and go to your local theatre. You could even dress up if you both want to. As for conversation, you can chat during the intermission. This is why the theatre is better than a movie. You don't have to spend the entire time sitting in the dark.

Ending the Date on a Positive Note

Here comes the tricky part. How do you end a date that goes so well? For starters, I strongly recommend ending the date as soon as you felt the fun has already peaked. Yes, it might be tempting to prolong the date but give me a minute here to explain why prolonging a first date isn't necessarily a good idea.

First, it keeps your emotional and (possibly) financial investment in this date at a minimal. Let's face it... at this point, you can't be really sure yet if you'll actually go on more dates in the future with this person and there's no guarantee that this person can reciprocate the way you see them. First dates are supposed to help you have fun while getting to know someone else. Second, you wouldn't want to end the first date only when you've had extremely long conversations with each other. It will make your date seem dragging. Besides, you need to create an air of mystery about you so don't give away too much too soon.

And most importantly, it will help build anticipation for your next date!



One more tip to ending your date: *ignore the three-day rule*. Gasp! Did I just say that? Ladies and gentlemen, the three-day rule shouldn't be taken seriously. It's just a plot point writers made up for TV shows that audiences took too seriously. If you are serious about finding a great relationship, you can call on your way home and tell the other person how much fun you had on your date. You have nothing to lose and it shows your date that you are done playing games.

Congratulations! You have completed step to Mastering Dating and Attraction.

As an added BONUS I'd like to offer you a FREE spot on my group coaching session, normally exclusively available to Blue Label Life members.

To reserve your spot now, email info@bluelabellife.com.au and in the subject line write, "Secure my spot" (pending availability) and you will be invited to join our session. If the group is sold out, you will be put on my waiting list and I will let you know in coming months if a slot opens up.

Join me for my exclusive Inner circle Dating and Relationship Coaching for a limited time only. In an hour of your time I will give you answer your burning dating questions.

Attract a partner who is inspired by you and wants to lock you in for the rest of his life.

I look forward to connecting with you.

Samantha Jayne.

For more Dating tips or to receive a complimentary consultation with one of our Expert Matchmakers please visit www.bluelabellife.com.au

