

WELCOME TO THE 21 DAYS DATING CHALLENGE!

Hi there, welcome to Day 1!

I'm Sharon Kenny, "Ireland's Number 1 Personal MatchMaker for over 30 years now". Over the next 21 days, we are going to have some fun! You will be surprised how much you are going to learn about yourself and you will identify your truly ideal partner during this time.

First of all I want to acknowledge you for taking this leap of faith and personal investment into your future happiness in love, I assure you as they say; you will get out of this course what you put into it, so let's drop those barriers and any preconceived notions and really embrace it!

Before we start we need to go over some "School Rules"

1. Take part in this Challenge every day
2. Complete your daily homework / Journaling (Should only take 10 - 20 minutes).
3. Take part in our weekly webinars.
4. Attend one of our monthly end of 21 Days Events to put all you've learned into action!

Journaling

Throughout this course you will be asked to keep a daily journal of your feelings, progress and notes etc, this is vital in being able to hold yourself accountable. It doesn't have to be pages long, just write what you feel, and don't worry about anyone seeing it, its strictly yours and confidential.

When you get into a routine of journaling you will see your strengths and weaknesses right in front of you, allowing you to recognize them and recalibrate to keep yourself on track. Remember no one is perfect! All we can do is strive to be the best version of ourselves and self accountability is the foundation of this pursuit.

Just like the old saying goes, "you will get out of this what you put into it." So really just be honest with yourself, because if you can't be honest with yourself who can you be honest with? (Also consider is your ideal partner someone who is honest with themselves?)

The purpose of this course is finding the real true you that has been suppressed over time for any variety of reasons and to set yourself free from your past and bring the new revitalized true you to the world so that you can find your soul mate!

TODAYS LESSON -DAY 1 – CIRCLES

In this first lesson, (which is one of the most important) we are going to learn about what “relationship circles” are and why they are so important to identify and continually try to align correctly and master the art of.

Get Your circles sorted and Start Journaling

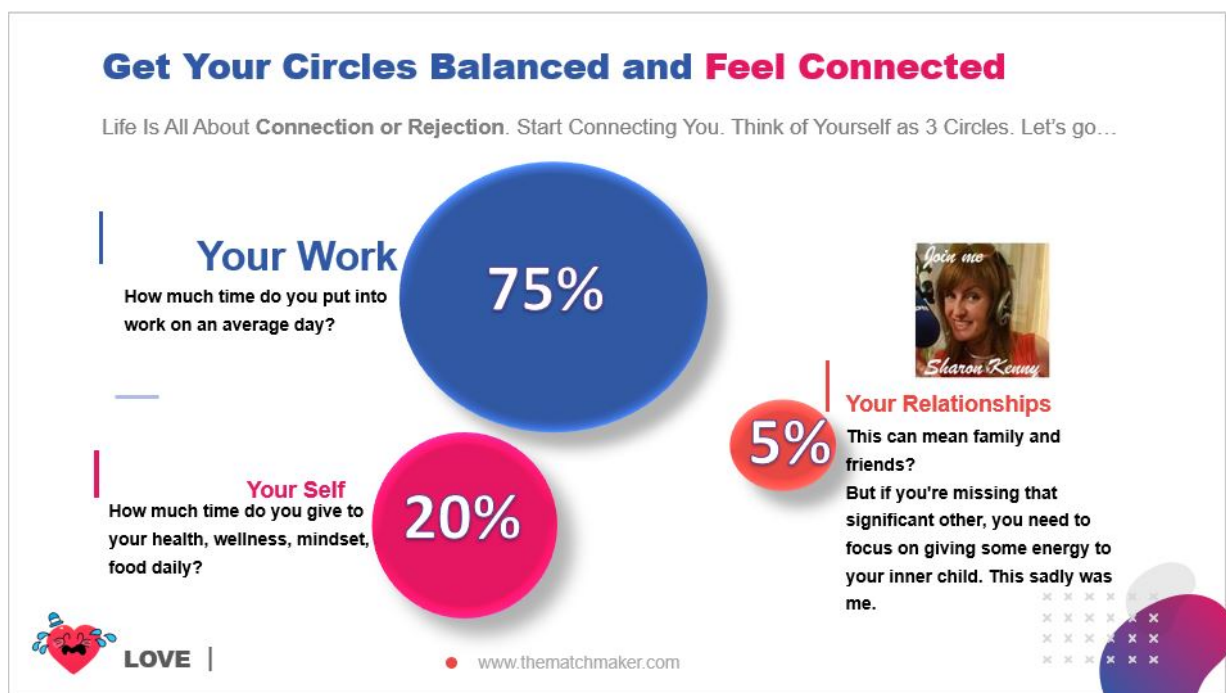
This might seem very obvious but really if we simplify things we realise the tasks are not that big.

Think of three circles floating in the air.

1. Work Circle
2. Soul/Life Circle
3. Relationship Circle

Think of them concerning each other and their relative size. How do you feel about each circle?

MY CIRCLES BEFORE:



These were my circles when I did a course in City West in 2013. It was my turning point in moving on and stopping going back to a very negative relationship. This was my relationship and it was toxic. This was the first time I really spent money on myself since I got married. We have to invest in ourselves to flourish and blossom. I live next door to my ex and the 3 fab. boys go through a hole in the hedge. Now all my circles are the same size, completely balanced.

Our aim is to get all your circles the same size and see love go your way and start by loving you.

MY CIRCLES AFTER:

NOW THAT MY CIRCLES ARE BALANCED



MY WORK
I now have a healthy work / life balance, I have learned to work hard and fully concentrate on my work when I am "working" and to create a structured schedule and to stick to it.

MYSELF
Now that I know my thoughts lead to my actions, I do everything I can to create a positive mindset, I exercise daily and eat healthy and make sure to get proper rest. To give me the energy that I need to do it all again tomorrow!

MY RELATIONSHIPS
I spend as much time as I can socializing with friends and around my family, and I make sure to put time into myself so that I bring the best version of me to find my ideal match who gets my "Vibe"

THE BALANCED ME
By finally balancing my circles it has given me a drastic awareness and improvement in my self confidence. I AM a great catch, I will not settle for less and now that my circles are balanced I am ready to attract and embrace my true soulmate!

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Let's fill you up with self-love

The Circle of Life can highlight as many areas of focus that you feel form the cornerstone of your overall life experience. Let's walk through the process and some examples...

- **Health:** Your physical health and well-being (can also include your emotional health).
- **Relationships:** Includes your primary intimate relationship, family, and friends.
- **Finances:** Your ability to manage your money effectively, save, budget, and invest.
- **Work:** Job Satisfaction, work-life balance.
- **Play:** Includes religious/spiritual communities and other activities, Sports, Recreation.
- **Spirituality:** Belief that there is something greater than yourself, getting in touch with yourself.
- **Nutrition:** The way that we get fuel, providing energy for our bodies.
- **Exercise:** Any bodily activity that enhances or maintains physical fitness and overall health.

- Stress Mastery: When confronted with stress, you can control it so that it doesn't have a harmful effect on your work or life.
- Environment: This can be for work and home environments.
- Life Purpose: The central motivating aims of your life.
- Self Esteem: Evaluation of your own worth. Beliefs about oneself as well as emotional states, such as triumph, despair, pride, and shame.

Ideally you want to strive to find balance within your circle of the elements that are most important to you and that suits you and your lifestyle best.



Assess Your Current Level of Fulfilment

Visualise the areas above as pieces of a pie. Draw a circle like the one shown and fill in the different category names that are most important to you.

The entire circle represents your overall life and each piece represents a different Area of Focus.

Now, this is where it gets interesting. We all tend to have certain areas we are better in and we all have a tendency to spend time in these areas but neglect our areas of weakness. For example, you might do a great job eating right,

exercising, and staying active (your Health category), but you are horrible at living within your means, paying off your credit cards, saving for the future, and finding more ways to add value (your Financial category).

The Circle of Life exercise brings these discrepancies to your conscious mind.

Challenge Your Beliefs! Subconsciously limiting our beliefs and a fixed mindset are usually the reason why we fail to grow areas of our lives.

Before completing this exercise it's important to address your mindset about your intelligence, abilities, skills, and personality.

Be truly honest with yourself when answering questions. Answer with what is true for you as opposed to what you think you "should" answer.

Using the Circle of Life

Rank how you are doing in each area from 1 to 10, where 10 is excellent and achieving mastery, and 1 is you couldn't be doing any worse.

In the relationship category, you may have two different rankings. One might be for your significant other and one may be for your family or friends.

Now, remember when it comes to getting a 10 out of 10, I really don't believe that we should get 10 out of 10 because we should always be striving and happy with what we have, so say if I get an 8 out of 10 I am happy enough with that. Some people feel they need 9 or 10 but remember we are not perfect; we should not expect perfection from anyone, and we have to be more empathetic and take a step back and try not to judge people so harshly because 10 out of 10 really is very hard to achieve if not impossible.

Next, you can determine two or three actions you can do to make improvements in the areas that you are weakest in.

A fulfilling life is marked by a sense of inner balance and growth. The more effective you are in each of your Areas of Focus, the more life fulfilment you'll experience.



Day 1 - Homework

This first piece of homework is one of the most important and just like this course and anything else in life you will get out of it the effort you put into it.

This will really open your eyes and mind to area's in your life that you may have neglected or have gone unnoticed. The circle of life can make you examine your blind spots and see where you need to make improvements to support yourself and your loved ones.

Part 1

In your journal fill in your rankings for each of the area's that you have identified as being important to you. Be truly honest with yourself.

Part 2

List the two MAIN areas that need improvement and three actions you can take to better your mastery of those areas.

I look forward to meeting you on the other side of these 21 days and here's to love coming your way!

SEE YOU TOMORROW!

With Love, Sharon Kenny xx

"I didn't invent MatchMaking....I PERFECTED it!"

SUPPORT / QUESTIONS ETC

WhatsApp me anytime directly at
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SOCIAL LINKS

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