

WELCOME TO THE 21 DAYS DATING CHALLENGE!

HI! Welcome to Day 18!

The term “Dance before you date” means to take things slow, don’t rush, let things happen at a natural pace and savour every moment as you learn about one another. Trust in yourself that you are good enough and you do deserve this person and they would also be lucky to have you in their life, but also remember to apply all that you have learnt in this course, ask yourself are you leaning in or leaning out, then take it from there.



TODAYS LESSON -DAY 18 – DANCE BEFORE YOU DATE

How to be More Lovable. Bring it in. Feel the warmth and the high vibration.

Just know love will come your way. It's not a race. Be your free self...

We are on this earth to love and be loved. We are here to shine.

Close your eyes and link these to love.

Deep breath. Close your eyes and chill. Ground your feet and follow these 3 questions and link to a person in your life.

1. Picture the sun and feel the heat. Feel blessed that the sun shows up unconditionally?

Who does that remind you of?

2. A Lighthouse... That helps guide you, to the genuine happy fulfilled yo?

Who is this person?

3. Disco Ball? Your favourite song?

Who reminds you of this. What pal is that?

Create that desire and love with you. Learn about you,

1. You've grounded yourself at this stage. You have stopped blaming yourself and starting to love yourself.
2. You've chosen your best story.
3. You are ready to get out there and chat to anyone. Even Hi there and ask about that hobby you are really interested in.



I'm Sharon Kenny. When my marriage broke down (in the past I used to say ... I was devastated. Although he hurt me I would have done anything to get him back. I forgave him for his infidelities, I hugged him while he was crying because Val was gone... but now I tell it like this). When my marriage broke down, it made me eventually realise what my purpose was. It was to learn and teach others about love and bring them together. You see when you talk about the positive your mind can't go into the negative. I did feel a twinge of pain. I do feel there are still chakras blocked. But I am and choose to let it go and little by little it will be gone. I'm not focusing on the negative, I'm focusing on the positive.

I've reared 3 very strong happy balanced fun boys. I'm fitter than I've been in 15 years. I love me again. I AM ENOUGH.

YESSSSS you can do this. Bring out your positive side!



Day 18 - Homework

Start Writing Out Your Story
The Story You Want to Focus On

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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