

WELCOME TO THE 21 DAYS DATING CHALLENGE!

HI! Welcome to Day 19!

Getting back in the game can change depending on your age and more so your attitude.

When you're in your 20's the main thing I hear is ...All my friends have settled down. Yes, they are starting a family and really their life choices have changed especially if children have come into the picture. Instead of out with you they are babysitting or having date nights with their partner. These things change slightly with age.

So in your 40's again kids or you may have them and feel, who wants me with my ...in my case 3 big boys. So I focused on them but I still made time to get out there.

Then I started single events. This was fantastic for me and my business. It gave me back the mojo...if not just to feel I was an OK catch. Guys, seriously I am teaching you from my mistakes, so you don't need to make them.



TODAYS LESSON -DAY 19 – GETTING BACK IN THE GAME

By now you have worked on you MIND...Minding yourself so you are the best catch you can be and attract the same vibe.



BODY...so you feel fitter.

What hobbies have you taken up?

I took up ALL I loved. I took up art first. This was me putting my toe in the water. I met so many people and learned from them. We would go for a drink 9pm on the way home and I felt a connection to strangers that I didn't need when we were dating and meeting all couples. I was meeting single people again.

SOUL... I started feeling fulfilled. Slowly does it but I was getting there. Stop coming from scarcity and believe love will come your way. There is absolutely no rush. I was starting to feel self worth again and feel an admiration for myself at last.

I was opening up and letting down my barriers.

I then started sailing. Yes, it was daunting as I had no idea how to sail but when they saw me grafting, I became part of the team. I felt accepted and appreciated.

Remember the 3 main feelings when loving are affection, attention and appreciation. I felt needed and a fabulous connection.

Then I took up tennis. A group meet on a Wednesday evening. I was welcomed in. I met some lovely ladies and guys, but not my Mr Right. See my attitude was, there is no rush and that lack of need made me more attractive and fulfilled. So step away from neediness.

I met a guy who asked me out shopping. Yes, he asked me about an avocado and whether it was ripe. Yes, I use this example in my video because it was done in a cheeky fun way. I did give him my number and he was friend zoned but still a pal.

Choose a hobby you love where you feel you could meet someone. I then started walking. I joined a fab group called #769Camino . They are on facebook. I'm the relationship Leader there and love this online community.

We all have self care and fitness in common. Some walk a mile some Kilimanjaro so many levels but we are there to encourage each other.

Feel free to join on the group on FB. There are about 2000 in the group. Remember there are tons of groups on FB for all interests and to expand your social circle so you can meet some new people, such as hiking groups, and other

activities you can take up. Even board game groups, all depending on your interests.

Remember to go out with the intention to join and share what you know. To help, not be a taker. Neediness is very unattractive.

ZIG ZIGLAR, "If you go looking for a friend you're going to find them very scarce. If you go out to be a friend you'll find them everywhere".

Know what you're looking for. Follow your gut. Follow those sports you really do enjoy.

Guys if you take up dancing. This can take you anywhere. It also gives you so much confidence when it comes to asking a lady to dance.

Go to "A Meet Up"

Take up your favourite hobby or interest

Join a gym

Try new things also. I never sailed before and love it now!

Choose a hobby where you feel your "other half" would be. Maybe a language course?!

Remember if distance is a problem. Stay local.

Bring it on!



Day 19 - Homework

In your journal, write out 5 hobbies that you would be interested in pursuing.

Now rate them in order of 1 – 5

Tomorrow you are to start making steps towards making that hobby a reality.... Google it.... Find a contact for it....Sign up!!

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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