

WELCOME TO THE 21 DAYS DATING CHALLENGE!

HI! Welcome to Day 21!

Procrastination can be crippling, you can put in all of the training and if you do not take ACTION it will all have been a waste of time.

Don't be one of those people that says "I fully intend to do X tomorrow"

Give up the fear of failure and rejection and take a chance and DO IT TODAY!

What do you have to lose?

TODAYS LESSON -DAY 21 – PROCRASTINATION

The amount of times clients come to me and say I should have done this years ago. I've actually stopped saying "I hear that all the time". What I say now is well done. You're here now and on the right track.

But, deep down what I am thinking is "why". Why let years go by? Why when you are lonely, for love or a companion to share things with, why put it off. It is back to that four letter word. The left side of our brain giving us hassel again...FEAR

Ok so you've got my 21 Days of Tools for the Perfect Relationship. You're doing your daily journal. You believe you're a good catch. You're mentally in a good place, you're happy, so what are you waiting for? Even your Passion Board is looking passionate. You've taken up new sports/hobbies. You are pretty happy with how you're doing there. What is stopping you?

What Is Procrastination?



PROCRASTINATION.COM

You know what you want to do but YOU'll talk yourself out of it. It is a habit loop and how it Science of confidence, science of rist, true change comes down to 5 second windows. Mel Robbins included the 5 Second Rule.

Client Testimonial: Aoife age 32

"My son is only 5 years old. Couldn't imagine life without him. I'm not into the pub scene. All my friends are married, where am I meant to go. Who am I meant to go out with? What if they don't like me? How can I get my confidence back to where it was? I tried online dating and just feel I'm meeting the wrong guys. When they hear I've a son they just move on. I suppose there is such a choice out there why go for me. I remember writing this to Sharon from my kitchen and feeling i've nothing to lose. It was twice as long though. I never thought that within 18 months I'd be in a relationship for 9 months. Sharon even guided me through body language, eye contact. My nerves were up the wall. I'm in a good place, Andy ticks all my boxes and I'm happy he's got Ben aged 7. I'm taking one day at a time and I'm so happy. I'm more than happy to tell my story to Sharon. From the not so shy confident Aoife now :) Thanks a mil.x"

Ok so you've got your Passion Board. You've worked on your Personal Passion board and included a TO Do List into it. It is up to you whether you do this weekly or daily.

I do mine weekly I add in 3 things I am grateful for every day

I add my dreams.. Travel list; 3 Irish holidays 1 abroad holiday.

I add my daily list and put it in the order of importance.

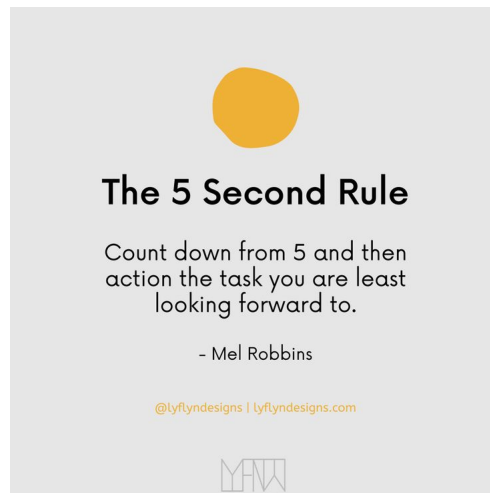
I kissed the frog. That means put the thing you want to get out of the way first. This will really make you feel good.

You've written out your Soulmate wish and left it out there for me and the Universe to sort.

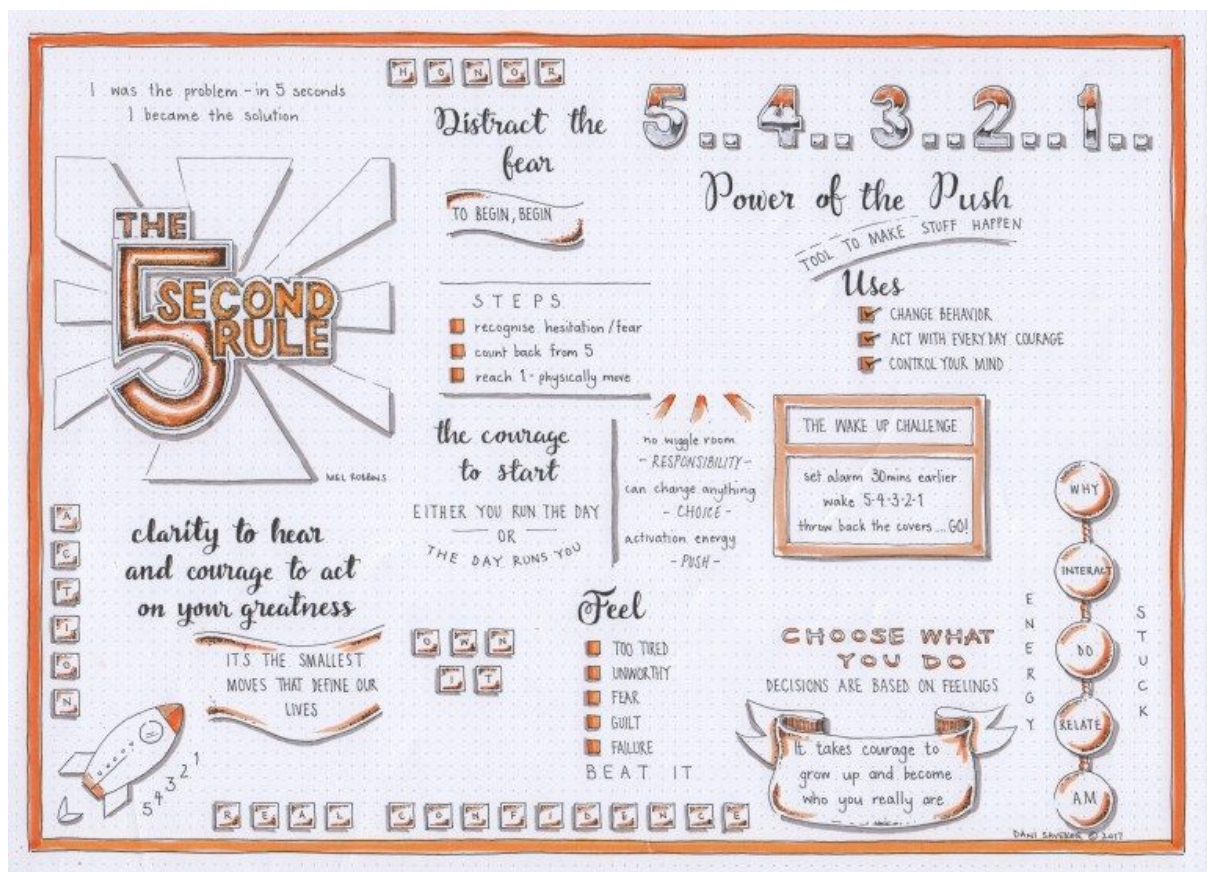
You've added your sports and have your Challenges Included.

You've agreed with me to let go of all your fears and stop Procrastinating.

Again I'm bringing you the Best of what I've learned through my search for me, my soulmate and happiness. I've got all three and I'm here to make sure you'll do the same.



This exercise from one of my favorite Check out Mel Robbins "5 Second Rule"
5...4...3...2...1... Action



So set your goals, have your intention.

You've got your Passion Board now and here is the push.

Only 10% will make this happen. Are you going to be in that 10%.

You've got to parent yourself. You've got to stop being a "I don't feel like it"...

Keep your brain out of autopilot. What the 5 Sec Rule means, from the moment you have the idea, "I should.... go talk to that lady" You have only 5 sec. to do it.

Today's practice I want you to notice, you will "I should go chat to ... Start walking to that person ...do it! Stop talking yourself out of it and take Action.

Know what you are passionate about. Believe in it.

I do believe like attracts like, in so many ways and so does Jean. She is 44 and living in Dublin. She has that extra couple of stones she wants to lose. She feels the kind of guy she'd like would prefer someone fitter. She is doing this for herself but using a new partner as her trigger. Jean has asked me as her mentor to call her once a week to help her motivate herself. I have encouraged her to do the 5 second rule and she's saying between doing that and imagining her passion board of her Mr Right she's getting fitter, feeling happier and getting herself ready for meeting her soulmate. So instead of eating that chocolate. She's counting backwards and picking up that orange. Jean has given herself a realistic target of 1lb a week. After 5 weeks of checking up weekly and 7lbs lighter, she'll be ready for the summer. Here is to loving yourself, doing your passion board and eventually finding your dream partner!

Client Testimonial: Alan age 39

"I have been using Tinder for years. I'm missing out. I'm not getting to my 3rd Date. I had no idea where I was going wrong. I was going for unavailable ladies. I was going for a certain look to impress my pals but I wasn't focusing on the girl I really want as a keeper. Sharon made me appreciate and respect myself more. I went back to my list of what I really wanted out of a genuine relationship. I was fed up going on dates for the sake of it. Now, through Sharon's programme I'm changing my habits

Sharon helped me notice the trigger (usually superficial and finding out I was a "distancer" that I ran when we got close) Some call it commitment problems and not to deal with them, then waken my prefrontal cortex, and count 54321 and take that action. Sharon taught me how to focus on my commitment fears. Talk about it and because of that I'm happily dating. Who knows this could be forever. Thank you Sharon xx"

Decisions are harder to make for ourselves. Emotionally you are more attached. I helped Alan focus on what he was doing wrong. Yes, we all want to be attracted to that person but by taking action and feeling that trigger counting backwards Alan went back to his list and stopped being superficial. He started loving himself more and looking for that lady who will tick all his boxes. So start now. What are you procrastinating on? Asking that lady out on a date? That right lady?

Splitting up from that guy who is sapping your energy? Or simply getting fit so you can be in the best health you can be in for you and that further relationship.



Day 21 – Homework

In your journal, reflect over the last 21 days and ask yourself how you feel you have changed, what have you learned? Where areas do you feel that you still need to focus on?

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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