
PART 1. *You Get to Choose*

“You are significant, you are influential, your potential is essential.
You are fempotent!”

FROM FRUSTRATION TO FREEDOM



By the time I awakened to the fact that my relationships were not advancing at nearly the same pace as my professional life, I was mad. I wasn't angry with any of my exes, or with men in general. I was perturbed at the paradigm that exists in our culture that tells us that women must be chosen by men, that we must meet what we've been conditioned to believe are male standards of beauty and desirability. Of course, underneath this anger was plenty of sadness, too—that the reality of my situation didn't match with what I'd always believed

I could have. I now know that much of that has to do with the cultural expectations set up for young girls around what to believe about love and relationships.

In my interviews with over one hundred women, I found that most women, consciously or not, still cling to an underlying belief that men hold the power to define our beauty and value. They

are the ones who govern the customs for dating and decide whether to ask us to marry them. Simply put, we continue to relinquish the power to define our feminine identity to men. And it's not their fault. My expert sources tell me men are confused. It's not that they want all that responsibility, either. In part it's a tradition we don't know how to redefine, and in part it's the media, movies, and cultural norms that continue to endorse and advance the paradigm.

When I finally shed that limiting perspective and began defining who I am and what I want, and declaring that I would accept no less than my ideal man, my entire way of being shifted. I felt a sense of personal power when I gave myself permission to choose my life partner according to my authentic standards and needs. I decided what I wanted. I let go of the mindset that my identity ought to be defined by men and that I needed to be chosen by a man. That concept was truly liberating.

So what about you? Do you identify with any of the following thoughts or experiences?

- I'm smart, attractive, make my own money—I'm a great catch. Why don't I have a man?
- What's wrong with me? Aren't I lovable?
- I'm tired of being alone.
- Who am I and how do I fit in the world without a man?
- I don't want to grow old with no one to love me and share my life.
- I'm tired of drama and just want a real partner and friend to share my life.
- Isn't there a man out there who really understands me?
- Men used to chase me and I had my pick of them; now they don't even see me.
- How am I supposed to be or act around the men I meet?
- I'm so uncomfortable and anxious out there in the dating world.
- Why am I asking for more pain and heartache with a man?
- Trying to find the right man is too much work and disappointment.
- Dating is too hard. I give up.

If you've had such thoughts, you are not alone. The good news is that there's a way through these painful and confusing feelings. There's some work involved, but the end result will be well worth it, and you can do it privately in your own time without a coach or instructor. The Choose Him Process is a personal, intimate, and exciting process that will give you so much more than your Dream Man. It will reacquaint you with your true self, enhance your way of being and feeling about yourself, get you clear about what you want, and give you tools to empower yourself in an authentic way. There are no games to play or phony rules to follow. You get to be you—just more of the real you. I've translated my forty-plus years of mistakes, hard knocks, and painful experiences, along with those of countless other women, into a process that has positively changed my life and their lives—and gotten us what we want.

Instead of our identities being derived from the reflection of men (and what we think they want), we can redefine our identity through our own mirror of authenticity, worthiness, and the truth of what we truly want. I believe women are the quintessential creators and have the power to evolve cultural ideals and expectations for ourselves and our relationships. This begins with individually claiming who we are authentically, what we care about and value, and how we choose to live our lives from a place of self-love and genuine personal power.

DISPELLING THE MYTH

It's important to clear up the myths of scarcity of available men, and that all single women are desperate to find a mate. The U.S. Census Bureau's 2005–2007 Survey reports for the 35–64 age range, there are 1.7 million more men than women who have never married. It is only the 65-plus age range that shows significantly more single women than men, primarily due to women being widowed at four times the rate of men.

To give you the highlights, the following summary shows the statistics for the ratio of single women to single men from the 2005–2007 census. The detailed comparison can be found in Appendix B.



2005–2007 AMERICAN COMMUNITY SURVEY RATIO OF
SINGLE WOMEN TO SINGLE MEN

Age Range	Single Women	Single Men
20–34	9	11
35–44	8	8
45–54	8	7
55–64	3	2
65+	3	1

Add to these statistics the numerous studies conducted by experts such as sociologist E. Kay Trimberger, author of *The New Single Woman*, and the American Association of Retired People’s 2006 study of women ages 45 and older. They tell us that modern single women are for the most part happy, with satisfying lives; and they’re content with the prospect of remaining single. They have fulfilling relationships either cohabiting with a partner or nonexclusive dating and they have strong friendship networks and deep connection with family and community. The majority of the AARP surveyed women (81%) are enjoying the freedom from caretaking others and see their later years as the chance to focus on themselves and do the things they’ve always wanted to do. Of course, for many of us, finding the right partner in later life means being with someone who supports us in what we’re already doing—whether that means focusing on the things we’ve always wanted for ourselves or pursuing new dreams.

WHY ARE YOU SINGLE?

The question of *why* you are single might seem obvious to you, or it might be something you’ve been avoiding being truly honest about. Regardless of what’s true for you, it’s important to ask yourself this question and to get clear about the answer so that you can be proactive about what you want as you move forward.

My research has revealed that as much as we women think, dream, fantasize, and talk about romantic relationships, we don’t realize where we’re lacking clarity or what specifics we should consider in pursuit of a



partner. We talk mostly about what we don't want rather than what we do want. Those negative thought patterns restrain us and keep us in a loop with the same pattern of disappointing relationships. So many of the women I interviewed didn't realize how necessary it was to create a clear vision of their ideal man. Instead, I often heard beliefs such as:

- *I'll never find that one man exactly right for me.*
- *All the good ones are taken.*
- *Men are too much work; I'm probably better off single.*
- *The men I meet are emotionally unavailable.*
- *All men are alike, I can't trust them.*
- *I'm not pretty enough (thin enough, young enough, smart enough) to meet the right man.*
- *I have to compete with younger women for the limited available men.*
- *If I have to be the one who changes instead of the man, I quit.*
- *A good relationship is hard work. If it takes this much work to have bad relationships, what will it take to have a good one!*
- *Nobody's perfect so I have to take the good with the bad, even if I don't get what I really want and need.*
- *I'm strong and don't really need much from a man.*

These are common beliefs, and perhaps one or more resonate with you. These beliefs reveal an explicit need for a new approach, and an emotionally creative process to envision and attract an ideal mate. Most women have never gone beyond writing a list of qualities they want in a man, if that. Many are confused about being too picky, how much to compromise, and what is unrealistic about their desires. They often complain about the peculiar and emotionally unavailable men they continue to meet through online dating services, blind dates, and elsewhere. For many women, real life experience reinforces these belief systems until we assume there just aren't any good men out there anymore. We get frustrated and burned out on the dating game. And legitimately so! If this speaks to you, then you're about to step into the reality of creating your own Dream Man story and attracting him into your life. There may be many reasons why you haven't settled into a life partnership, including:

- You're consumed by a demanding (and perhaps fulfilling) career.
- You maintain high standards for the kind of man you want, but lack the tools to know how to find him.
- You've been enjoying being footloose and not tied to anyone else.
- You're ambivalent about the whole notion of marriage and settling down.
- You have only witnessed poor relationship models, and you're skeptical that anyone can experience a successful, loving, long-term partnership.
- You're already feeling like a failure when it comes to love, and you're afraid to allow yourself the possibility you may be hurt again.

JAN'S STORY:

One Day I Wake Up Single—Now What?

Let me tell you about Jan. She is forty-nine and has never been married or had children or even dated much. She loves her career and that's where her attention had been, until her last birthday. She realized life was passing quickly and she began soul-searching and questioning why she had chosen the single life and whether it was a mistake. Since our culture is so family-oriented, she said she felt somewhat relegated to an unimportant role in life. Many parents she met over the years told her that raising their kids had been the most important thing they'd ever done, and it seemed to Jan that it gave them a feeling of significance. Feeling it was too late for her to have children, she realized that she wanted to feel a sense of her own purpose by sharing her life with a partner, and yet, she pondered, "How does someone my age, who isn't exactly a beauty queen, meet anyone?"

Jan feels like many women who come to this conclusion, women who don't have a clue about navigating the dating world, including the ominous prospect of online dating. They have crushing thoughts like, "It's too late," or "I'm too old," or "I don't know if I could share my life after being single for so long." I want to reach out to any and all of you who might feel this way and let you know that there is hope, and a way to create the life you want, even at a mature age. I've met women who found their dream partner in their seventies and eighties. There's a Dream Man for every woman.

LADIES' CHOICE AND THE NEW PRINCE CHARMING



Many women believe that relationships are built on fate and happenstance, as in fairytales and romantic novels. As girls, many of us grew up watching movies that reinforced the Cinderella story, depicting women waiting for Prince Charming to sweep her off her feet and choose her, among all the women fighting for his attention and approval, to be his wife. As we mature, the fantasy begins to fade and we think we must compromise and settle for less and that we'll be lucky if a man comes along with even a few of the qualities we really want. Some of us even go into competition with other women in the hope that the glass slipper will fit us alone.

Why do we think we have to be chosen by a man? I've mentioned that this is an antiquated way of thinking. It's true that history, and some cultures in today's world, operate under this paradigm where the man chooses. But today, in our society, women have permission to be ourselves. Men are craving equal partners, and the idea that we have to be compromising, seductive, manipulative, and competitive with other women in order to gain a man's attention is as damaging for men as it is for us!

The new model today is that we get to decide what works for us and we have choices. In other words, "I have my own damn slippers, and I want to know if we're compatible dance partners!" Partnering is a mutual decision for mutual joy and fulfillment.

Yet today women still often wait (plead, demand, fight) for the man to propose as if it is his sole decision to marry us. Did you know that you get to choose him, too? That statement seems obvious, but there remains a subtle, underlying belief in most women that we have to be chosen by a man; hence, we unconsciously relinquish our power of choice to him. Regardless of their successful professional or financial status, many women have confided to me that they look for validation from men. Perhaps what women are really looking for are men who value them as equals and their mutual potential to pursue their aspirations. The fact is that we can and must determine our own ideals and requirements and decide if he is truly what we want. Here's a new perspective: What if your modern prince is less of a charmer and more authen-

tic, a true partner who recognizes and supports you in expressing your own authenticity and potential? What if it's up to us women to teach men how to regard us, love us, and support us in our dreams? We can show them how by becoming authentic, clear, and honest about what we want, accompanied by the resonating inner knowing that we deserve it.

UNVEILING YOUR FULL POTENTIAL

What does our potential have to do with finding a Dream Man? Our potential represents all of our underlying possibilities, capabilities, brilliance, talents, and hidden desires for self-expression, meaning, and purpose in life. Women today are smart, talented, capable, and get great satisfaction from accomplishments and pursuing goals and dreams. Many women experience concern about whether a man will understand and place value on her needs and aspirations. Again, referring back to programmed limitations and paradigms, there is an undertone of confusion and often conflict around how many of her own dreams will have to be relegated below her man's. In an evolved partnership, women and men value freedom for individual choices and self-expression and support each other in achieving their highest potential.

Your potential can be as simple as carrying the essence of feminine values, such as the energy of optimism, love, joy, wisdom, and compassion for others in your way of being and doing your life. Or it could show up in a creative endeavor or something that has positive impact on others' lives, your community, society, or the world. Expressing our potential fills the neglected void in our hearts that says there is something more for us to know, to be, to experience, to create, or to do while we're here. Each one of us is significant, valuable, and essential on this earth. Women have remarkable intellectual, creative, and humanistic gifts that can make the world a better place. We're practical, holistic thinkers with get-it-done attitudes. Let's start by realizing we can use that same energy to intentionally design our partnerships to support us in becoming all we are meant to be. Now, let's move on to exactly how this entire process works.



THE LAW OF ATTRACTION AND DEEPLY INGRAINED BELIEFS

The Law of Attraction says that you have the power to attract whatever you want into your life. The premise is that all your thoughts, all the visions and imagery in your mind, and all the feelings connected to your thoughts will later manifest as your reality. The Law of Attraction tells us that everything you've attracted into your life so far has been a direct result of your thoughts, conscious and subconscious beliefs, and *your feelings*.

Since you haven't had success in finding the right man, it's likely that some of your thoughts, beliefs, and emotions are not allowing him into your life. For example, if you have an unconscious belief that men are not to be trusted, or that having a man will restrict your independence, your chances of attracting and creating a lasting and fulfilling relationship are highly diminished. That negative belief creates a magnetic attraction in your energy field that brings you exactly what you're trying to avoid—men you can't trust or controlling men. You also are likely to see repetitive patterns in the men you attract and in your relationships.

INVITATION TO LIBERATION



You don't have to be frustrated—get clear, authentic, and intentional instead! Free yourself from outdated paradigms. There is a Dream Man for every woman! You attract into your life experience what your deepest beliefs and moment-to-moment thoughts create.

This means having a positive thought and as a result feeling inspired, exuberant, excited, stimulated, elated, enthusiastic, euphoric, appreciated, proud, safe, content, calm, warm, peaceful, free, happy, and so on. Those are the good feelings to use as your filter throughout writing the story of your Dream Man. Soak up the good feelings as you describe your dream relationship. That is how you get what you want. I believe that what you clearly define

in writing, trust in your heart, and embody with feelings will come to you. Combining the Choose Him Process and the Law of Attraction is like installing a turbo charge—a double-dose magnetic energy that will super charge you in manifesting what you want.

When you get clear and authentic about who you are, and when you get intentional about what you want in your Dream Man, you will attract the man who is a mirror of your new embodied beliefs! This is authentic personal power in action. That is what this book is all about. The only way you can inhibit the connection with your Dream Man is to continue holding onto old beliefs, negative thoughts and patterns, and outdated paradigms.

There are three simple steps in this Choose Him Process: (1) Reflecting on who you are, what you value, and your belief systems and history so you can get clear about what you want moving forward; (2) Creating the man of your dreams by defining what you want in writing from your heart and feelings; and (3) Manifesting the outcome in your real life.

By going forward with this process, I invite you to commit to:

- uncovering and transforming your thought patterns, beliefs, and behaviors.
- creating the story of a Dream Man who complements your needs and values and who can appreciate who you are authentically.
- attracting a man who loves you unconditionally and fulfills your dreams.
- claiming your own personal power through the journey of creating your Dream Man and your dream life.

