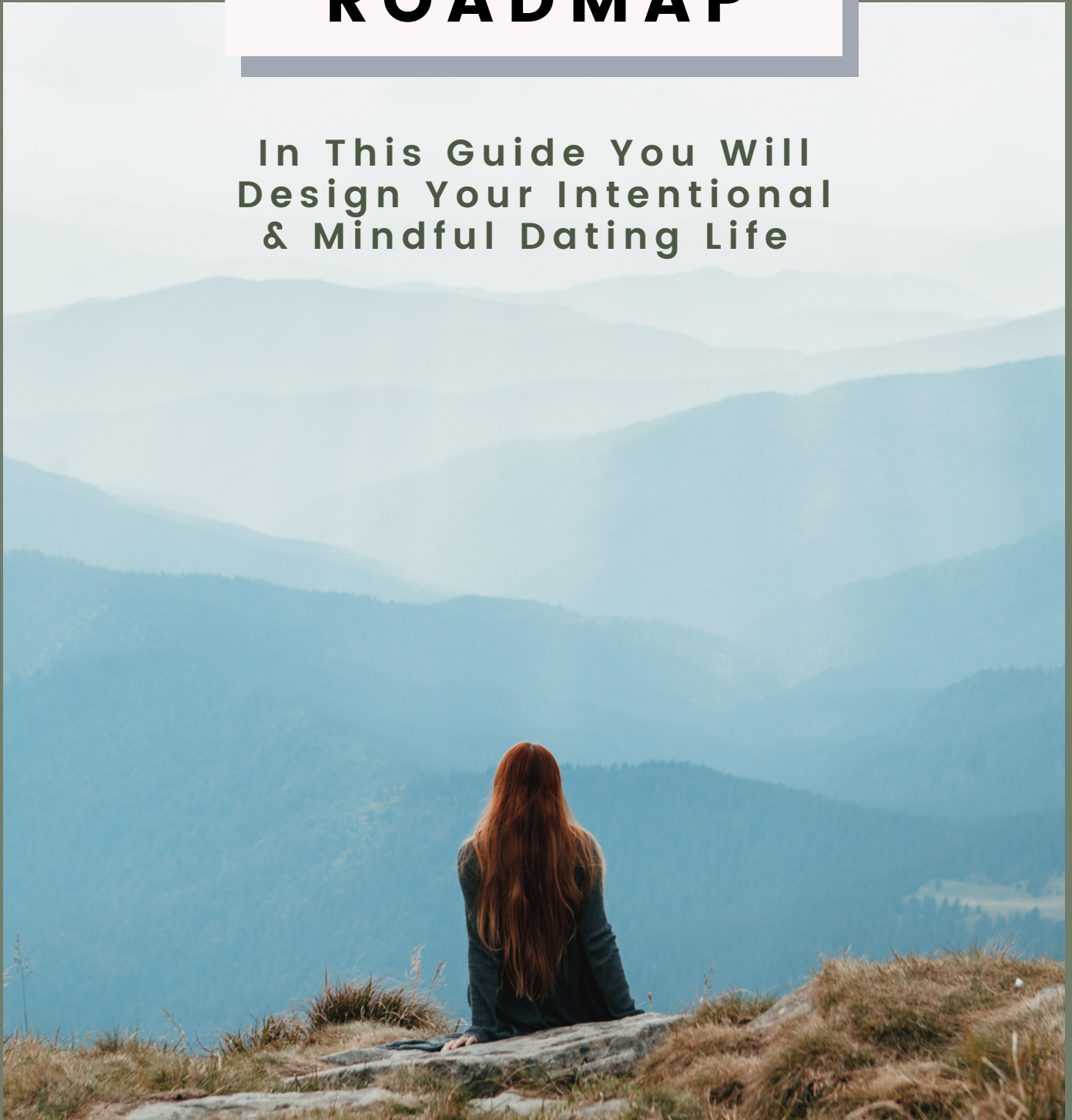


THE Step-by-Step

ROADMAP

In This Guide You Will
Design Your Intentional
& Mindful Dating Life





Hello!

I'M SO EXCITED THAT YOU FOUND YOUR WAY TO THIS ROADMAP!

Ten years ago, I left a seven-year relationship without a clue how to move forward. I knew I couldn't keep banging my head against the wall, so I created my own path for dating with intention and mindfulness.

Since becoming a coach and talking to countless people about their dating lives, I have realized that so many people are in a similar situation.

The truth is that we did not have the best role models for healthy love, connection, or dating. This means our neural pathways are programmed to look for certain qualities that are actually going to create more pain rather than a healthy, loving partnership.

This guide will **NOT** help you to attract a magical soul mate. This guide **WILL** help you work on yourself so that you can attract someone who is self-aware. This doesn't sound as romantic as the movies, but I can promise you this is a path to a healthy and loving relationship. A relationship that is so much more magical (and stable!) than you could have ever imagined.

Amber

the roadmap

THE 6-STEP ROADMAP



01

STEP 01

RELATIONSHIP AUDIT

In this step, you will examine your past relationships. This isn't about judgment. This is about finding patterns. You will also examine role models for your relationships such as your parents and caregivers. In this phase, you can identify your attachment style and examine how your attachment style has impacted your relationships.

02

STEP 02

CLARITY

Now that you know the pattern, you can become clear about what you want and what you do not want. This is the time that you create non-negotiables and green flags. It is imperative to create a very specific idea of what you want and what clues to look out for when meeting someone new.

03

STEP 03

RITUAL

When building a new dating habit, it is important to create a ritual around dating so that you can remind yourself of what's important to you along the journey. This may include looking at your non-negotiables before going out with someone new, creating an affirmation & repeating the affirmation before contact, or doing a 5-minute meditation before a date so that you can calm your nervous systems beforehand.

the **THE 6-STEP ROADMAP**



04

STEP 04

Ceremony

Thinking of dating as a ceremony rather than an obligation creates a sacredness of meeting someone new. The ceremony is around self-care. You are breaking generational cycles and in order to do this, you will need support in place. This may look like taking a bath after a first date or going for a run after sending a message to someone online.

05

STEP 05

LIGHTHEARTED DATING

You know what you want. The next step is dating with lightheartedness. When you know what you want and know the patterns, you can begin to meet people who meet this standard. The goal is to enjoy meeting someone new while using your new methods. I recommend talking to multiple people at a time so that you are able to test out your research.

06

STEP 06

ACCOUNTABILITY & SUPPORT

Changing these patterns is very difficult, but you can do it. Talk to trusted friends about the new method you are trying and even use each other as accountability partners. Join a support group or connect with a therapist/coach to get extra support while you change these patterns.

action steps

ACTION STEPS



01

Step 01

Relationship Audit

In this step, you will be looking for patterns. This isn't good or bad. This is about exploring how your relationships have impacted your love life.

CHECKLIST:

- Examine each of your past romantic relationships. What are the patterns?
- Examine what relationships were modeled for you. How has this model shown up in your current relationships?
- What is your attachment style and how has this affected your relationships?
- What is the attachment style of people you are typically attracted to?

NOTES:

action steps

ACTION STEPS



02

Step 02

Clarity

Break down exactly what you want in a healthy partnership.

CHECKLIST:

- What are your non-negotiables?
- What values, beliefs, and viewpoints do you want your potential partner to have?
- How do you want to feel around your potential healthy partner?
- What are the green flags to look out for when meeting someone new?

NOTES:

action steps

ACTION STEPS



03

Step 03

Ritual

This is where you will remind yourself of what is important before, after, and during the dating process

CHECKLIST:

- Create a visual or verbal reminder of what is important. Use this reminder before and during contact.
- Check-in with your non-negotiables and green flags throughout the process.
- Create coping strategies that will help you calm your nervous system before dates.
- Journal throughout the process checking in with what is important and if this person is aligning with your values.

NOTES:

action steps

ACTION STEPS



04

Step 04

Ceremony

Meeting new people can be overwhelming. In this step you will create a self-care routine to support yourself during this phase.

CHECKLIST:

- Identify coping skills to use before, after, and during contact. For example, always take 5 deep breaths before contact with any potential person.
- Create a routine of self-soothing before and after a date. This may include taking a bath or going for a walk.
- Make a backup plan. If you have something scheduled with a potential person be sure to make a back up plan in case it doesn't work out.
- Create a self-care routine around rejection. This can include an inner child meditation or talk to a trusted friend.

NOTES:

action steps

ACTION STEPS



05

Step 05

Lighthearted Dating

You know what you want and what you do not want. In this step, you will meet new people with curiosity and interest. You do not have to have laser focus because you are worthy of the love you deserve.

CHECKLIST:

- Create a verbal or visual reminder of the lighthearted attitude when meeting someone new.
- Create a strategy for coping skills to support this attitude.
- Be in communication with multiple people at a time. Try to avoid laser focus on one person until you are sure they are in alignment with your values.
- Remind yourself throughout that dating multiple people can be fun and this doesn't have to include physical intimacy. This is about practicing this new method.

NOTES:

action steps

ACTION STEPS



06

Step 06

Accountability & Support

In this step, you will create a support system and accountability for this new method of dating

CHECKLIST:

- Create a list of trusted healthy friends you can talk with about this new method.
- Find an accountability partner or support group. This may include a therapist or a coach.
- Journal throughout this process. Check in with yourself about how your dating life is aligning with your values.
- Read articles, and books, and watch videos related to this topic so that you can stay informed and continue the work.

NOTES:

the end result

THE END RESULT?

01 Find What Is Holding You Back



Now is the time to find the patterns that are holding you back from living more fully in your love life. We all have a history and taking this time to self-reflect will help you create the soul-driven partnership you are wanting.

02 Break Unhealthy Cycles



Now is the time to break unhealthy cycles. You can clearly specify exactly what a healthy partner is and you can stick to your standards.

03 Create A Design For Dating



Now is the time to create an intentional & mindful dating life. You can create a path and follow through.

the end result

THE END RESULT?

04 Manage Dating Anxiety



Now is the time to put coping skills in place to support dating anxiety. You do not have to push through. You can put methods in place that help your nervous system during this journey.

05 Feel More Ease While Dating



Now is the time to enjoy meeting new people. You can feel your feelings and at the same time walk into a new situation with curiosity and interest.

06 Gain Support From Like-Minded Women



Now is the time to create a village of like-minded women who are also trying to break these old patterns. You do not have to do this alone.

thank you

THANK YOU!

Thank you for having the courage to try something new!

I have walked this path and I know it is a difficult one. I will be thinking of you as you navigate the modern dating world with intention and mindfulness.

Want to Dive Deeper?

Join our support group. I facilitate a 6-week support group series that happens throughout the year. We would love for you to join us. Use the link below to join our group or to work with me personally as a relationship coach.

AMBERLAVINCOACHING@GMAIL.COM