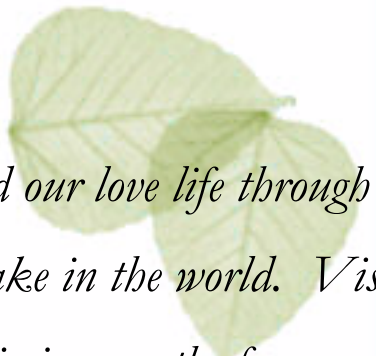


Dr. Jackie's Top 10 eTips Identifying Your Ideal Match

By Jackie Black, Ph.D.



We create our life and our love life through our beliefs, intentions and the actions we take in the world. Vision, Needs/Values, Life Purpose and Mission are the four corners, the foundational pieces of each person's inner life.

Dr. Jackie's Top 10 eTips Identifying Your Ideal Match

(Excerpted from Dr. Jackie's book [Meeting Your Match—Cracking the code to successful relationships](#))

1. The more you know what you want in your life, the more successful you will be, so create an image of your life with your ideal partner that includes anything and everything you ever wanted, using as many rich details as you can.
2. You cannot possibly know what you want in another person until you know a lot about yourself, so commit to becoming an expert on you – your needs, desires, hopes and dreams, goals, accomplishments, strengths and limitations – all the many things that make you, YOU!
3. Become an expert on your ideal partner so you will recognize him or her when s/he walks into a room; be crystal clear about whom s/he is?
4. Become an expert on BOTH you and your ideal partner by identifying major life areas that are important to you both, then imagine how you might like your ideal match to express herself/himself in each area. Possible major life areas are Personal Life, Primary Relationship, Family, Friends, Community, Home, Personal Development, Career/Work, Money/Finances, Leisure Time.
5. Look to your inside-self and identify your gifts, talents, limitations, beliefs, attitudes, personal strengths and weaknesses.
6. Become deeply acquainted with what strengths, weaknesses, gifts, talents, and imperfections are important for you to find in your ideal match.

7. To more deeply define who YOU are, examine YOUR needs, wants, values, style, temperament, personality and character traits, and non-acceptable/non-negotiable behaviors, attitudes, habits and preferences. These are all important aspects that make up the real YOU.
8. To more deeply define who your ideal partner may be examine the needs, wants, values, style, temperament, personality and character traits, and non-acceptable/non-negotiable behaviors, attitudes, habits, preferences that you would choose for YOUR IDEAL PARTNER.
9. Bring a fresh curiosity to each new person you meet. Hear him or her. See him or her. React to him or her and not to an old image of a previous experience.
10. If you appreciate yourself for your courage and trust that your efforts will be richly rewarded, then you can have the love and the love life you want and deserve!

Only You can make it happen!

Dr. Jackie

