



# DATING DIVA news

v. 1, i. 12, nov 06

## Are You Getting What You Want Out Of Life?

Hi, Everyone!

Does the TRUE you radiate, attracting people, goals, resources and the life that you want? Or are you getting more of what you don't want and less of what you do want? Getting more stress but you want more peace? Gaining more weight but want to fit into a smaller dress size? Getting more complaints from employees and meeting fewer goals? Looking for love in all the wrong places? Less energy and vitality and you want the old you back?

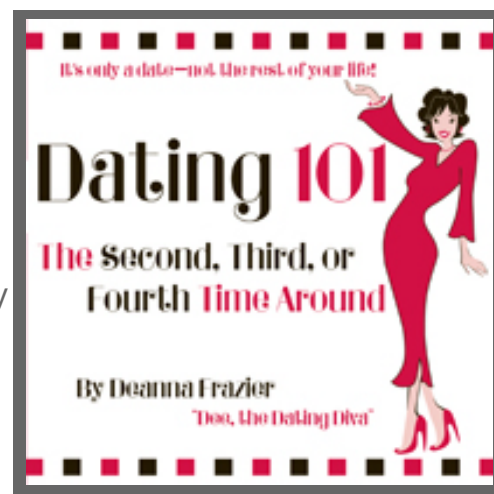
The number one secret for attraction is for you to BECOME.

***Become the date or mate you want to have.***  
***Become the employee you'd like to work with.***  
***Become the employer you'd like to work for.***  
***Become the person you'd like to be.***

Here are some Attraction Tips to help you BECOME:

1. Accept that NOT everyone will be interested in what you are offering. Learn to say "next" and then try, try again.
2. If we seek out and embrace critics, we will learn things we could not know.
3. Have fun! Life is too short to take things so seriously. Smile and keep smiling even when you don't feel like it. Happy people are infectious and attractive!
4. Get support. There are all kinds of "support" out there. Go to places that have the things you like to do or that you'd like to learn. Want to be a better speaker? Try Toastmasters. Want to give back to your community? Volunteer at a charitable organization.
5. Let your creative juices flow. It's very important to remain creative throughout your life. If you've become stagnant, try something that will make your brain work its creative juices. It could be as simple as starting a journal, learning to knit or even participating in your local community theatre.
6. Get rid of the negative. Are you surrounded by negative people or situations that drain your energy? Get rid of them.
7. Learn self acceptance. Confidence comes with self acceptance. No more excuses about who you are and what you have done. I am here, I am glad and proud to be who I am.
8. Extreme self care. It's time to implement the basics we are all aware of. Eliminate addictive behaviors, eat healthy foods, exercise and get plenty of sleep. Face yourself head-on and change the behaviors that are keeping you from feeling great and attractive.

***Remember, it's just a date, not the rest of your life!***



Contact Deanna Frazier For Speaking and Coaching!

Deanna Frazer will speak to any size group or meeting. She incorporates humor and shares dating stories and advice in all of her speeches.