

## Coaching Corner

### WHO IS MICHELLE WHAITE?



Michelle is a LifeSuccess Consultant living locally in Denham and joins the In & Around Publishing Team as the Resident Mind Coach with a regular Coaching Column right here every month.

### Will you attract a MATE FROM



HEAVEN or HELL

### as your 2009 Valentine?

### Do you LOVE LIFE?! Who do you LOVE? Who loves YOU?

**Q:** "What possible role does **LOVE** play in achieving goals???" was the question I was asked at my recent seminar!!

**A:** "**LOVE** has **everything** to do with the goal setting and achieving process I gushed!" As **LOVE** is **RESONANCE** and when you can *resonate* with something that you desire – you can begin to feel in harmony with that which you are seeking! In turn, this can trigger **powerful feelings** of **joy**, **passion** and **excitement** which play a **HUGE** part in the goal achieving process!!

**Why?** Those desired goals when linked with a **positive feeling** can be attracted to you much faster because you are more likely to **take action** on the opportunities that you have become aware of PLUS we will do MORE to move away from PAIN than we will ever do towards pleasure! So if previously you felt that it would cause you pain to start dating again, then you may subconsciously have kept yourself to yourself to protect yourself from potential 'perceived' pain! When your perception changes to thoughts of joy and enthusiasm and all the benefits of having love in your life, then of course you are more open to the opportunities when they arise. They were there all along – if you walk with your head held down

then you may not see that smile from a certain person walking toward you!!

### Have you ever fallen head over heels in Love?

Where it was not difficult to think of that person because the fond image of them may dominate your mind at the onset of a romance?! For example - when you wake first thing in the morning, you think of them, when you retire to bed last thing at night, you think of them! You may long to be closer to them when you are apart! You can see their face in your potatoes as you day-dream over dinner about the next time you will be close to them. You may be reminded of them when you smell the same perfume/aftershave wafting by your nose as a stranger walks past you during the day and it reminds you of them instantly! Love is a very powerful energy and affairs of the heart can get stronger and stronger as each day passes with more thoughts and more memory recall especially if the last time you saw them you had an amazing evening/day out together! If you can wake up thinking of your goal and retire thinking of your goal you are more likely to take action that day!

### So how do you attract a Heavenly mate rather than the opposite?

Well – there is a THREE STEP formula that has worked for many in the past when beginning to manifest the man / woman of their dreams and I will share the simple formula with you here and now. Are you sitting comfortably?

#### STEP 1

Okay, the first step in attracting a Heavenly mate to you is to write down ALL the traits, values and attributions that would make up your Heavenly soulmate for you. If you are struggling with this exercise with the Heavenly mate first, write down the mate from **HELL** – we always know what we **DON'T WANT** in our life or in our future partner and usually when we create a 'reverse role description' of that person and all the attributes we would NOT WANT in our partner, we can then write down the polar opposite that would make for the Heavenly mate, for example: if you did not want someone who was dishonest you would write down 'honesty' as one of your heavenly attributes! Some people say that this formula restricts your options – I say that it rules out those people who are not in harmony or in true

## Coaching Corner

alignment with what you are searching for! (le: A smoker? Non-Smoker? Pet lover, Outdoorsy!) The key is to be SPECIFIC! Otherwise you get what shows up!

#### STEP 2

Become the HEAVENLY MATE with those attributes that you are seeking to find as like attracts like! So if you want a bubbly energising person, maybe you can begin to live larger than life, going to venues and potential parties where likeminded people may also be!! If you want to meet a quiet, grounded yet loving confident partner – perhaps you be this person first!!

#### STEP 3

**Take ACTION! ACTION! ACTION!** Join some social networks – not necessarily dating services – possibly [www.meetup.com](http://www.meetup.com) where they have groups for chocolate lovers and afternoon tea groups! So that you meet people in an environment that is purely friendship to begin with and other relationships may blossom but you will never know if you sit longingly at the four walls waiting for your handsome prince / princess to knock on your door! If you don't want to meet someone who drinks alcohol, pubs are probably not the best choice of venue as this may be their second home! If you don't want a computer junky / X-Box savvy boyfriend, perhaps it's best not to meet them on the 'X-Box LIVE' as again this might be something they spend a lot of time on!

Finally, some say St Valentine's Day is a celebration of **ALL** of life's relationships and to have a **LOVE** for **LIFE** itself and should be celebrated! Whatever your plans are this coming Valentine's Day I would encourage you to view this day as a celebration of LOVE FOR LIFE and EVERY DAY is a celebration – I begin my day with 'every day above ground' is a LOVELY day! Enjoy!!

07849 321 721 (mobile)

01895 835 298 NEW NUMBER

[www.michellewhaite.com](http://www.michellewhaite.com)