



## The top 3 things a man is looking for in his dream woman – AB

**Podcast Episode #17. Audio Blog:** The Top 3 Things a Man is Looking For in His Dream Woman

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**Synopsis: Ever wonder what men are looking for in their dream woman? Find out The Top 3 Things a Man is Looking For in His Dream Woman.**

We often hear this question-what are men looking for in their dream woman? Welcome to another Audio Blog episode of our podcast. Because this question gets asked a lot, I wrote an article addressing it, and it was quite popular, so I wanted to update it and share with you here. Here we go---The Top 3 Things a Man is Looking For in His Dream Woman

It happened AGAIN. Another break-up by the man I thought for sure was meant to be with me. Like most break-ups, I had felt the subtle energy shifts over the last

month or so but didn't want to acknowledge them. You know what I mean: the less frequent phone calls. Less communication overall. Less dates, because all of a sudden, he got "busy"... You know the drill.

And then, the dreaded, "we need to talk". Ugh. And of course, ultimately, the breakup and the subsequent phone calls to my girlfriends to cry, whine, vent and commiserate. And they didn't have good advice for me. My friends meant well, but they were single and unhappy about it too. It wasn't until I found a love coach who had done what I wanted to do (which is to consciously and intentionally attract HER soulmate) that I finally got the guidance and ACTIONABLE advice I really needed. And it wasn't too long after that that I attracted Johnny.

So if you're single and sick of it, and want real-world advice that you can do RIGHT NOW, let's dive right into this subject of what men want.

Recently, I sat my beloved man down and asked him what the heck is it that men are looking for when they are looking to find their wife?! So here's the real deal, no-holds barred Truth with a capital T from a conscious, spiritual, intelligent, and all around AWESOME man. Okay, I'm a little biased, but hey- You're welcome.

The TOP 3 Qualities HEALTHY Men are looking for in their dream woman:

**#1. A woman who makes her man/relationship a top priority but not THE ONLY priority.**

What we say is, "Get a life, THEN get a man". Your relationship is important, and it's important to continue living your life in a way that allows you both time and space to develop yourselves in other areas than just your relationship.



*I'd like to offer you some action steps so you can put this learning into **ACTION** in your life right now. Okay, here's the **ACTION STEP** for this first quality:* Take that class you've been wanting to take but putting off. Do something that moves you and lights you up from the inside. Go on that trip you've been waiting and waiting and waiting to take with your soulmate once he arrives. If you've been talking about volunteering for a cause that moves you, go and get signed up to do that **NOW**.

## **#2. A woman who makes her man feel like a MAN.**

What do I mean by this?

Acknowledge and speak highly of your man, to him and to others. Allow your man to help you in your life. Whether it's moving that heavy bookcase, opening your car door, or replacing the smoke alarm battery on your ceiling, or whatever it is, **ALLOW** him to support you and then **acknowledge** him when he does with a genuine thank you or some way to let him know that you appreciate him. Another aspect of making your man feel like a man is to gently and respectfully and clearly let him know what he could do to make you happy, **ALLOW** him to pick and choose what feels right to him to do for you... and then **acknowledge** and **thank** him for what he did for you. This makes him want to pound his chest and gives him an opportunity to **WIN**. Men love to win!!

I **love** the feeling I get when I acknowledge or thank Johnny for something he's done for me or for our family. I see how it lights him up, he puffs out his chest, sometimes he says it's like oxygen, or rocket fuel, and I see how he looks at me with even **more** love in his eyes. It's a total win-win!

**ACTION STEP:** I know you're here listening to this podcast because you don't have your man in your life, but you can still do something with this knowledge. Every day, look for opportunities to acknowledge and thank men around you for their gallantry. Chivalry is **NOT** dead, it's often just ignored or disregarded. Start getting



into the practice of expressing your appreciation for a man's actions BEFORE your soulmate shows up (and KEEP DOING THIS even when you're married and with kids. ESPECIALLY when you're married and with kids. This will help you not only ATTRACT your man... but KEEP him). This action step is crucial... it will keep you in the vibration of appreciation and gratitude... a VERY magnetic and attractive vibe to be giving off! You'll also see how good it feels inside of you to make a man light up like that, to help someone else feel good. Again, it can be a total win-win situation!.

### **# 3. A woman who feels good about herself and who values herself.**

Everybody agrees, CONFIDENCE IS SEXY. It's been said that romantic attractiveness and sex appeal is "less a state of *behind* than a state of *mind*". Science bears this out to be true. Studies show that a confident, self-assured woman is more attractive to men than women who don't feel good about themselves. I know that it's hard though, after you've had your heart broken, to give off that confident vibe when sometimes when you're single, all you want to do is stay home in your Snugglie, eating a pint of Ben & Jerry's Chunky Monkey (this was a favorite of mine!), and watch The Notebook over and over.

#### ***ACTION STEPS (I have a few for you on this one):***

Being confident about yourself around men starts with just gaining some confidence in yourself in general. Start a victory log! Recall and write down your successes each day. This will log them into your long-term memory, enhancing your self-esteem and self-confidence. Whenever you need a boost of self-confidence, reread what you have written. Keeping and referring to your victory log keeps you focused on your successes, a big confidence booster.

**Another Action to boost your confidence: Display success symbols.** What you see in your environment has a psychological impact on your moods, attitudes and behaviour. Surround yourself with awards, pictures and other objects that remind



you of your successes. Create a special place in your home – such as a hallway, shelf or even the top of your refrigerator – to display your symbols. This will subtly program you to see yourself as someone who has consistent successes in life.

**Another action is to keep your agreements.** One of the most commonly overlooked ways to boost self-esteem is to keep your word. This is an important nugget from our Advanced Program where we teach and practice this, and women find themselves becoming more successful in work and in life because people want to be around women who keep their word and are not flaky (which attracts flaky men, btw). Every agreement you make is ultimately to yourself, even those that involve other people. Your brain registers agreements as commitments. If you don't follow through, you learn to not trust yourself. You lose integrity and faith in your ability to produce a result. So... Don't undermine your sense of personal power – keep your commitments, in small and big things, you'll notice a difference.

**And last but not least for your action steps:**

**Take risks!** Your higher self is rooting for you! Take risks in your life as a practice for gearing up for your soulmate relationship. The fact is, facing things that make us uncomfortable offers a ton of psychological benefits that researchers call “the risk-taker's advantage.” Risk taking is crucial for anyone who wants to be emotionally resilient, confident, happy, and engaged with life. You don't have to take up parachuting or bungee jumping to reap the rewards, either. You just have to give more attention to those areas that feel challenging — and intriguing — to you, and embrace the adventure of uncertainty. Taking that course or going to that event can feel uncomfortable, but you'll grow from facing that down, plus you'll grow from whatever you learn there, and you can't have that growth without taking a risk!



Eleanor Roosevelt once said “Do one thing every day that scares you,” On the other side of that fear, on the other side of your comfort zone... your soulmate awaits.

Take on the mindset of “my relationships are opportunities to learn and grow” — nothing more, nothing less. Use them to learn about yourself, practice your problem-solving skills, and become a more loving person, no matter what happens in the end.

There you have it, The Top 3 things a man is looking for in his dream woman and some powerful and empowering action steps to help you on the way.

If you’d like a totally free beautiful handout that you can hang up and refer to often to remind you of these action steps go to [singletosoulmate.com/17](http://singletosoulmate.com/17) to get that free handout.

Oh, and Let me know how you’re using these action steps in your life. I’d love to hear from you. Just go to [singletosoulmate.com/17](http://singletosoulmate.com/17)

Okay, get into **action!** :-)

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