



How to change your relationships with men forever – AB

Podcast Episode #18 - How To Change Your Relationships with Men Forever.
Audio Blog:

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Synopsis:

Three steps to changing your relationship with men....forever. This episode also offers a free video series to take it further: www.menofqualitydoexist.com

Welcome to another Audio Blog episode. Change Your Relationships with Men? Yes, stay tuned. Enjoy this clear and actionable step by step advice that my readers loved on the blog. Hope you love it too.

Here's we go---How To Change Your Relationships with Men Forever

Okay, okay, okay...Of course you know by now that there's no magic pill, no quick fix podcast or blog post that's going to INSTANTLY change your relationships with

men immediately and permanently. But this today, I've outlined a few steps to get you started on how to start (or deepen) that process for yourself. And you can begin them right away!

Step #1:

Start learning about you!

Learn about your beliefs and behaviours around men, around how you treat yourself (very important), and relationships in general. Because until you first understand who you take yourself to be, true change is not possible.

How to start, you might be asking? One simple and powerful idea is to begin with journaling. What are your hopes, dreams, desires and even your doubts and fears? another great idea one idea to help you begin to learn more about you and go deeper and have faster realizations than you can with unguided self-reflection is to Watch our free video mini-course, [Men of Quality Do Exist](#). That's available for a limited time. It's available now when we're releasing this episode, in February. Oh, and watch all four videos. Notice how you "DO" that mini-course. Are you "just not that into it?" Do you think "you know it all already"? Do you "learn differently than everyone else, therefore, videos won't be of any help to your unique self"?

When you observe how your ego mind might be responding to my suggestion of investing time in learning and watching those videos... you get to observe how you may be talking yourself out of a possibly life-changing learning situation...or not.



You may notice you are excited and positive and “good to go”... eager to learn something new. If so, GOOD ON YA! 😊

Step #2:

Don't postpone your life for love. There's a too common assumption I see in some single women that when they find their soulmate they will no longer feel deficient. Postponing life and your ability to be happy to a future date is a recipe for looking back at your life someday and wondering “**why did I wait so long?**” and “**what was I afraid of?**”

Get on track to **live your best life now.** You don't have to ARRIVE at your best life before you meet your man, by the way. All that's required is that you are truly doing the best you can to be on the path to living the life of your dreams, which includes him.

So what does that mean? That means, plan the dream trip you've always wanted to take with him NOW- for yourself. I did this and it was very powerful for me. I had always wanted to go to Paris with my man, but it had never happened... and then my best friend and I decided to go ourselves! We went to Paris for two weeks during the springtime. *Oh là là!* It was a trip I'll never forget. I remember having a major emotional breakdown around love while I was there, and having my bestie there to support me and she fed me a fresh warm *baguette* from the local *boulangerie* was so healing. We followed that with a little French wine and I was much better! And you know what: that breakdown and breakthrough was just what I needed. I



had been doing the inner work, preparing, and then BOOM, not that much later, Johnny showed up.

So go ahead: Live your best life now. Remember, the Universe will only treat you as well as you treat yourself.

Step #3:

Learn about men. Not just any men, but high consciousness, healthy, good, quality men, the kind you'd like to be in a relationship with. Although they **are** different, and that's a good thing, you'll find out that they're not as complicated as you think. They are actually quite simple and if you understand them better, you will:

- a) Not be unclear about a man's attention toward you anymore and
- b) You will be less likely to miss red flags from the beginning of the relationship.
And...
- c) You will have wayyyy more fun and experience more ease on your soulmate journey.

If you're ready to start to unravel the Mystery of Men, that free video series i mentioned before can be excellent, quite enlightening help. It's called, **Men of Quality DO Exist**, and in it we PROVE that there are plenty of good men out there, and we interview men that we know personally and share with you what they're



thinking and how they REALLY feel about meeting a conscious and powerful woman like you. It's all part of a mini course.

To learn more and get those totally free videos just GO TO:
<http://www.menofqualitydoexist.com>

Oh, and if you have questions about men, love, life, relationships that you'd like Johnny to answer here on the podcast, just go to singletosoulmate.com/questions and you'll be brought to our website where there's a grey tab on the side that says "Leave a Question for podcast" and you can easily record your question right there. Or... you can email your question in to hello@singletosoulmate.com that's h-e-l-l-o@singletosoulmate.com

As always, I'd love to read your comments, so you can just go to singletosoulmate.com/18 to and leave comments.

Listen to the podcast [here](#).

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