



## Shortcuts you will probably regret taking while looking for love

Podcast Episode # 21 : 8 Shortcuts you will probably regret taking while looking for love

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**Synopsis:** People like shortcuts. It's human nature. We'd all like to take the shortcut to the soulmate, the fit body, financial independence and spiritual enlightenment. Well...here are 8 shortcuts that end up costing you precious time, money, and even more precious...your heartache.

Welcome to another Audio Blog episode of the Single to Soulmate podcast. This article really hit a chord with readers on my blog, maybe because we all LOVE us a nice shortcut- so I wanted to update it and share with you here. Some short cuts just aren't worth it, though.

Here's we go---**8 Shortcuts you will probably regret taking while looking for love**

People like shortcuts. It's human nature. I mean, we'd all like to take the shortcut to the soulmate, the fit body, financial independence and spiritual enlightenment. We'd all love that magical transformation to just happen in 7, 14, or 21 days or less, thank you very much, with little to no effort on our parts.

But the grown up part of us, the emotionally mature part, KNOWS that shortcuts to things in life that REALLY matter... don't work. Yes, you may be able to take a shortcut to get to downtown San Francisco on a Friday afternoon (good luck with that!) but for those things that aren't really things... those real life experiences that really make life worth living, you know it takes as long as it takes. Well...kind of, you CAN speed up the process as long as you focus on it and become a real student of success in that area, learn and take the advice from others who have done what you want to do. With that you can certainly LESSEN the amount of time, energy, and money it takes to achieve your goal because you're not spinning your wheels making mistake after mistake and bad decision after bad decision, but there are certain shortcuts that I am **certain** you'll end up regretting if you are trying to apply them to your love life. They waste that precious time, energy, and money, and... they waste something even more-your heart, or rather, they cause you more heartache and save you nothing. Here they are:

### **Shortcut #1 you don't want to take: Looking for the Magic Pill.**

Don't we all want the magic pill, in some sense, somewhere in our life? I know I do. The one thing that will allow us to go to sleep one way and wake up transformed?



That's why plastic surgery is an over 10 billion dollar a year industry – and 90% of plastic surgery patients are women.

There is no one piece of information, no one line, no one dress, no one online dating website, no one picture, no ONE anything like that that will bring your sweetie to you served up on a silver platter. It's not here. It's not anywhere on the internet or bookstore or anyplace.

The sooner you stop chasing that magic pill the sooner you can get about the emotionally mature business of doing what it takes to go step by step in transforming yourself from someone who may be unconsciously driving your sweetie, the RIGHT man for you, in to becoming a woman who is in her power, creating and magnetizing the life of your dreams as well as an awesome man, the right guy for you.

### **Shortcut #2 you don't want to take: Leaving everything to chance and “luck”.**

It's not what you do every **once in a while**, but what you dedicate yourself to on a daily basis, starting right now, that makes a difference in the end. Having a plan, even a flawed one at first, is better than no plan at all. Do you have a plan to prepare yourself to find your soulmate **this year**?

Don't trap yourself, endlessly, in a state where you are unable to ask for directions, even though you're terribly lost, simply because you don't know your destination. Figure out what you want and get help and support to get you there.



Bottom line: One day your life will flash before your eyes. Do your best every day to make sure it's worth watching. Work toward something that brings meaning to your moments, and studies show that the **most meaning and joy** is derived from our **primary partnership relationships - meaning your life with your husband/wife/boyfriend/girlfriend**. Make finding love a priority because it will shape the quality of your life **for the rest of your life**.

### **Shortcut #3 you don't want to take: Following the crowd.**

John F. Kennedy once said, ***"Conformity is the jailer of freedom and the enemy of growth."*** In other words, in this crazy world that's trying to make you like everyone else, find the courage to be your unique self, but only if you want to be free to create your dream life with your soulmate by your side.

Why is this so important? Well, look at what the majority of people are experiencing in their relationships. Research shows that over 70% are unhappy with their spouse or romantic relationship. That's not a statistic I'd like to conform to, thank you very much! And neither do you.

So in order to live your best life, you're going to have to stand out from the crowd and be different. Conformity doesn't serve you here. There **are** others just like you who are **serious** about their love lives, right now...who want to settle down but not settle. Find them, **that** is your crowd, although it's a smaller crowd, it's a LOT more fun bunch to hang with.



## **Shortcut #4 you don't want to take: Delay, procrastination, and basically...Putting important things off.**

Give yourself some quiet journaling time and start to take stock of your life. Be honest with yourself. Is your life really working for you? Are you finding meaning in your life? Are you in touch with a feeling of fulfilment and excitement and certainty about your future?

The so-called **important** things that you say you will “deal with later” when you have more time, rarely get done. If you’re not happy with the direction of your life then it’s time to get up and make an **immediate** difference in your life. You know all those things you’ve been meaning to get done for the past month, year, etc.? Pick one right now and start doing it. Get your hands dirty, challenge your mind, and get sweaty if you have to. If you can do this with others – have a community thing going on – then all the better. Women especially do better by every measure in community. Break out of your comforting lull and get involved. This is why in our Love Breakthrough Live Telecourse, and our Live and in person Love Breakthrough Weekend we have a community of like-minded women to gather together and support one another. If you feel crummy, it’ll make you feel better. If you already feel good, it will make you feel fantastic.

If your life doesn’t have the fulfilment and connection that you really desire, don't just sit there feeling decent enough but kind of lonely and unfulfilled. Decide what’s



important to you, really important to you, and get busy on doing what you can right away so that you can experience more meaning and fulfillment, and so that you can finally experience love in your life, real love. It's available, but it has to really be **important** enough to you to reach for it. Today.

Wake up each morning **determined**, so you can go to bed satisfied. Have the courage and discipline today to do what is needed instead of simply what is convenient. This quote by Mark Burnett says it so well: ***“If you want to be certain, you should never get married. You should never change jobs. In fact, you might as well just stay home. Because I don’t know anybody who is certain. That need to be certain is just procrastination.”***

### **Shortcut #5 you don't want to take: Settling for “good enough”.**

When you really want to be married, and you settle for “let’s see how it goes” that’s settling. When you want to be truly loved and adored, appreciated and valued, but settle for someone who is nice enough, that’s settling. The decision to settle for mediocrity is a real killer. If you settle for just anything, you’ll never know what you’re truly worthy of and how absolutely AMAZING life can be for you. There is ample time for you to be who you want to be. Despite the struggles that you might be facing, never give up on yourself. Don’t just take the easy way out and settle for less than what you truly desire deep down in your heart. Not in love, not in men, not in life. Does that mean you have to be the A#1 most perfect woman in the world



and your man better be Brad Pitt/Mr Universe/Denzel Washington/George Clooney all rolled into one? No. But if you even suspect that you're settling in a relationship, chances are – you are.

Realize that it's not always about trying to fix something that's broken either. Sometimes it's about starting over and creating something new. Sometimes you need to distance yourself to see things clearly. Sometimes growing stronger means growing apart from old habits, relationships, and situations, and finding something different that truly moves you – something that gets you so excited you can't wait to get out of bed in the morning. That's what LIVING is all about. Don't settle, you're worth more than that. And you really **can** have what you want, if you're willing to **go for it.**

**Shortcut #6 you don't want to take: Lots of Dating. Dating and more dating, and dating, and...dating and dating and dating and dating...**

Once you pass your early 20s, or for some early 30s, and decide that it's important for you to get married to the right man for you, have a family, or blend the family you have with someone special...well, you've had enough dating just to date, haven't you? When you go from one date to another, one short relationship to another, you tell yourself that you're going to find him eventually, right? You just have to kiss **a thousand frogs** to find your prince and all that, right? Uhm. No. Doesn't work that way. If you're over 25 or 30-something or older and ready to get **serious** about a relationship, it's time for a **different approach** than you took when you were 21. Here's the key...



Without some serious reflection about what just happened, why you were attracted to him, why he was attracted to you, why you let it go on so long, what you're really looking for, how your beliefs about men and relationships have influenced this whole thing, and learning what healthy love really is... that dating carousel could go on for more years than you care to face. Maybe...maybe it already has.

Lawyers have a saying "the lawyer who represents herself in a case has a fool for a client." Why? They miss things that someone else hired to help them wouldn't miss. They've got blind spots and they are too close and emotionally involved to be open to new insights, new approaches, and new outcomes.

All that dating on the dating carousel is doing is wasting your time, hardening your heart, and killing your joy and your hope. Get some expert help, from us or another expert who has what you want and you resonate with.

**Shortcut #7 you don't want to take: Choosing what you want now over what you want MOST. Also can be called- Trying to always take the easiest route possible.**

I want things to be easy just as much as the next person. I wish I could sit on the couch, chat on Facebook, eat chocolate, and be fit, energetic, and fabulous looking and feeling. The thing is...it doesn't work that way. Not in fitness, not at work/business. Not in love and relationships either.





Someday you'll look back on your life and realize that everything worthwhile you've ever accomplished initially challenged you. You might have even whined and moaned...I know I did sometimes, and still do. But the challenge, ahhhhh the challenge to REACH for what we want MOST over what we want now. Big challenges often prepare ordinary people for extraordinary success.

Every struggle arises for a reason – for experience or a lesson. A great journey is never easy, and no dose of adversity along the way is ever a waste of time if you learn and grow from it. Getting out of your comfort zone is just plain necessary when you're going for anything big and new and different in your life. And let me tell you, soulmate love is BIG and NEW and DIFFERENT than any relationship you've ever experienced before. I know that can be scary, and exciting at the same time.

Remember, an arrow can only be shot by pulling it backwards, and such is life. When life is pulling you back with difficulties, it means it's going to eventually launch you forward in a positive direction. But only if you keep aiming! Let it fly, go for the excitement, go for the adventure, and remember what matters most, remember what matters **MOST**.

### **Shortcut #8 you don't want to take: Seeking happiness over meaning.**

In a 2012 paper out of Stanford and Florida State University, the authors write, "Happiness without meaning characterizes a relatively shallow, self-absorbed or even selfish life, in which things go well, needs and desires are easily satisfied, and difficult or taxing entanglements are avoided."



Most of us go about life seeking happiness, when all the research strongly points to **meaning** being the necessary component of a life that's well lived and... yes...happy. Seek first a life of meaning. A life where you're making a difference. This is what will, at the end of the day, provide for you a life that when you look back at it, you'll be proud of and feel good about.

When I talk about meaning, I also mean apply meaning to your search for your man. Give it a deeper purpose than just not being lonely anymore. Why do you want to find him? Could it be about seeing your relationship as a spiritual growth journey for the both of you? Could there be a purpose in your union? (This is part of how Johnny and I look at our relationship... **we have a mission together as a couple** that is way more than just about being partnered up).

When you do this, you'll find that the journey to your man becomes way more bearable and more fulfilling and you'll be more patient with yourself along the way.

Okay, so that wraps up this podcast, on 8 shortcuts you will probably regret taking while looking for love. Have you been taking some (or all?) of these 8 shortcuts so far as you are looking for love? After listening to this, is there anything you're going to change in your life? So, how can you apply this to YOUR LIFE? I'd love to hear about it. You can leave comments, and get the full transcript and leave comments at [singletosoulmate.com/21](https://singletosoulmate.com/21) **that's** [singletosoulmate.com](https://singletosoulmate.com) - forward slash, then just the number 2-1. **And** Johnny and I do our best to respond to every comment.



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And in the meantime, make it a great day. I look forward to connecting with you on the next episode.

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