

# 10-STEP GUIDE TO ATTRACT TRUE LOVE

Without Wasting Time Or Settling For Less



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**Dear Beautiful Friend:**

**The 10-Step Guide To Attract True Love Without Wasting Time Or Settling For Less** is intended to help you open your heart to love and set your heart's guidance system to bring in the right person for you.

Start by choosing one step that feels best for you.

Then email me at [maria@maria-spears.com](mailto:maria@maria-spears.com) to let me know how you're doing.

**With a universe of love and support for all your heart's desires!**

***Maria***

## 10-STEP GUIDE TO ATTRACT TRUE LOVE

### Without Wasting Time Or Settling For Less

1. **Embody love now.** Be the love you want. Be love. Find ways to feel it, radiate love and expand it into your everyday life. You can infuse your day with more love by
  - a. Giving love to others. Express love to the people you care about most.
  - b. Look for evidence of love all around you and in your life. Notice your friends' and family's love for you and your love for the dear ones in your life.
  - c. If you live alone and you don't have love flowing in your home or everyday life, the fastest way to create sustained love every day in your environment is with your pet, or a pet that you adopt!
2. **Welcome love.** When you catch your mind going to a place of fear, tune in to the love channel. It's like tuning into a channel on your car radio.
  - a. You can do this by thinking of someone or something you love unconditionally like a closest friend or a pet. Bask in that feeling of being with them, hugging them. Feel the joy and gratitude of having them in your life. Allow this to open your heart. By tuning into the love you already feel, you're opening your heart more and more to receive the love of others and especially, the love of your sweetheart.
  - b. Find other opportunities to feel this kind of love in little moments every day throughout the day. Think about how much you love watching birds, how much you love the sun, the smell of fresh cut grass, the trees swaying in the breeze.
  - c. Tuning into Appreciation is another way to tune into the love channel.
  - d. When you do the things that bring you joy, this feeling of joy is tuning into the love channel.
3. **Find and live your passion.** Perhaps your passion is a hobby, an interest or talent that you're not currently expressing or that you've put on a shelf for a long time. Do this thing, whatever it is, to release the inner uninhibited totally lovable essence of you that gets lost in the daily shuffle of life or was left behind years ago.
  - If you have trouble finding or remembering something, imagine yourself as a small child doing something you loved like drawing with crayons, singing, dancing, riding your bicycle, acting in puppet shows. Allow fun, play and pleasure into your life and nurture this part of you.

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4. **Express love to yourself.** There are countless ways to express love to yourself.
  - a. Look at yourself in a mirror and speak adoringly to yourself as you hug yourself at the same time. Look yourself in the eye and thank yourself. Tell yourself all the things you're grateful to yourself for.
  - b. Think of things you'd like your beloved to say to you or that you would say to someone you love for whom you are deeply grateful.
  - c. You can send yourself little love notes or cards expressing gratitude for yourself from the perspective of your sweetheart and from the perspective of your adult self now.
5. **Forgive yourself for everything in the past.**
  - a. While looking at yourself in the mirror, acknowledge your younger selves, all the younger versions of you, who have been hurt or have not received enough healthy nurturing love.
  - b. Tell these parts that you forgive them for any mistakes that have been made and apologize for any ways you feel you've hurt them or let them down.
  - c. Tell these parts that you know they did the best they could.
  - d. Thank them for everything they've taught you and for trying to keep you safe all your life.
  - e. Tell them you love and cherish them unconditionally.
6. **Nurture yourself.** Take great care of all of these parts of yourself.
  - a. Ask yourself daily, what is the most loving thing I can do for myself today, for my heart and soul, for my mind, for my body?
7. **What are you proud of?** This will boost your confidence for dating.
  - a. Write a list of 50 things you are proud of in your life, that are awesome about you. Keep this list with you and look at it every day, especially as you date and meet new people.
8. **What is your unique essence?**
  - a. Ask for feedback from loved ones about what they feel is so unique, special and irreplaceable about you in their lives and add this to the list of things you are proud of and that are awesome about you.
  - b. Then add your special attributes, talents, skills, adorable quirks to this list. You can record your own voice as you read the list and then listen to this recording daily.

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9. **Visualize daily.** Especially before you go to sleep and in the morning as you awaken:
- Identify the top 5 must have qualities (these are core qualities like honesty, kindness, integrity, etc.) you need in your future partner AND how **you** want to **feel** in the relationship with that person.
  - Identify how you will show your love for this person. How will you make **them feel**? What will you do for them? What gifts do you bring to the relationship?
10. **Know your deal breakers and hold your ground.** Get clear about the top 5 things that are absolute deal breakers for you. These deal breakers are qualities, beliefs or habits that you could not be happy living with, not only for the short-term, but especially over a lifetime with this person. Examples of deal breakers could be someone who lies or cheats on you, has untreated addictions, is verbally abusive, doesn't put an equal amount of effort in the relationship, is self-centered, etc.).
- If you find yourself in a relationship with a person like this now, or in the future, walk away from them immediately. Your life, well-being and time are too precious.

Always remember **YOU WERE BORN WORTHY OF THE DEEPEST MOST GENUINE LOVE IN THE UNIVERSE** and don't settle for anything less. The one you seek is already seeking you. It's your job to get out there and shine your light so they can find you!

Next Steps:

If you know you're ready now to commit your time, focus and energy to find your life partner, I invite you to contact me for a complimentary Love Breakthrough call.

On that call I'll help you identify the challenges you've had in your search and how to address them. We'll discuss the best next steps for you and how we can work together so *you* can find the love of your life.

I will provide a compassionate, non-judgmental space for you to begin creating a future with the right partner for you.

To schedule your Love Breakthrough call, go to:  
<https://www.maria-spears.com/schedule>