



the taking over your life challenge

NEW YEAR, NEW YOU, NEW DATING!

Welcome the new year with the best new years resolutions!

OH HELLO 2019

*Set the ultimate new years resolutions for your new dating life.
Don't forget that the way you date matters*





QUESTIONS TO ASK YOURSELF

What do you want from a relationship?

This is really important to figure this out before you go on dates because then you can spot what you don't want more easily.

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What kind of person do you want in your life?

If you're tired of being single you likely want a lifetime partner, and you probably want someone who you'll enjoy being around. Ask yourself what type of person you'd love to be around.

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What kind of dating will attract that type of person?

Are you living the type of life that would attract the person you want to attract? If not, what small changes could you make in your own life?

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QUESTIONS TO ASK YOURSELF

Who do you want to be as a person?

If you're living a life that feels genuine to you, you will automatically attract someone who feels good to you. What small changes could you make?

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What changes could genuinely make me happy?

An easy way to know if it will genuinely make you happy is to look at your past, and ask yourself if it made you happy in the past for a long time, or if it was momentary and passed.

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What will you do to make these changes?

Creating small goals can help you make big changes!

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