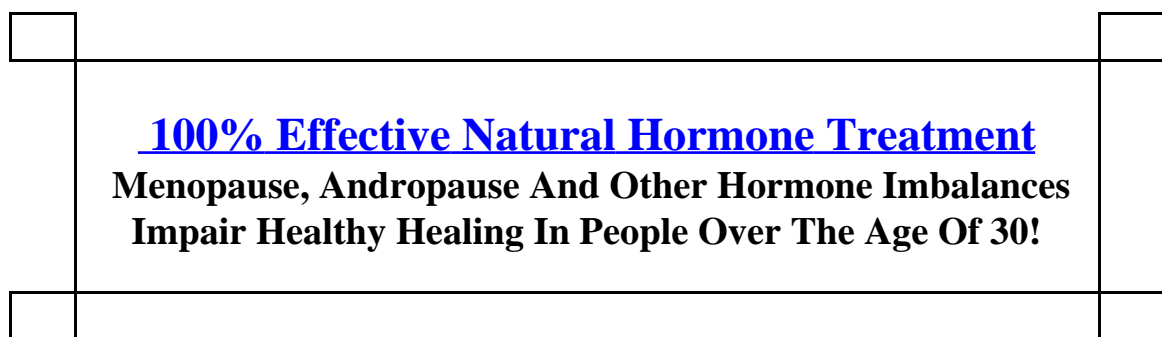


Ten Compelling, Bottom-Line Questions to Answer before you launch your search for the love of your life

This Free E-Book is brought to you by Natural-Aging.com.



Ten Compelling, Bottom-Line Questions to Answer before you launch your search for the love of your life

By Jennifer Wright

Ten Compelling, Bottom-Line Questions to Answer before you launch your search for the love of your life by Jennifer Wright

Ten Compelling, Bottom-Line Questions to Answer before you launch your search for the love of your life

Looking for a partner or love of our life, can be exciting, challenging and extremely frustrating. If you are truly serious, time spent on yourself, answering the following questions, can lower the risk of frustration and raise the chances of success.

1. Who are you?

Does question excite you, scare you? Most people have never really taken the time to answer this fully. The best way to answer this is your own self-reflection and input from those who know you best. Ask you close friends to help. The importance, of course, is communicating who you are, separate from what you do, to your potential partners.

2. What are your values?

This question may seem quite simple, but do not let it go undiscovered. Values come strongly from our families but are refined/changed based on our life experiences. Know your top 5.

3. What do you want from a relationship?

Many singles are busy people and have established themselves as independent and self-sufficient. Being clear on what you want allows you to make better decisions. In otherwords, what could be better in your life if you had a partner.

4. What are the barriers you have encountered in the past?

Most singles, with some prompting, can discover and name what obstacles that arose in the past? For example intimacy too fast, lack of time for relationship, lack of trust. Knowing these issues can help you plan ahead and avoid "being blind" to situations.

5. Are you been living in ways that support you desire?

Interestingly, many singles say they want a relationship, yet their actions don't support that. One way is looking at your habits. How many day to day activities bring you in contact with potential partners?

Ten Compelling, Bottom-Line Questions to Answer before you launch your search for the love of your life

What can you do to change your routines? Are you friendly, outgoing when you meet new people?

6. Do you have time allocated for doing this to support the value?

Again, most singles are busy people. What time are you going to allot to support your search, meet and get to know new people? Remember 24 hours/day is all we have single or married!

7. What are your non-negotiables for yourself and for a potential partner?

What are habits, life style, situations that you could not live with? What are things in your life that you are not willing to give up? Most relationships break up in the first year due to the ignoring of this factor.

8. What are your negotiables for yourself and for a potential partner? This is similar question as above but is more about your own life now. What are you willing to give up to make room for a new relationship.

9. What type of relationship will best serve you at this time?

Today, more than any other time in history, we have no real norms. As with negotiables, take the time

to think about what you are looking for. Companionship and weekend relationship, marriage, step-parenting or more children.

10. Do you have your dinner/lunch interview ready? This might sound bit corny. However, having met a potential partner, the next step of a more serious conversation is imminent. Being prepared with the knowledge you have gathered from the last 9, as well as communication skills to listen to your "prospect", valuable time can be saved if this dinner conversation is well planned.

This list was created after my own single journey and finding the love of my life as well as coaching many single people to successfully meeting their love of their life! Author's note

Jennifer Wright is an Occupational Therapist and Personal Single's Coach. She has co-created single transitions for many women internationally, to find the love of their life. Reach her at www.wrightdirection.com

How to launch your kayak

By Jakob Jelling

How to launch your kayak by Jakob Jelling

Launching your kayak does not have to be difficult as long as you know what you're doing.

When it comes to launching your kayak, there are a few important decisions that you must make. The first thing you should decide is whether or not you want to launch your kayak from the land, or on the water. You can even launch your kayak from a dock, though that is usually a bit harder to do than launching the boat from the beach, or on dry land.

The two main methods of launching your kayak from the land consist of the regular launch, and of

Ten Compelling, Bottom-Line Questions to Answer before you launch your search for the love of your life

"wet-footing" it. Wet footing means that you load up your kayak in the water so that the bottom will not rub against the sand or rocks that might be on the beach. You should definitely use this method to launch your kayak if you are going to be launching from a rocky beach, or any other situation where there might be objects that can harm your kayak in the sand.

After all, while most kayaks are generally designed to be fairly sturdy, it is always possible that they could be damaged. This is especially the case if they are loaded up on land, and then dragged over rocks. When launching your kayak from the water, you should make sure that you are able to put everything into your kayak that you want to use. You should probably load the lighter objects into your kayak when you are still on land, as well, since they won't cause any extra harm to your kayak, and it will make getting in a lot easier once you are in the water. If you decide to try launching your kayak this way, make sure that you practice a little bit first. That way you'll be able to get into your kayak quickly and easily, and you won't fall.

If you think that this method sounds too complicated, some people find that it is easier to get into their kayak on dry land. However, you should only use the dry land launch if you are on a sandy beach where there are no major obstacles between yourself and the water. Then, pull your kayak out so that the bow is actually floating. This is so that you will not have to drag your kayak over too much sand before you get into the water.

Keep in mind that launching your kayak can get a lot more dangerous and difficult if you are launching in an area where there is a lot of surf. While it is always possible to launch a kayak in high surf, you're probably better off avoiding this. Therefore, you should try to find a beach that is sheltered for launching your kayak.

Jakob Jelling is the founder of <http://www.kayakhelp.com>. Please visit his complete kayaking guide for all skills and ages.

Ten Compelling, Bottom-Line Questions to Answer before you launch your search for the love of your life



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!