

How to get a
SECOND DATE
that turns into a

Relationship!



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I want to teach you to Inspire that “emotional connection”...
So He Knows That YOU Are The only Woman For Him on a
first date, so your second date leads to a relationship!

It’s actually quite simple to give a man that powerful “gut feeling” that tells him
you are “the one.”

It all comes down to understanding attraction: how it works with men, how to
create it, and knowing the difference between lasting lifelong attraction, and the
kind that burns out faster than it started.

It all comes down to knowing how to naturally attract a great guy for something
more than a short fling.

You can create and experience more attraction and LOVE in your
life... regardless of the problems a man might have. I’m speaking from
experience here! Have you ever met a man who was still angry with his ex?
What if at that moment you were able to compassionately tell him that his anger
was keeping him from experiencing deeper connections and even have the
courage to say that he may be using it as an excuse to stay detached, so he
doesn’t get hurt again? What do you think his response would be?

This is how you create attraction! By being emotionally vulnerable enough to be
real about how you feel at the moment and having the skill to communicate your
feelings without hammering a man with your truth! *Honesty connects people and
creates intimacy!*

You need to start using skills of building attraction and setting the foundation for
more long-term attraction from the very start of the first date.

**It starts with being confident, assured, and naturally feminine and radiant from
the very first moment you meet a man.** This will allow you to create and
experience more attraction and love in your life... regardless of the problems a
man might have, and regardless of your past experiences.

It's important to detach from outcomes when dating. When you detach from outcomes, it allows you to authentically show up curious about him and detached from whether he will call you again! This creates a lot of intrigue for a man. It creates tension, the good kind. Because he can't tell exactly how you feel about him initially, which makes him wonder about you instead of already knowing you are into him, which is a turn off to a man. He enjoys the excitement of pursuing you. When you show up on a date already attached to an outcome – meaning when you are too accommodating, too nice, over sharing, trying to convince him or being who you “think” he will like don't expect him to call you back. He's already made his mind up that you are not the one for him.

The most important thing you have to do to turn your SECOND date into a Relationship is **Ground Yourself And Get Clear** On what you Want and why. It's so important to take the time to get clear about what you want in the first place! What you wanted 5, 4, 3 or even one year ago is irrelevant to who you are today! You need to take an inventory of what you want and expect from your love life TODAY. NOW. You need to be honest with yourself before you can be honest with a man. Stop pretending you don't want a committed, serious relationship that's going somewhere. And start declaring it and claiming it for yourself!

Getting clear about what you want will help you to manifest all types of positive experiences to help you attract the right situations and people in your life. You have to **get all of your thoughts, words, and deeds on the same page**. You have to commit to the process wholeheartedly and if you don't how do you expect a man to commit to you?

Accepting a situation that is anything other than what you truly want will not only make you unhappy, it will keep you tied to experiences that sabotage your dreams. So ask yourself what kind of relationship you want before you become involved with a man and the chemistry starts to cloud your judgment.

Communicate Responsibly. You may have gotten mixed up as a woman in relationships with men who wouldn't listen...It's OK to want what you want and expect to get it! It's also ok to let a man know it. In fact, it's a must. And it's OK to tell a man that his behavior isn't in alignment with what you are looking for. The incredible thing is that men crave honest women who are up front about who they are and what they want in relationships... in a way that says that you're not too attached to the immediate outcome and subtly lets him know that he better have his act together, or else. This is why **detachment from outcomes is CRITICAL!**

Suppose you're with a man who has a wandering eye you can say, "You have every right to look at other woman, just not when you're with me." **Setting boundaries are HOT.** Men love women with clear boundaries and know how to communicate in a way that invites trust and openness but doesn't cause

defensiveness. A simple, clear statement about your wishes that also respects his right to choose will work in your favor. When faced with open communication like that, a mature man will respect a woman and realize that he's dealing with an equal.

This in itself will go far in triggering the deep level of emotional attraction. What's more, once you become vulnerable like this and state your truth, your respect for yourself will also increase, and with it your self-esteem. You'll not only move closer to the relationship you want, but you'll weed out the guys who can't give you that in the process.

Cultivate the art of receiving. Create The Space.

This is the critical key to inspiring a man to be close to you. Allow yourself to be open and vulnerable. This is the space that you will actually receive love from your man... and to do this requires that you take a step back so that a man can come towards you and start giving you his love and attention. If you don't leave this space open, you will keep filling the space with chatter and actions, and he will not step forward.

That means you have to **let go of the need to control** what happens next and give him the chance to call, make plans with you, or initiate affection. Receiving is the most feminine quality of all. You need to learn to cultivate the art of receiving. You start by leaning back when you are on a date, hands resting in your lap, shoulders back and tuning into your environment **to stay present and grounded**. **Use your senses and body as a grounding cord to anchor yourself into the BE HERE NOW!** The NOW is where all of your power is. To many times on dates you drift into the past or future and abandon the present moment by going into your mind's judgments of the man across from you, OR you get triggered and start to drift into your head "thinking" instead of "being." He can see, it's visible to him and it will send him running! A woman who lacks presence is a woman who is NOT PRESENT! Where are you? Where do you go? Make it a point to observe your behavior and patterns that cause you to go unconscious on dates and start to practice being present. Show up to your dates whole, not a half looking for him to complete you. **Mastering this skill alone will magnetize men to you everywhere.**

Intimacy is key, but what kind? Trying to move a situation with a man forward through intimacy with sex doesn't work! A man won't fall for you because you've slept with him. He won't decide that you're a precious gift that he can't let go of if you're available to him anytime for sex with "no strings attached." He'll continue to sleep with you and enjoy his freedom and your company without giving a second thought to an actual commitment. Simply having physical intimacy with a man is no guarantee of "happily ever after."

The reason why we think that being intimate with a man will bring him closer is because that's the way WE feel. Plus, we have this idea that we need to seduce

and entice a man with our bodies, and beauty so he'll want to stay.

But The Truth Is Opposite! YOU are the prize that he should pursue. If that's the case, then a shift needs to happen. You can no longer be chasing after him...with your mind, your heart and your body...trying to "get him" to want something more special with you.

Start Living The Life That Will Attract A Great Guy

Lots of women have great lives. But as soon as they meet a guy, they focus too much on giving to him or trying to please him. They'll do things like give up friends and hobbies and weekends for a man - only to realize that they "lost themselves" in the relationship. Take a moment now to think about this. Did you do it? Now write down three things you can start doing for yourself that will make you more attractive to the kind of man you want to attract... and then start doing them **start having some real fun, get involved in things that are important to you!**

Summary- Show up more authentically on dates. Be more open and honest but don't tell the whole story! Share a little bit of your truth, see the response and go from there. Be confident that you are the PRIZE worth pursuing. Allow a man to pursue you by leaning back and learning to receive to keep the space of love open for him to step into. Don't fill it with chatter or offer to do things. Just be yourself. Accept yourself. Make peace with your past and let it go. It only exists in your mind. Get clear about what you want and start living your life now as if you already have it! Don't abandon yourself when you meet a man you like. Keep enjoying things that make YOU happy.

Bonus tip to rock his world! On your first date when you first meet a man. Make sure you arrive after he does. Take a cleansing breath before you walk into the room where he is waiting. Scan the room. Lock eyes with him. Do not take your eyes off him. Do not look away! Approach him smiling the entire time. This is the first act of intimacy. You are creating an invitation to be intimate in that moment. He may look away as it's very CONFIDENT but you must not! He will admire you for your audacity, and it's an instant turn on and connection tool. I dare you to try it! You will be delighted with the power you feel by stepping out of your comfort zone and creating that space for him to meet you there!

Go big! Dream Big! Take risks! Smile and laugh a lot. One day you will laugh about all the dating stories you have because you will be able to see that they all were steps that led you to the love of your life!!

Much love,

