

PODCAST TRANSCRIPT



EPISODE 35

*A Return to Episode 4:
How to Choose
the Right One*

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HAPPY EXECUTIVE WOMAN

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### **A Return to Episode 4: How To Choose The Right One**

last week. I happened to be a speaker on the topic of mental wellness, and while I was gone, I decided to take the rest of the weekend off, and my husband came down to join me. And so I wanted to use this week to play again for you podcast episode number four, which is “How to Choose the Right One”.

As executive women or women in business, we often don't think about the importance of choosing the right mate before we get locked into relationships or into marriages. Sometimes you have no idea that you will have a desire to do more or be more or start your own business when you first get together. But what you want to do is you want to identify the spirit of the man that is going to allow you to grow into who you want to be as an individual, as well as a couple.

By the time I met my husband, I was very clear on what I wanted, on what I needed, on the energy, on the personality, on the spirit - totally clear on all of that, and so, me leaving in the middle of the week to go do a speaking engagement in Miami while leaving him here to take care of the home and the dogs, was totally fine! What we did is he just met me on Friday night and we had a great time in Miami, just the two of us, and we returned home on Sunday.

So to help you figure out how to choose the right one, I thought that it would be appropriate to replay episode number four for you.

While you're inside the episode, don't forget to download the show notes to make sure that you have everything you need. If you don't have time to listen to it in its entirety, feel free to download it and listen to it later, but this is definitely going to help you to choose the right one.

And if you need help in we'll say ‘incentivizing’ the one that you have to behave like the right one, not a problem. Just send me a message via the contact page on my website, and I can help you with that.

### **See you inside the episode.**

Are you one of those women that have been trained to believe that the man in your life needs to match you in every way possible? Religion, education, background, financial status, industry, where you attended college, kids/no kids?

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These are all great, but they do not necessarily have to match. In my coaching experience, these preconceived notions keep women single or married to the wrong man for the sake of following an outdated script.

Who says that he has to match your every demographic? Society, family, parents, religious organization, sorority, your “crew?” How many women do you know that have followed this script and are happy? How many are miserable? How many complain that their husbands just don’t “get them,” “see them,” or “know who they really are?”

Join me on the podcast this week as I share why following this outdated relationship script can and will keep you alone or stuck in a situation that seems to be a complication instead of a compliment in your life and what you can do about it.

Hi there beautiful, and welcome to today’s podcast. If you’ve been bingeing on this podcast, good to see you again. If this is your first time, welcome, and I hope you decide not only to stick around but also to go back and listen to those episodes you missed.

Working with executive women on purpose, just like you, I see over and over again how women give up on happiness to fit into a mold that someone else created for them. By not knowing exactly what you want, what it looks, sounds, and “feels like,” you are bound to repeat the same (ineffective) relationship practices as before. This will lead you down the path of more unsuccessful relationships. How does this happen?

Take a walk with me back to a time before you started seriously dating. You’ve heard the comments from the women in your life about what relationships should look like, the type of man you should be with, the kind of car he should drive, the sacrifices you have to make in order to have love, etc., etc. There is a possibility that this information is biased and based on the relationship experiences that the women sharing this advice with you have had. If you’re not careful, it will become your reality.

Women just like you are suffering having followed this advice. Dating for financial status, education level, the right neighborhood, political affiliation, matching resumes, and the same industry sounds like a great idea. For some women, attempting to follow these rules prevents them from having the relationship that feeds their spirit.

I remember when I was going through the process of identifying the type of

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relationship I wanted. I used a technique that I share in my **Can He Handle Your Grind** training and came up with several things that I thought would make me happy. From my 3-lists I created, I had written that I wanted to date a Ph.D. I didn't care what the Ph.D. was in, I wanted to experience that level of intellectual stimulation, or so I thought.

I discovered that this particular Ph.D. was so focused on intellectual pursuits that they were never fully present with me. They spent a great deal of time in their head. Having gotten that out of my system, I realized that the Ph.D. type wasn't for me, or at least this one wasn't.

Next, I moved on to someone that was just as ambitious as I was. Great idea, right? Well, because I was already a single mom with a full-time job and starting a business, I rarely had a consistent schedule. Since we were both swamped, our schedules seldom connected, so that didn't work out either.

If there is one thing you will learn about me, I am not a quitter. If a dating situation didn't work, after giving myself time to heal, I kept trying. Crossing off personality traits and accomplishments as I plowed through my list. What was I missing? Why couldn't I get this right?

In my book [The 5 Phases of Dating ~ The Grown-Ass Woman's Guide to Attracting and Maintaining Authentic Relationships](#)), If I'm keeping it real, I had to remove the warm and fuzzies. Once I did that, it became clear that an essential piece of the relationship puzzle was missing: the relationship's vision.

I needed to be clear on what I wanted it to look like on a weekend or a workday; how I wanted to be talked to, "handled," cared for, supported, nurtured, touched, kissed, etc. You name it, creating the vision of what I call "The Day in the Life of Your Purrfectly Authentic Relationship" was the only way to get clarity and attract exactly what I wanted.

So I sat down, began to use the tools I provided in my book for other women, and followed the instructions for myself. Within a short amount of time, I met my now-husband. Sounds too easy or too good to be true, you're right. This was not easy; it was hard as hell and required me to face some ugly truths about myself, my behavior, and how I participated in many heartaches that I had experienced.

I had first to acknowledge that I had been going about things all wrong, then I had to identify and unlearn lousy relationship habits, all while silently crying

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myself to sleep at night. At one point, I felt as if it was my destiny to be the teacher about love and not the recipient. I was what I would call an “equal opportunity dater” to keep my options open, yet, I was still unsuccessful.

Over the years, I have expanded the tools found in my book to an entire video course called “Can He Handle Your Grind?” I created this course with the executive woman, the busy woman, the woman on a mission and living a life of purpose in mind.

I know you, and if you are anything like I am, you are driven, super busy, passionate, a high-achiever (and maybe even an over-achiever) on a mission to pursue your personal and professional goals. As a result, you have very little time and patience for BS and "clingy partners" who need constant attention. You explained it to him in the beginning, but it's like he wasn't even listening.

You have no plans of slowing down any time soon and would love to have a partner that can match your drive (in his own way) and your need to chill (on occasion). And you're wondering why did he say he was ok with it initially, only to complain later that you never have enough time for him.

You are frustrated, and you would prefer to be alone than to deal with this type of situation repeatedly. Don't worry; I got you!

In this training, I will give 4 Steps to show you just how easy it is to attract the correct type of man into your life...and how to identify his dating potential in 10 Minutes or Less!!!

You don't have to dim your light, stop your grind or choose between love and the success you want to have companionship in your life no matter WHAT you have experienced!

You no longer have time to waste on...

- Unsuccessful relationships
- Rearranging your schedule for another date that goes nowhere
- Paying for a babysitter and wishing you had stayed at home
- Attracting those that claim they love and appreciate your grind, hustle, or

determination, but then turn right around and make comments that are

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meant to shame you into stopping your life to accommodate theirs.

I'm not saying that there is no room to compromise; however, if you don't know what you really want, you will continue to attract men who lack the same clarity.

The goal should not be to attract someone that matches your hustle but someone that matches the "energy" of your ideal relationship. Want to know more? Head on over to the show notes and register for my free [Can He Handle Your Grind?](#) video training. Be sure to bookmark the training video page so that you can return to it as often as you like before it gets moved to the private vault.

Before you go, I just want to say thank you. Thank you for choosing to spend a portion of your limited time in your day with me in your ears and brain space. I know how valuable time is and how many tasks you could have checked off on your list instead and I would never take this for granted. I'm proud of you for stepping away from what "Has to get done" and doing what you wanted to do. That's the first step in claiming/reclaiming your happiness, and ***I am here for it, honey!***