

FIND YOUR DREAM MAN

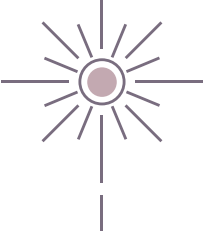
*A Single Woman's Roadmap to
Marriage-Minded Love*

By Meira Yasin

Relationship Coach



RADIANCE HOLISTIC COACHING, LLC



Welcome!

This transformational workbook is designed to help you gain clarity about your relationship patterns and create space for the marriage-minded partnership you desire.

Through these exercises, you'll find out the reasons you aren't finding that fulfilling relationship and the shift you need to find it!

- Find the top 3 reasons you keep attracting the same wrong man
- How to stop the cycle and finally attract your dream man
- Recognize the values you are looking for in a partner and seeing where it hasn't matched in the past

Hi - I'm Meira!



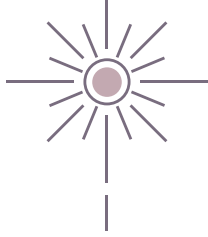
I'm Meira Yasin, a Psychiatric Mental Health Nurse Practitioner and certified Rapid Reprogramming Coach.

I help single women in their 30s and 40s transform their relationship patterns and attract marriage-minded love.

My approach combines my professional expertise and personal journey to guide you in releasing limiting beliefs and creating space for a fulfilling partnership.

Let's work together to help you find the love you truly deserve.





Why This Work Matters

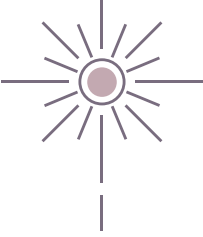
Before we dive in, I want to share something personal with you. Like many of my clients, I spent my 20s and 30s focused on building my career and education. I understood the pressure of cultural expectations, family hopes, and that nagging feeling that time was passing by. I kept attracting partners who looked good on paper but weren't aligned with what I truly needed for a fulfilling marriage.

It wasn't until I did the inner work of understanding my patterns and getting clear on what truly mattered to me (beyond just the superficial qualities society told me to look for) that everything changed. By releasing limiting beliefs and gaining clarity about what I truly wanted in a partnership, I met and married my husband at 36.

This workbook combines my personal journey with my professional expertise as a Psychiatric Mental Health Nurse Practitioner and Relationship Coach. I've seen firsthand how many accomplished women struggle not because they're doing anything wrong, but because they're carrying beliefs and patterns that block them from receiving love.

Let's begin this journey of self-discovery together.





Part 1: Understanding Your Current Patterns

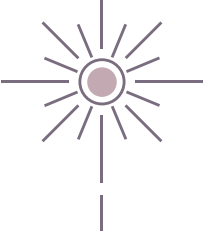
Before we explore what you want to attract, let's bring awareness to your current relationship experiences.

Reflection Exercise: Take a moment to reflect on your recent relationship experiences. What patterns do you notice in:

- The type of partners you attract
- How these relationships typically unfold
- Common challenges you face
- Your own reactions and behaviors

Write your thoughts here:





Current Relationship Patterns: Take a moment to reflect on patterns you may have experienced. Check any that feel familiar:

Emotional Readiness

- Partners who aren't emotionally available
- People who aren't ready for marriage/commitment
- Those who aren't willing to grow or work on themselves
- Individuals who aren't emotionally mature

Communication & Honesty

- Partners who aren't clear about their intentions
- Those who don't communicate well
- People who seem different once you get to know them
- Individuals who aren't honest about what they want

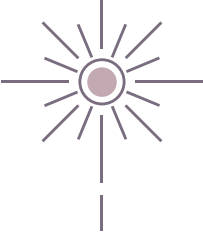
Values & Vision

- Partners who don't share your long-term goals
- Those who expect you to compromise your values
- People who want you to change who you are
- Individuals whose lifestyle doesn't align with yours

Relationship Dynamic

- Finding yourself in the "fixer" role
- Doing most of the emotional work
- Taking care of partners who can't take care of themselves
- Having your boundaries disrespected



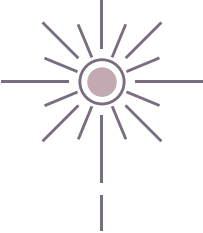


Reflection: Looking at the patterns you've checked:

- Which category shows up most often in your relationships?
- What might this tell you about what you need in your next relationship?

Write your thoughts here:





Part 2: Your Relationship Values

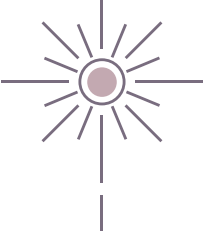
Understanding your core values helps you recognize what's truly important in a life partner. Take your time with this section - your values will serve as a compass for recognizing the right relationship.

Personal Values

First, reflect on what matters most to you in life. You can use the checklist below for inspiration or write your own.

What are your top 5 personal values?





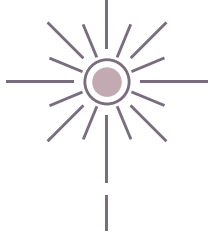
Relationship Values

Now, consider what qualities you want your relationship to embody. These might be different from your personal values. For example, while "achievement" might be a personal value, "mutual support" might be a relationship value.

What are your top 5 relationship values?

For inspiration, review the checklist on the next page. You're not limited to these options - they're meant to spark your reflection.

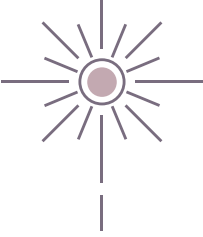




Relationship Values

Accountability	Effectiveness	Justice
Accuracy	Efficiency	Leadership
Achievement	Elegance	Love
Adventurousness	Empathy	Loyalty
Altruism	Enjoyment	Openness
Ambition	Enthusiasm	Optimism
Assertiveness	Equality	Perfection
Balance	Excellence	Positivity
Belonging	Fairness	Practicality
Boldness	Faith	Preparedness
Calmness	Family-orientedness	Professionalism
Carefulness	Fidelity	Reliability
Challenge	Fitness	Resourcefulness
Cheerfulness	Focus	Security
Clear-mindedness	Generosity	Selflessness
Commitment	Gratitude	Self-reliance
Community	Happiness	Serenity
Compassion	Hard work	Service
Competitiveness	Health	Simplicity
Consistency	Helping society	Spontaneity
Contentment	Holiness	Stability
Creativity	Honesty	Strength
Curiosity	Honor	Support
Dependability	Humility	Teamwork
Determination	Independence	Thoughtfulness
Devoutness	Inner harmony	Trustworthiness
Diligence	Inquisitiveness	Understanding
Discipline	Intelligence	Unity
Diversity	Intuition	Vitality



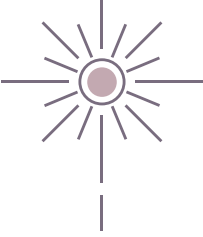


Reflection:

- Which values are non-negotiable for you?
- Which values might you be flexible about?
- How have your values shown up (or been missing) in past relationships?

Write your thoughts here:





Part 3: Partner Qualities & Self-Assessment

Take a moment to get centered. Close your eyes, take a deep breath, and release any "shoulds" about what you think you're supposed to want. This is about what truly matters to you.

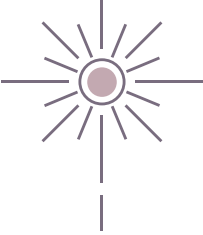
Dream Partner Qualities

Think about qualities in these areas:

- Character traits (e.g., honest, reliable)
- Emotional qualities (e.g., emotionally mature, communicative)
- Lifestyle elements (e.g., family-oriented, health-conscious)
- Values alignment (e.g., spiritual, growth-minded)

List your top 10 desired qualities:





Self-Assessment

Rate yourself on each quality (1-10): 1 = This quality needs development, 5 = I sometimes embody this quality, 10 = I consistently demonstrate this quality

Remember: This isn't about judgment or becoming perfect. It's about understanding what you value and creating space for growth.

Quality: My rating:

How I could develop this:

Quality: My rating:

How I could develop this:

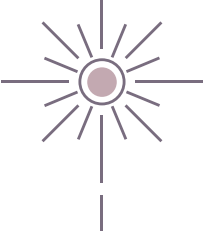
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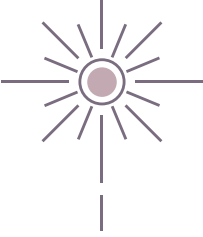
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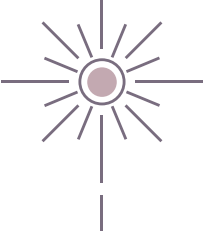


Reflection:

- Which qualities do you embody most strongly?
- Where do you see opportunities for growth?
- How might developing these qualities help you attract and recognize the right partner?

Write your thoughts here:





Part 4: Your Marriage Vision

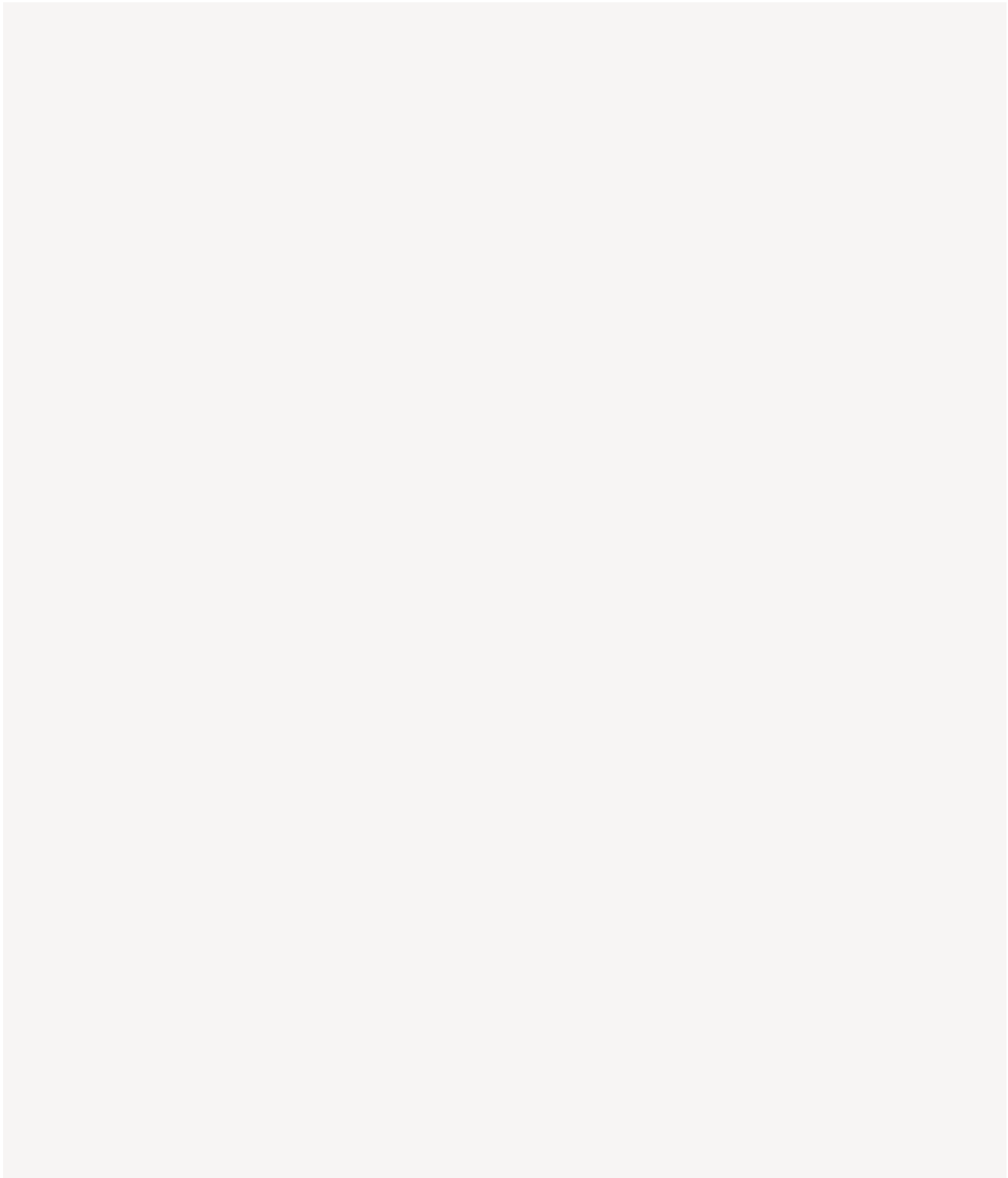
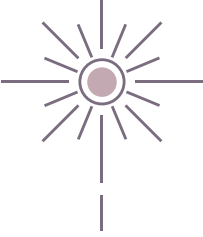
Take a few deep breaths and get into a relaxed state. Close your eyes and envision your future marriage.

Write a Letter to Your Future Self: Imagine yourself in a fulfilling marriage. Write about:

- How you feel in this relationship
- How you and your partner show up for each other
- What your daily life looks like
- The qualities of your connection
- The values you share

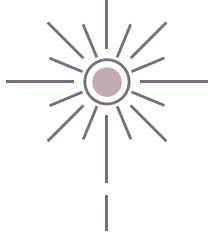
Dear Future Self,





With Love, _____ Date: _____





Part 5: Your Next Steps

Now take action to shift your patterns!

After doing the exercises in this workbook, which of these sounds more like you?

A. I am attracting guys who are what I am looking for, but I don't feel confident or ready for a serious relationship leading to marriage.

If this is you, and you don't feel confident or ready, this is something we can work on to help you feel more confident and open to being in the energy of a loving partnership.

B. I am not attracting guys who are what I am looking for and I need to shift my patterns.

If this sounds more like you, we can work on uncovering what is keeping you stuck in repeating these patterns that are holding you back from your dream relationship, to get you to the place you want to be of finding love and getting married.

If either of these resonates for you, book your free Love Mapping call, where I will assess where you are at, assess the next steps in your journey to love, and if we both feel like it's a right fit, look at what working together looks like!



READY FOR SUPPORT?

If you're ready to:

- Transform the patterns you've identified
- Trust yourself more in relationships
- Create space for meaningful, marriage-minded love

I'd love to support you on this journey. The awareness you've gained through this workbook is just the beginning.

SCHEDULE A FREE LOVE MAPPING CALL



Hello! My name is Meira and I am a mental health practitioner, serving as a Relationship Coach. My aim is to empower women to find the partner of their dreams and begin the next chapter of their life in marriage!

Questions? - Email me at meira@radianceholisticcoaching.com

For more relationship tips and insights, find me on:



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Meira Yasin