

SUCCESSFULLY
IN LOVE:
*AUDIT YOUR
LOVE LIFE*

Katarina Polonska

AUDIT YOUR LOVE LIFE

Why is auditing our love life important?

We audit our career, finances, and investments because we know that keeping our finger on the pulse with these areas of life is important. Our dating and relationships are no different. It might sound a bit scary but taking some time to reflect on how things are going and what trends you're noticing is a fast way to empower yourself and create new opportunities. At the end of the day, *you are the common denominator in all your dating.*

Patterns in behaviour tend to repeat. Love is no different. Until you are fully aware of what patterns you are repeating, you will continue to repeat them. You will ultimately have zero control over what relationships you let into your life and where you're heading.

Without awareness, we will blindly keep repeating the mistakes of our past relationships. We simply won't know what the issues are or what we keep doing to repeat them. We're essentially looking for love aimlessly - without a compass, direction, or feedback. It's like throwing mud at the wall and hoping it will stick. No wonder so many people find dating exhausting, confusing, or demoralising.

A dating audit means looking at these patterns - from your relationships with your parents to those in your love life. Reflecting on these relationships and identifying common patterns will help you become more self-aware. Through awareness, you gain control and agency over your decisions. You can choose to either repeat the patterns - or choose alternative, new behaviours. This is how change starts. The goal here isn't to be critical, cold or impersonal. We all have patterns and trends. Often they won't feel too great to look at - but looking at them is the first step to any change. It's actually very healthy to do this, and a real act of strength and courage.

We're not here to criticise or judge. We all have them. And *most people don't look at their patterns.* By getting to know your history through an audit can you create the awareness you need to do something about it. That's *real* strength.



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Exercise 1: Primary care-givers

As a child, your primary care-givers would have established some baseline patterns that feel familiar to you in a relationship. We would normally look at this in Week 5 of my program, but beginning with a general, high-level awareness can be helpful.

Write out responses to the following questions.

1. How were your needs attended, or unattended, in childhood?
2. Were your care-givers predominantly present or absent throughout your childhood?
3. Did your homelife feel safe and stable, or was there uncertainty and instability?
4. What comes up for you with this exercise?
5. What insights have you gained?



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Exercise 2: Examining previous relationship patterns

We all have patterns in our previous relationships that will repeat themselves. Bringing awareness to these begins the cycle of change.

Write out responses to the following questions.

Reflecting on your most significant romantic relationship:

1. Where and how did you meet?
2. What was your first impression of them?
3. What first attracted you to them?
4. Who initiated the relationship, and how?
5. What were you looking for at that time?
6. What was the relationship's best part?
7. What was the worst part?
8. What didn't you like about them in the relationship?



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9. What did you respect and/or not respect about them?
10. Who do you believe had more 'power' in the relationship?
11. How long did the good part last?
12. Who ended it and how?
13. Would you be willing to resume this relationship if you had the chance?
14. What comes up for you with this exercise?
15. What insights have you gained?
16. Now go through and highlight any patterns that you see.
17. What recurring behaviours or situations seem to come up for you?
18. What type of themes do you tend to find yourself in?

Well done for gaining some awareness after some of your relational patterns. This is just the beginning - you're doing great.

If you're serious about change and want to take more action, book a call with me today.



FIND LONG-LASTING LOVE THIS 2024

PHASE 1

Liberation

-
- Audit your dating life *
- Uncover your blind spots *
- Release the pain of old patterns *
- Free yourself of your past



PHASE 2

Behavioural Science

-
- Match for your attachment style *
- Identify your needs and non-negotiables *
- Understand attraction, gender, and polarity *
- Learn the science and psychology of dating



PHASE 3

Integrity

-
- Make way for your ultimate match *
- Build your strategy *
- Communicate your new you *
- Integrate surrender and trust

WHAT MY CLIENTS ARE SAYING

I've found the dating scene challenging as a middle aged man. Katarina has helped me navigate the dating apps, but more importantly helped to explore my relationship style, to help me understand how to build trust, rapport, and familiarity with the women that I'm dating. Katarina has a natural intuition and is skilled in how she asks questions to really push me to reflect on how my behaviours have influenced my personal development and the development of my relationships. Her work with me so far has helped me radically change my approach and improve my success in the dating world. I've already met someone fantastic! Katarina is a talented, smart coach and I cannot recommend her highly enough. I'm excited to see where we get to over our time together.

Supriya Bansal

Co-founder & Director of Research and Partnerships

Katarina has been an absolute game-changer in my life. I was left reeling after a painful breakup that called into question everything I thought I knew about myself and my needs. She was the steady hand that guided me through those turbulent waters. Her empathy, wisdom, and unwavering support not only helped me heal but also helped me rediscover my true self. This journey didn't just impact my personal life—it spilled over into my professional life. With a newfound sense of self-assurance and a clearer understanding of what truly matters to me, I've not only learned to focus on my personal needs but have also become a more focused and productive entrepreneur. Katarina isn't just a relationship coach; she's a catalyst for personal and professional growth.

Mike Rodenburgh

Investor & Executive VP

KATARINA POLONSKA

FOUNDER, RELATIONSHIP COACH



I've been where you are.

Like most ambitious women, I spent my 20s **securing scholarships** to **prestigious universities**, climbing the corporate ladder to **high-ranking positions**, figuring out my finances, and **moving from country to country**, exploring the world. When I figured it was time to settle down in my early 30s, I **found a guy**, got engaged, planned a **big destination wedding**, and bought a joint home. Tick, tick, tick checklist – done.

Unfortunately, I was with the completely wrong person. It became clear to me that we weren't compatible after a few years. Despite everything looking picture perfect and thinking I'd done everything right...I found myself having to give back the ring, call off the wedding, sell our dream home in the beautiful British Columbian mountains, and navigate **an exhausting and expensive legal battle**. I felt humiliated, defeated, and destroyed. I couldn't understand how I'd gotten it so wrong. With everything else in my life pretty much figured out, why was finding a partner so damn hard?

So I decided to dig deep and figure it out. I **made it a priority**. I invested resources, time, and money into getting clarity on where I was getting blocked in my relationships. Fast forward a year and I met my now husband at a music festival. Within months, we had become engaged, bought a beautiful home in Ibiza, and started building a business together.

Through my own journey, I **figured out how to solve this** confusing and painful problem for myself and for others. Building off of my **ICF Accredited training in Transformational Coaching**, I now combine my understanding of gender dynamics (**University of Oxford M.St**), professional experience in **behavioural science, mindfulness teacher training**, and personal learnings from endless therapy, coaching, and retreats, to help people like you.

If you're interested in learning more, let's chat.

*ICF Accredited Transformation Coach ACC
University of Oxford M.St
University of Cambridge DEI Certification
University of Nottingham Ba.Hons.
Mindfulness Based Stress Reduction Teacher
NLP Coach*