

THE
SUCCESSFULLY
IN LOVE
MANIFESTO

Katarina Polonska

10 PRINCIPLES TO THE ULTIMATE RELATIONSHIP

1 **Curiosity is our shining beacon:** we can use curiosity to inform everything we do in our relationships, from our daily interactions with our partner, to navigating conflict. If we can bring curiosity to everything - especially the things we don't understand, or the things that trigger us, hurt us, rub us the wrong way, we can save ourselves so much conflict and create space for so much more understanding. It also creates a culture of kindness in the relationship.

2 **Ownership with accountability:** we take ownership over our own needs to the best of our abilities, AND at the same time, we take accountability for meeting our partners needs wherever we can. We accept that this is the interdependent dance of healthy and secure relationships. We accept that a relationship comes with responsibilities. To maintain ourselves, to be the best selves that we can be with the circumstances that we have, AND to maintain the health of the relationship by tending to our partner's needs.

3 **Beginner's mind:** we treat each day as a new opportunity to rediscover each other, start afresh, to create new opportunities for connection and growth, and to deepen our love. It is never too late to stop a negative cycle in its tracks, to turn things around, to renew our vows to each other and start again.

4 **Growth mindset:** each conflict and trigger is an opportunity for healing. Once we understand relational healing, we understand how each trigger and conflict can help us evolve. This is the premise of loving consciously. If we can accept that the triggers that come up with our partner are there to help us deepen our own self love and evolve into an even better version of ourselves, everything changes.

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5 **Kindness is our mantra:** we can choose to be right or we can choose to be kind. There cannot be a life long partnership where both parties are seeking to always be right. You both must always seek to be kind.

6 **100/100 effort:** no one wins when we are both putting in 50% which is the bare minimum, and leaves us both keeping score. We both win when we put in 100% each and the relationship overflows with all the good stuff. If you can assume that everything 'wrong' in your relationship is in fact, your fault (or even play that mind game with yourself) and if your partner is doing the same, then both of your efforts to solve the issues will transform things within a heartbeat. Stop playing the victim and complaining about them. Assume it's you, make changes, do the work, and watch it transform. You'll feel a LOT better for it.

7 **We don't take things personally:** we accept that it's not always about us. When our partner comes to us with a complaint, we accept that the complaint is their experience, their reality, and that it is valid. We can hear their complaint without personalising it and making it about us. Detaching with love is one of the greatest skills you can master.

8 **Assume positive intent:** if we are in a loving relationship, we can and should assume that our partner has positive intent in all their endeavours with us. We are with them for a reason. If we cannot assume positive intent - we are with the wrong person or need to seriously look at the connection we are in.

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9 Open-hearted honesty will always win: radical honesty can be cruel, whilst hiding our truths can lead to deception and misunderstanding. Staying within our hearts, and communicating our honest truth from there, is the best way forward. Stay kind, stay honest, and express from the heart. Always.

10 Prioritize the relationship: there are always three entities in any relational dynamic: Person One, Person Two, and the relationship itself. The relationship needs to be held in utmost importance if it is to survive. Sometimes you have to compromise and sacrifice on your own needs and desires in order to prioritize and preserve the relationship. This is a noble act of long term, loving relationships. When we can both put the health and wellbeing of the relationship first, even if we are hurting, struggling, or unsure, the relationship will win.

FIND LONG-LASTING LOVE THIS 2024

PHASE 1

Liberation

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

PHASE 2

Behavioural Science

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- 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

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- 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

Working in diplomacy and international relations means I often find myself alone in new countries having to start everything from scratch. Having to do this in my late thirties can be a stressful and often very lonely experience. Katarina has taught me how to be more efficient in finding new social connections - beyond just romantic relationships, though she has helped me meet more matches too. The new people in my network are more similar to me and satisfy my social and personal needs. Her step by step process has taught me specific actionable skills that have significantly improved my life and made me a much happier person. I'm excited for my future and who I'll meet next.

Pablo

Director of International Relations

There is an overload of self-certified "experts" and gurus. Yet in amongst this noise, Katarina, with her strong academic credentials and extensive knowledge of gender dynamics, goes deeper on an insightful journey tailored to your unique position and background. Coaching has helped with building greater self-confidence and awareness around dating and relationships. I've also realised through working with Katarina that I am not alone with some of the issues and challenges I often struggle with. I recommend embarking on this journey with Katarina if you feel stuck and want healthier relationships in future that bring out the best in you and someone else.

Jean

Senior Consultant



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*