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# Happy Mondays



## by Carole Ann Rice

Leading life and happiness coach

**★** IF YOU are dreading this time of year you are probably single. Girls on buses with their posies of roses. Desks proudly sport little teddies emblazoned with I WUV U and flush-cheeked men try to act naturally as they walk to work with forecourt flowers (bought at a garage) and a goofy grin.

It's enough to have you ripping up and burning your Bridget Jones's Diary and dancing around the flames with your pals, Beyoncé and a quart of gin. St Valentine – patron saint of the smug and loved-up, huh?

Where are you going wrong? Your hopeful face is on every website. You've tried speed dating, dinner dating and blind dating but Eros has lost his sat-nav. Friends say you're adorable and a good catch so why is the opposite sex myopic when it comes to your charms?

Some of my attractive and successful clients in this situation say if there's no "chemistry" on the first date why go for a second? This could be the first fatal mistake they make, says love guru Julie-Anne Shapiro.

"Aim for connection not chemistry," she advises. "Connection will last where chemistry is just a dopamine high which will wear off."

A serial dater for years she says she attracted the same kind of unavailable man who wouldn't commit and set up painful codependent relationships that were destined to fail. She threw herself into work and friends. Marriage, she said, seemed light years away.

"It got so bad that one day I had an epiphany and decided I would do whatever it took to change how I was being to attract a partner who really valued me," recalls the now married expert.

"As humans we create a love identity, a set idea of what's possible without even realising it. We then have a huge drive to prove this identity and we unconsciously do everything we can to make it our reality even though it's wrong."

Underlying this "love identity" is a belief that keeps you stuck. Julie-Anne identified hers as "men don't need me" so living through this filter she made herself needy and determined to make men want her. There was no happy ever after

until she decided self-love came first and a heap of rewiring came after. So no more stupid Cupid. Here she shares her top tips for those who need to change the bait to catch a better fish...

- Be ready to do whatever it takes. You must resolve to change your inner story and invest in time, support and reflection to get over the inner obstacles in the way of you finding love
- Take 100 per cent responsibility. It's time to stop blaming anyone else or anything else for your past or current situation. You are the common denominator. It's time to realise that you have the power to create the life and love you want.
- Stop dreaming and wishing. You are not at the mercy of love waiting to knock at your door. You have the power to attract the love you want. It starts with you. Commit to becoming the very best YOU and be on a mission to magnetise the love of your life to you now.
- Believe in yourself and others will too. Perhaps you think that you're too old, too fat or not attractive enough to meet someone? Your true love will fall in love with YOU and

will see these things as the quirky traits that make you who you are. The right person will love and accept the whole package. But you have to love and accept yourself first. A confident, radiant woman who knows her worth is incredibly attractive to a man.

For more tips from Julie-Anne visit [magnetizinglove.com](http://magnetizinglove.com)



LOVE GURU: Julie-Anne Shapiro