

THE INTENTIONAL GUIDE TO

# Meet Your Partner In Your 30s and Beyond



*The Guide To Intentional Dating and  
Finally Meeting Your Person in Your 30s  
and Beyond: 5 Things You Can Do Today*

BY THE ELEVATED ESTHETICIAN





# Introduction

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If you've landed on this freebie, you have experienced the frustrations, heartbreak, and challenges of dating in your 30s and beyond. You feel like you've been through the wringer with dating, wondering why it is so hard, and why you still have not met your person. Is there something wrong with you? Are you meant to be single forever? Is a loving and lasting relationship just not in the cards for you?

Believe me, I've been right there with you. When you get to your late 30s and are still single, you start to lose hope that finding your person will happen in your lifetime. The dating pool gets more narrow, people bring more baggage and are more scared to enter relationships, the apps are energetically exhausting, you need to have deep conversations around children sooner rather than later, and you feel defeated - is dating even worth it?

This guide to intentional dating (which I've crafted based on experiences and experiments in my own dating adventures as a 30-something woman, as well as listening to a ton of dating and relationship podcasts and resources, etc) is meant to provide you with an energetic reset on your dating life and help to rewire your behavior and thoughts so that you can finally be in a great energetic space to date with intention, meet your person, and actually believe that it is possible for you, no matter your age.

*Are you ready to hit the reset on your dating life and finally meet your ideal partner? If so, keep reading!*

# Using This Guide

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You are a unique human being with unique life experiences, unique dating experiences, and unique expectations on how you live your life and the type of partner you want to create a life with. This guide is NOT meant to give you advice on HOW to date, or what to say so he will text you back, won't ghost, etc.

Instead, this guide is meant to guide you intuitively in your dating process, provide new ways of thinking or behaving that could be helpful in re-wiring some beliefs and doubts you have around dating and meeting your person, as well as create a strong personal foundation so that energetically you are feeling your best, and believing and trusting that you will meet your person if that is what you desire. I truly believe that it is never too late for you to meet your person, but my biggest hope from this guide is that you start believing it too because that is when the real "magic" happens! :)

On a housekeeping note, this guide is broken down into 5 core areas. There are the core/foundations that I believe will truly help you to meet your person, no matter your age. There is no particular order to the core areas, as they work together holistically. However, I do encourage you to work through each area in the way it is listed, as it will make the most sense that way.

# Contents

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## Foundation 1: Get Clear On Your Desires

Get really clear on what you are looking for in your next relationship so you do not settle for anything less than that

05

## Foundation 2: Building Confidence In Yourself + Trusting That You Will Meet Your Person

Build your confidence in yourself and your self trust so that you believe that you have everything you need to meet your ideal person

07

## Foundation 3: Creating A Life That Lights You Up

When you're focused on creating and living a life that lights you up, a relationship becomes the icing on your sundae

09

## Foundation 4: Weaving in meeting people in your everyday life

This area will open you up to new possibilities and infuse new energy and light into your life, but it does require a bit of getting outside of your comfort zone

11

## Foundation 5: Taking Care Of Yourself During The Dating Process

You'll be able to navigate dating in a way that isn't so emotionally taking on the rest of your life, which makes dating more easy, fun, and more sustainable for the long run

13



# 01 Get Clear on Your Desires

Before you restart your dating journey, it is super important to get clear on what you desire in your ideal romantic partner. Spend some time reflecting on the questions below.

What is it that you truly want in a romantic partner? What are some traits that are important to you? What are non-negotiables? When you think about your ideal romantic partner, how do you want to feel around this person? What do your interactions look like?



## Why This Is Important

These action items/exercises are helpful for a variety of reasons. One - you'll start to see patterns that are more than just physical attributes. Two - you'll quickly see when someone is not for you, and will stop spending time entertaining that interaction. Three - you'll start to cultivate an abundance mindset (vs scarcity) so that you'll start to notice and believe there are still great, single people out there for you.



## Action Items To Take

- 1** When spending time on dating apps (if you choose to use the apps as one tool in your dating toolkit), notice who/what catches your eye. Write these things down. Also, notice what turns you off. Write those down as well. Do this regularly and you'll soon be able to quickly pick up when a potential match is good for you.
- 2** When going about your day, notice your surroundings and see who/what catches your eye. When you are around people in relationships, notice who/what catches your eye as well. This exercise helps you get in tune with what you want to attract in your life.

# 02

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## Building Confidence In Yourself + Trusting That You Will Meet Your Person

*I believe that you will meet your person in this lifetime if that is what you truly desire. You just need to build your trust and resiliency so you believe that for yourself, as well.*

How do you feel about yourself, independent of being in a relationship? What is your relationship like with your body? How do you feel in your own skin? Do you believe that you are deserving of a great relationship? If not, what makes you think that, and when did these thoughts and beliefs arise? Were they dependent on another person, or previous experiences and interactions?

Just a reminder that you don't have to be perfect in order to date or be in a relationship. By the same token, your partner doesn't have to be perfect either. To some degree, we are all constantly learning, growing, and healing from past traumas, experiences, and relationships, and we are never ever "fixed." The key is personal accountability, being aware of your blind spots, and seeing how you can address those blind spots in pursuit of a relationship.



## Action Item 1

Take care of yourself so that you are feeling your absolute best. Regularly commit to 1-3 things each week that build your self-esteem and self-confidence. This could be committing to a morning routine, taking a daily walk, learning a new skill, adding more home-cooked meals to your lifestyle, et). Find some things to make you feel like your best self, independent of a guy's action or behavior towards you.



## Action Item 2

Imagine for a moment that you knew you would meet your partner in 6 months' time. What would you be doing differently today? How would you be feeling today? This is one of my favorite exercises as it radiates energy that makes you feel like your best, which also attracts others into your orbit.



Of course, it's totally normal to feel disappointed or sad when you have a dating setback, but the key is to not let that setback derail your self-worth. Instead, do what you need to do to feel grounded, and like yourself again.





# 03

## Creating a Life That Lights You Up

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Creating and living a life that lights you up is one of the foundations of attracting your ideal romantic partner. Once you have this in place, it becomes so much easier for your ideal person to gravitate towards your energy.

## A life that fulfills you is 100% possible for you.

When you're creating and living a life that lights you up, one that is filled with gratitude for every experience in your life (even the hard ones), your energy shifts, and everyone around you subconsciously notices this energy shift. More opportunities become available to you in this energetic state.

On the flip side, when you're worried that you're not going to meet anyone or that you'll be alone forever, not only are you wasting valuable time that you could be living, but that energy is also noticeable to people around you. So you have to shift that energy. Use that energy to create a life that lights you up! And I promise you, before you know it, you'll be attracting so many wonderful people into your orbit.

### Action Items To Take

- ✓ Think about what your life looks like now on a weekly basis. What are some things that you love? What are some things that you do not love? Are there things you can add/remove? How are you spending most of your days? Is there a way you can enjoy your day-to-day more? What would that look like? Start adding those things. The small steps add up!
- ✓ Think about things that you've always wanted to try/do but were too scared to do or were waiting until you had a partner to do those things. Can you add 1-2 of those things to your calendar now?

# 04 Weaving in meeting people in everyday life

So now you're feeling a bit more clear on what you want, noticing what catches your eye around you, starting to believe that what you want is possible, feeling more confident in yourself, and enjoying your life more. Now it's time to have a bit more fun and slowly start incorporating meeting people into your everyday routine!

Not only does this help you to meet your potential ideal partner, but it opens the door to meeting other people, connecting with others, trying new things, and getting outside of your comfort zone a bit! Because we all know, "nothing changes if nothing changes" so now is the perfect time to get out of your comfort zone just a tad bit. Dating can be uncomfortable, and sometimes a little bit of risk is required. So this area helps you to get comfortable with being uncomfortable, which is an important skill in dating.



# Action Items To Take



## Action Item 1

Ask your friends/family members to invite you to do something. Tell them you're wanting to try new things and to invite you along. Or, challenge yourself to find activities or events that sound interesting and make a commitment to go. I find that going solo is often the best way to meet people!

## Action Item 2

Get curious about the people in your day-to-day life. Interact with the world around you. Put down your phone! Smile at the person across from you at the coffee shop. Say hello to the person walking by you on the sidewalk. Ask the person on the train what book they are reading. Make a comment about the menu while waiting in line at Chipotle. Just be curious and interactive with the people around you, and slowly you can work up to being interactive with someone that catches your eye. Most importantly, have fun when you're doing this!

# 05

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## Taking Care Of Yourself During The Dating Process

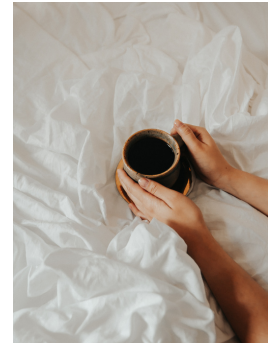
*The key to dating with ease and less stress is knowing how to take care of yourself so your life isn't totally rocked in the process.*



Your dating journey will be filled with lots of ups and downs. Dating is messy. It just is. Everyone brings baggage to dates, especially in their 30s and beyond. Keep that in mind as you're dating and I promise you, it will take the edge off a bit. When you find yourself getting jaded or losing yourself in the dating process, take a break! Remember, energy is so important and you want to be in a good energetic state to attract someone who will be good for you, long-term.

## Action Item 1

Have a plan in place whenever you start feeling anxious about dating, whether that's because they haven't texted you back yet, you're starting to doubt whether the person likes you, you were ghosted, or doubting that your ideal relationship is possible, whatever the case may be. The plan could be to journal out your thoughts, do a repetitive activity like cleaning or slicing vegetables, going outside for fresh air, deep breathing exercises, give yourself a reframe, and do things that calm the nervous system (for me, getting a facial is a big one - it helps calm me down and also makes me feel good).



## Action Item 2

Give yourself space to process your emotions during the dating process, both the ups and the downs. This goes hand in hand with the above and could entail journaling, meditation, or being extra kind and graceful to yourself. Come back into love when feeling fearful about your dating journey. What's the most loving way you can look at the situation/experience? Can you shift your thoughts to ones that carry love instead of fear?



*You don't have to be 100% sure things will work out for you.  
You JUST have to trust that if they don't, you'll have the  
resilience and tools to try again because eventually they will.*

# About Me and --- Next Steps



My name is Lisa and I'm a Holistic Esthetician and Dating and Confidence/Lifestyle Coach based in Austin, TX. I'm trained as a Licensed Esthetician from Aveda, and I've invested over 600 hours in personal development training, health and wellness training, and happiness training, as well as being coached myself. Through my own personal transformation of going from a scarcity mindset and feeling obsessive and hopeless about dating TO feeling really good in my personal and dating life and feeling confident in myself and my ability to easily attract amazing men every week, I am passionate about helping others do the same.

I love helping women in their 30s and beyond to feel good about themselves and their lives so that they can attract their ideal romantic partner. I help women get into a good space energetically (through mindset work, my coaching, and restorative and healing facials) so they can feel inspired and motivated to take action in their dating lives and truly start believing that they'll meet their person, no matter their age. Through my signature Love Your Life Dating Reset 3-month holistic dating and confidence overhaul container, I dive deeper into the topics above, as well as provide accountability, support, and tools and exercises to help you go from a place of anxiety and fear around dating to feeling great about yourself and your life and effortlessly attracting amazing romantic men in your everyday life.

For now, my Love Your Life Dating Reset container includes at-home professional restorative facials in the program, so you'll need to be local to Austin to work with me in this capacity.

I can't wait to start this exciting next chapter with you!

*If you're ready for a dating and confidence reset, I'd love to meet you for a coffee/tea date. You can schedule on my website at [www.theelevatedesthetician.com](http://www.theelevatedesthetician.com) (contact me page) or email me at [hello@theelevatedesthetician.com](mailto:hello@theelevatedesthetician.com)*

[www.theelevatedesthetician.com](http://www.theelevatedesthetician.com)  
[hello@theelevatedesthetician.com](mailto:hello@theelevatedesthetician.com)  
IG: theelevatedesthetician