



# **Painting the Target on the Wall**

## **Module Two Worksheet**

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# Painting the Target on the Wall

You can't hit a target unless you can see it. Venturing into online dating without painting your target means you could waste valuable time on the wrong men.

**Completing this worksheet will put you on a clear path to finding the guy you want.**



Your target reminds you why you're online in the first place. A target helps you recognize what you're looking for when you see it. A target will keep you from getting discouraged. A target will let you measure your progress—or recognize when it's time to want something different.

## **STOP! BUT FIRST...**

You may think online dating is all about you sorting out other people to find The One, but you will only be primed for success when you take the time to figure out some of your own "stuff." Developing self awareness contributes to your self-worth and makes you a better partner.

Before you set your target, I need you to be honest with yourself ABOUT yourself. You can't recognize your ideal partner until you're realistic about where you are in your own life.

## **What stage of life are you in RIGHT NOW?**

I know, I know...you're single and you want to meet someone. But there's more to you than that. Consider the following stages of life and how each could affect how you date:

- Do you have young children at home? Does that limit your availability to date (and travel and be spontaneous)?
- Are you in the middle of launching a business? Finishing your PhD? Digging in to a major work project or working overtime to land a promotion?

- Do you want to have children (or more children)?
- Are your kids grown and out of the house, giving you more free time than you're used to?
- Have you been married before and want to get married again? Or not?
- Never been married? Are you eager to get to the altar?
- How social are you outside of dating? Do you spend time with friends or extended family? How would a new person fit into that world? How would you make time to fit into his world?

**Write down your specific life stage. BE HONEST about where you are TODAY**, not where you want to be down the road.

Based on your answers, what stage of life would your ideal partner be in RIGHT NOW?

How do you envision your life (and lifestyle) in five years? In ten years?

Think about it. . . if you're a single mom with young children, there may be conflict dating a man who has no children (or has grown kids) and who wants to take off on spontaneous weekend adventures with his lady love.

This isn't to say that you should only date someone whose stage exactly matches yours. But you need to think realistically about how a new person would fit into your life (and you into his). Knowing where you stand and what you really want helps you weed out potential matches when you're checking out profiles online.

## **Your Big Brass Ring (a.k.a. Why You Are Online Dating)**

**NOW let's talk about that target.**

Why are YOU dating? What do you want to get out of it? People date for different reasons, and most of them aren't right or wrong. For example:

- You want to go out romantically with a guy once or twice week, but nothing serious
- Sex :)
- You're new in town, or you're just getting out again after a long time of being removed from the social scene, and you're looking to date AND grow your circle of friends
- You want to find a rock-climbing or salsa-dancing partner
- You desire a long-term boyfriend and monogamous sexual relationship
- You are looking for your soulmate who will help you live your happily-ever-after, complete with marriage, 2.5 kids, and a white picket fence

You might have a combination of reasons, depending on your life stage, or have a reason I didn't list here. Nothing is ridiculous, outlandish or unreasonable. It doesn't matter what the answer is; it matters that you recognize it in yourself. If you know what you're looking for, you can weed out the guys who aren't looking for the same (or similar) target.

**What is YOUR Big Brass Ring for online dating? Write it here:**

The thing with relationship targets is that you can't put a deadline or time frame on them. You don't know how long it will take to get there. If you rush it, you risk charging forward with the wrong person. (In later modules, I'll teach you how to not put on blinders, so you can avoid those Mr. Wrongs.)

However, you CAN make a list of measurable steps that lead to your target. And some of those steps CAN have deadlines and time frames.

## Getting Real About Your Target

A lot of people get in trouble when it comes to setting their targets for a few reasons. They're **too ambitious**. This can be a form of self-sabotage: *"I'm going to find the exactly right perfect guy for me and we're going to get married in three days and live happily ever after."* Setting an unrealistic goal means you'll never have to face the disappointments that occur when dreams meet reality.

Other people are **not ambitious enough**. This is another form of self-defeat. Not setting a high enough target is often a way of giving in to feelings that you're not good enough, smart enough, and "gosh-darn-it-people-like-you" enough to make it. Don't do that. You want a big, fancy target—something really great to work toward.

**How do you get from where you are now to that brass ring? My way is to build a ladder of smaller goals so you can stay positive while working toward that ultimate bulls-eye.**

A goal ladder is a series of steps, each of which builds on the others like the rungs of a ladder. It's devastatingly simple, and it really works. The ladder outlines a clear path to your ultimate goal, but it also allows you to *focus* on what you can do right now. Once you step up on one rung, it's that much easier to reach the next, and the next, and the next.

You'll start with the lowest rung on the ladder: something *small and easily attainable, but important to your overall goal*.

The highest rung on the ladder is something *big and awesome that you really, really want*, maybe even something bigger than you think is possible to achieve.

For example, if your target is something like:

*"Get married to someone who is financially independent and wants to spend his retirement traveling in the Mediterranean."*

Your first goal should be something like, *"Go on a date with a great guy,"* right?

WRONG.

That's *way* too big of a step. You'll never get there. (Well, you might *accidentally* get there, in which case more power to you. But I'm all about helping you get there *on purpose*.)

So start with something smaller: *“Take a better profile picture.”* (I’m going to help you with a lot of achievable steps like this in later modules, by the way.)

With the higher rungs of the ladder, you can’t (and shouldn’t) attach a deadline. But with the smaller action steps, you absolutely need to in order to stay accountable.

Think about the steps you’ll take on your journey to the big goal. You may not know right now exactly what will happen as you climb higher up the ladder. That’s fine. What’s important is that you get the attainable steps that you can see right now down on paper. If they change later, no problem. If you add to it later, that’s great! It means you’re paying attention and taking this journey seriously.

But for now, just jot down the first steps of your ladder.

Here is an example goal ladder:

|  |
|--|
| <b>Big Brass Ring Goal:</b> Marry Mr. Mediterranean (someday)  |
| Meet each other’s families and friends (someday)               |
| Take a vacation together (3-6 months)                          |
| Agree to becoming exclusive, no more online dating (3 months)  |
| Find one great guy, go on more dates (3-6 months)              |
| Go on dates to evaluate relationship fitness with select men   |
| Go on meet-n-greet dates to evaluate potential guys            |
| Communicate with great guys via email (1 week per guy)         |
| Write a totally awesome About Me/About Him section (in 3 days) |
| <b>RIGHT NOW:</b> Add great photos to my profile (TODAY!)      |

Now, fill in YOUR ladder, with your Big Brass Ring Goal at the top rung:

|                             |
|-----------------------------|
| <b>Big Brass Ring Goal:</b> |
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|                             |
|                             |
|                             |
|                             |
|                             |
| <b>RIGHT NOW:</b>           |