

Organize to be in Love

What does organizing have to do with being in love? Everything! It's a lot easier to relax and enjoy yourself when you have planned ahead. This applies on all levels, from loving yourself, loving what you do and to loving others.

Let's take loving what you do. Are you doing exactly what you want to do with your life? Is everything going exactly how you would like it to? Chances are, because you're human, there are some things you'd like to change. How are you going to implement those changes? Unless you do something different, things are going to stay the same.

The first thing to do is to identify exactly what you want to have happen. Make this as real to you as you can. Having a very clear idea of what you want makes it much easier to achieve. Writing down what you want or creating a collage in pictures of what you want can help you clarify your goal.

Now you have the big picture, work towards the details. What are the main steps you need to take to fulfill your goal? Once you have identified the main steps, examine the first main step and identify the first action you need to take to fulfill that step.

Now, do that step! And follow up with the next "first actions" until you have achieved your goal.

Sounds easy doesn't it.

Let's look at an example. And since it is Valentine's Day, let's say you want to be in an intimate relationship with someone. Hopefully, you know with whom. If you don't, describe the perfect person for you. Have that very clear idea of what you want. What will be your steps to having that relationship?

First: Identify the perfect person for you.

If you don't know who this person is:

Step 1: Start dating people.

Step 2: Find the person that matches your "perfect person profile" closely enough.

Step 3: Spend time with them.

Step 4: Ask the person if they want the same thing from the relationship.

Step 5: If the answer is "yes", go ahead. If the answer is "no", go back to step 1.

Now that we have our blueprint for the perfect relationship, let's identify the first action you need to take. There are several first actions you could take, let's look at some of them:

- a. Call someone you have in mind.
- b. Make a list of the people you could date.
- c. Ask a friend if they know anyone who matches your perfect person profile.
- d. Schedule time in your calendar to do an activity that you enjoy where you might meet other (available) like-minded people.

Look in your calendar and schedule when you will do the first action. At the completion of the first action, set a time for the next action.