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*AN ELITE WOMAN'S HANDBOOK*

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# AN ELITE WOMAN'S HANDBOOK

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*to empowered dating*

Rachael Hunt

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# I'm Rach, the founder & CEO of Freedom School Co.

As an empowerment coach for high-achieving women I support them in entering what I call the Sacred Single Era to take a sovereign approach to dating & relationships to subconsciously & energetically prepare them for their soul love.

I am also a luxury lifestyle coach for high-value women who desire opulence in every area of their life through my method of cultivating elevated standards, elite boundaries, expansive mentality and embodiment using my Quantum Identity Activation™ process.

## How I can Help *You*?

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As a Master NLP Practitioner, I specialize In reprogramming your subconscious to support you in getting out of your own way so you can experience more love, success, abundance, and joy In your life.

*Rachael Hunt*



# THE NEW DATING ERA



*A healed & empowered woman is able to attract everything she desires in an aligned way. Heal your relationship to yourself to become a match for the best partnerships, friendships and family relationships you've ever had.*

## Chapter 1

# Finding Love Within: The First Step in Empowered Dating for Elite Women

As a high-achieving woman, you have likely accomplished a great deal in your life. You are smart, successful, and driven, and you have worked hard to achieve your goals. However, when it comes to dating, you may find that your confidence and self-love are not as strong as they could be. Perhaps you have struggled with negative self-talk, or you feel like you are not worthy of love and affection. Maybe you have been hurt in the past, and you find it difficult to trust others. Whatever the case may be, it is essential to build a strong foundation of confidence and self-love if you want to approach dating from a place of empowerment.

### *Why Confidence and Self-Love Matter in Empowered Dating*

At its core, empowered dating is about approaching relationships with a sense of agency, self-worth, and self-respect. It is about recognizing your own value and knowing what you want and deserve in a partner. When you have a strong sense of confidence and self-love, you are better equipped to navigate the dating world with clarity and intention. You are less likely to settle for someone who does not treat you with respect or who does not share your values and goals. You are more likely to recognize red flags and to communicate your needs and boundaries effectively. In short, when you are confident and self-assured, you are in a much better position to find the kind of love and connection that you truly desire. This is the Elite Woman's way; she confidently puts herself on the pedestal, knowing what she's worth.

## *Building Confidence and Self-Love*

So, how can you build confidence and self-love as an elite woman? Here are a few key strategies to consider:

1. **Practice self-care:** One of the best ways to build confidence and self-love is to prioritize self-care. This means taking care of your physical, emotional, and mental health. It might mean going for a run, getting a massage, or taking a relaxing bath. It might mean seeing a therapist, hiring a mentor, or engaging in other forms of self-reflection.

Whatever self-care looks like for you, make it a top priority in your life. Taking care of yourself is of high self-value and is incredibly attractive.

2. **Develop a positive self-concept:** As a high-achieving woman, you have likely accomplished a great deal in your life. Take time to reflect on your achievements and the qualities that have helped you succeed. Write them down and read them aloud to yourself regularly. Developing a strong self-concept not only impacts the way you perceive yourself, but in the way others view you.

Notice the way you speak of yourself, both on your own and with others. Your words cast spells, so use them wisely and to reflect a magnetic vision of who you are and what you do. Additionally, make an effort to dress in a way that makes you feel confident and powerful. How does the Elite Woman within present herself? Your external appearance can be a reflection of your internal world.

3. Reframe negative self-talk: Self-doubt can be a major obstacle to building confidence and self-love. It's important to recognize when you're experiencing self-doubt and work to overcome it. It's often coming from our ego, which has a sneaky way of convincing us we are flawed or bad or wrong.

Acknowledge this is not inherently true and remind yourself of what you know to be true in your heart. When you catch yourself engaging in negative self-talk, try to reframe those thoughts in a more positive light.

For example, instead of thinking "I'm not good enough," try thinking "I am worthy of love and respect." The more you practice reframing, the quicker you'll get at bouncing back from the shame spiral and begin to live in a state filled with positive beliefs and thoughts. This is what an Elite Woman's mindset looks like.

4. Surround yourself with positive influences: Surrounding yourself with positive people and influences can also help you build confidence and self-love. Seek out friends, family members, or mentors who are supportive and encouraging. It's amazing how easily we can be impacted by those around, so be mindful of the company you keep. You may need to distance yourself from certain people in your life in order to protect your peace and stay focused on your personal growth.

Also, take an audit of the kind of content you consume. You may find it helpful to use social media differently than you're used to; rather than mindlessly scrolling, use it with intention to follow & engage with accounts that promote body positivity, self-love, and confidence.

5. Be kind to yourself: Finally, be kind to yourself. Treat yourself with the same compassion and understanding that you would offer to a friend. Recognize that building confidence and self-love is a process, and that it takes time and effort. Don't beat yourself up if you have setbacks or moments of self-doubt. Instead, be patient and continue to work on building your self-worth and self-esteem. This is one of the biggest reminders of all.

By practicing these strategies, you can begin to build a strong foundation of confidence and self-love that will serve you well in the dating world. Remember, building confidence and self-love is an ongoing process.

It's okay to have moments of self-doubt or insecurity, but by practicing self-care, challenging negative self-talk, surrounding yourself with positive influences, developing a positive self-image, and being kind to yourself, you can begin to flaunt your greatest accessory even more (your confidence) to become powerfully magnetic. With a strong sense of self-worth, you'll be better equipped to approach dating with a sense of empowerment and openness.

# CHAPTER 1

## JOURNAL PROMPTS & CHECKLIST

1. What is one thing you appreciate about yourself and your accomplishments? Reflect on this attribute and how it has contributed to your success.
2. What are some self-care practices you can incorporate into your routine to help build your confidence and self-love? Write down a few specific actions you can take to prioritize your well-being.
3. What are some negative self-talk patterns you often find yourself engaging in? How can you reframe those thoughts in a more positive light?
4. Write a letter to yourself, acknowledging your strengths and accomplishments. Be specific and include examples of times when you demonstrated these qualities.
5. What are some realistic goals you can set for yourself to build your confidence and self-love? Think about areas of your life where you'd like to see improvement, and write down specific, achievable goals that can help you get there.

### ACCOUNTABILITY CHECKLIST

- Identify your core values and goals for dating
- Assess your current mindset and beliefs about dating
- Create an action plan for self-care and personal growth
- Explore your relationship patterns and history
- Practice self-compassion and positive self-talk



## Chapter 2

# The Art of Intentional Dating: How Elite Women Can Set Priorities and Find Love on Their Own Terms

As an elite woman, you likely have a lot going on in your life. You may have a demanding career, a busy social life, and various other responsibilities that take up your time and energy. When it comes to dating, it can be easy to feel like yet another item on your to-do list. However, if you want to approach dating from a place of empowerment, it is essential to set clear intentions and priorities for what you want and need in a relationship.

### *Why Intentions and Priorities Matter in Empowered Dating*

Setting intentions and priorities is an important part of empowered dating because it allows you to approach relationships with clarity and purpose. When you have a clear sense of what you want and need in a partner, you are less likely to get swept up in the moment or to settle for less than you deserve. You are more likely to make intentional choices about who you spend time with, and you are more likely to communicate your needs and boundaries effectively.

## *Setting Intentions and Priorities*

So, how can you set intentions and priorities for empowered dating? Here are a few key strategies to consider:

1. **Reflect on your values:** Start by reflecting on your values and what is important to you in a relationship. For example, do you value honesty, kindness, and open communication? Are you looking for someone who shares your goals and passions? Reflecting on your values can help you identify the kind of person you want to attract and the kind of relationship you want to build.
2. **Get clear on your deal-breakers:** In addition to reflecting on your values, it is also important to identify your deal-breakers - the things that you absolutely cannot compromise on in a relationship. This might include things like substance abuse, infidelity, or a lack of ambition. Knowing your deal-breakers can help you make more intentional choices about who you spend time with.
3. **Identify your priorities:** Once you have reflected on your values and deal-breakers, it is time to identify your priorities. What are the most important things you are looking for in a partner and in a relationship? This might include things like shared interests, emotional intimacy, or financial stability. Knowing your priorities can help you make choices that align with your values and goals.

4. Communicate your intentions: Once you have set your intentions and priorities, it is important to communicate them to the people you are dating. This might mean having a conversation about what you are looking for in a relationship or simply being clear about your boundaries and expectations. By communicating your intentions, you can ensure that you are on the same page with your partners and that you are not wasting your time with someone who is not a good match for you.

5. Be flexible: Finally, it is important to be flexible and open-minded when it comes to dating. While it is important to have a clear sense of your intentions and priorities, it is also important to be open to new experiences and to be willing to adjust your expectations as you get to know someone better.

The Elite Woman knows what she wants, and she'll undoubtedly get it, just like most other things in her life. She does not entertain the games, the gray areas, the "beating around the bush" conversations - she is direct and to the point, which allows her to weed out any suitors who are not in alignment with what she wants & deserves. By following these strategies, you can set clear intentions and priorities for empowered dating that allow you to approach relationships with clarity and purpose; in other words, establishing your luxury dating standards.

## CHAPTER 2

# JOURNAL PROMPTS

1. What are your top three values in a relationship? How do these values guide your dating decisions?
2. What are your non-negotiable deal-breakers in a relationship? Why are these things so important to you?
3. What are your top three priorities in a partner? How do these priorities align with your values and goals?
4. What are your luxury dating standards? How will you hold yourself accountable to them?



## Chapter 3

# The Balancing Act: How High-Achieving Women Can Navigate Career and Dating

As a high-achieving woman, you may find that your career demands a significant amount of your time and energy. You may be passionate about your work and driven to succeed, but you also want to find love and build a fulfilling relationship. Navigating the balance between your career and your dating life can be a challenge, but with the right strategies, you can find the balance you need to succeed in both areas of your life.

### *Setting Priorities*

One of the most important things you can do when it comes to balancing your career and your dating life is to set clear priorities. You may not have an equal amount of time and energy to devote to both areas of your life, so it is essential to determine what is most important to you. This may mean prioritizing your career for a period of time while you work towards a particular goal, or it may mean carving out specific times during the week for dating.

You're a fabulous, Elite Woman who has her sh\*t together and can crush any boardroom or business meeting, but knows how to mix in a little fun, flirtation, and pleasure to her high-profile schedule.

## *Time Management*

Another key strategy for balancing your career and dating life is effective time management. You may find it helpful to create a schedule or a routine that allows you to allocate time and energy to both areas of your life. This may involve being more intentional about how you spend your time, such as setting aside specific blocks of time for work and for dating, and minimizing distractions when you are focused on one or the other. The Elite Woman uses her precious time wisely, so she isn't squeezing just anyone into her life. She has prioritized herself and set her luxury standards, so the caliber of people she makes time for need to meet her level. And there is absolutely nothing wrong with being selective of your time & energy.

## *Communication with Partners*

Effective communication is also essential when it comes to balancing your career and dating life. You may find it helpful to be upfront with your partners about your career and your time constraints. This can help manage expectations and ensure that your partners understand your priorities and are willing to work with you to find a balance that works for both of you. It's also incredibly sexy and attractive to continue putting yourself first, and not becoming too available when you are first dating. There's something mysterious and alluring about a woman who has a lot going on, a high caliber man is willing to wait because he'll sense that she's worth it. This also exudes confidence and high self-esteem to have boundaries and limitations around your time; on the flipside making yourself available to their beck and call makes you appear desperate and disposable. The Elite Woman does not sit around and wait for nobody.

## *Tips and Strategies for Navigating Career and Dating*

Here are some additional tips and strategies for finding balance as an elite woman:

1. **Be intentional about your dating life:** If you are serious about finding a partner, it is important to be intentional about your dating life. This may mean being proactive about meeting new people, joining dating apps or services, and being open to new experiences.
2. **Maximize your free time:** When you do have free time, make the most of it. This may mean planning dates or other activities in advance, so that you can make the most of the time you have. Choose to spend your spare time doing things that feel fun, joyful, pleasurable, exciting and expansive. Cut out any energy draining activities or people.
3. **Prioritize self-care:** Balancing a successful career and a dating life can be stressful. It is essential to prioritize self-care and make time for activities that help you recharge and stay balanced. An Elite Woman fills up her own cup first.
4. **Be open to different types of relationships:** Not every relationship will look the same, and that's okay. You may find that you are better suited to a casual relationship or a long-distance relationship, depending on your career and lifestyle.

By following these tips and strategies, you can find the balance you need to succeed in both your career and your dating life as an Elite Woman who puts herself on the pedestal.

## CHAPTER 3

# JOURNAL PROMPTS & CHECKLIST

1. How do you currently balance your career and your dating life? What strategies have worked for you in the past?
2. What are your biggest challenges when it comes to balancing your career and dating life? How can you overcome these challenges?
3. How can you communicate your priorities and time constraints effectively to your partners? How can you ensure that your partners understand and respect your career goals and ambitions?
4. What self-care activities do you enjoy, and how can you prioritize them in your busy schedule?

### ACCOUNTABILITY CHECKLIST

- Prioritize your career and personal goals
- Schedule time for dating and social activities
- Communicate your needs and schedule with potential partners
- Seek out partners who are supportive of your career goals
- Be flexible and adaptable in your dating approach



## Chapter 4

# Drawing the Line: How High-Achieving Women Can Set Healthy Boundaries in Romantic Relationships

As a high-achieving woman, you are likely used to taking charge and making things happen in your professional life. However, when it comes to your personal relationships, you may find it challenging to set boundaries and communicate your needs effectively. Building healthy relationships requires setting boundaries, communicating them clearly, and enforcing them when they are crossed.

### *Setting Your Boundaries*

Setting boundaries is a crucial aspect of empowered dating. Boundaries are a way of communicating what you need and want in a relationship, and they help you establish what is acceptable and what is not. When you set clear and healthy boundaries, you are showing respect for yourself and others, and creating a safe and supportive environment for your relationships to flourish.

One important thing to keep in mind when setting boundaries is that they are not static. They may change over time as you learn more about yourself and what you need in a relationship. It's important to regularly check in with yourself and make adjustments to your boundaries as needed.

It's also important to listen to your intuition when it comes to setting boundaries. You may have a gut feeling about a situation or person that tells you something is not right, and it's important to honor that feeling and set a boundary accordingly. Trusting your intuition is a powerful tool for staying safe and healthy in your relationships.

### *Communicating Boundaries Clearly*

Effective communication is essential to creating and maintaining healthy relationships, but it's not always easy to navigate. When it comes to empowered dating, setting clear communication boundaries is a key component to establishing and maintaining a strong sense of self-respect and mutual understanding.

This means being open and honest with your partner about your needs and expectations, and being willing to listen and understand their needs as well. It also means taking the time to check in with yourself regularly and reflect on how you are feeling, so that you can communicate clearly and authentically.

When you establish communication boundaries in your dating life, you're creating a space for mutual respect, honesty, and authenticity. This can help you build strong, healthy, and fulfilling relationships that are built on a foundation of trust and mutual understanding.

Remember that setting communication boundaries doesn't mean shutting down or closing off. It's about creating a space where you feel safe and comfortable expressing yourself, while also being open to hearing your partner's perspective.

So if you're looking to empower your dating life, start by setting clear communication boundaries that work for you. By doing so, you'll be taking an important step towards building the kind of healthy and fulfilling relationships that you deserve.

### *Enforcing Boundaries*

Setting boundaries is a great start, but it's equally important to enforce them to protect yourself and maintain your self-respect. When you encounter someone who tries to push past your boundaries, it's important to be firm and assertive in communicating your limits. This may be uncomfortable at first, but it's an essential step in building healthy and respectful relationships.

Enforcing your boundaries can also help you identify red flags in potential partners. If someone consistently ignores or disrespects your boundaries, it may be a sign that they are not a good match for you. Remember that you have the right to say no and the right to walk away from any situation that makes you uncomfortable.

It's also important to recognize that enforcing boundaries may result in some pushback or resistance from others. Stay strong and remind yourself that you are worthy of respect and deserving of healthy relationships. By staying true to your boundaries and enforcing them, you will attract partners who respect and honor you for who you are.

## *Tips and Strategies for Setting Boundaries*

Here are some additional tips and strategies for setting healthy boundaries in your romantic relationships:

1. **Be assertive:** Setting boundaries requires assertiveness. Don't be afraid to speak up for what you need and expect in the relationship.
2. **Be consistent:** Consistency is key when it comes to enforcing boundaries. If you let your partner cross a boundary once, they may do it again.
3. **Seek support:** If you are struggling to set or enforce boundaries, seek support from friends, family, or a mentor.

By setting healthy boundaries in your romantic relationships, you can protect your personal values and priorities, build trust and respect with your partner, and create a foundation for a fulfilling and long-lasting relationship.

## CHAPTER 4

# JOURNAL PROMPTS & CHECKLIST

1. What personal values and priorities are most important to you in a relationship? What boundaries do you need to set to protect these values?
2. How do you currently communicate your boundaries to your partners? Do you find it challenging to assert yourself in your relationships?
3. Have you ever had a partner cross a boundary? How did you respond? What did you learn from the experience?
4. What support systems do you have in place to help you set and enforce healthy boundaries in your relationships? How can you leverage these systems to help you build stronger and more fulfilling relationships?

### ACCOUNTABILITY CHECKLIST

- Identify your personal values and priorities
- Communicate your boundaries clearly and assertively
- Enforce your boundaries when they are crossed
- Practice self-care to maintain your boundaries
- Evaluate your relationships to ensure they align with your boundaries



## Chapter 5

# Mastering Communication for High-Achieving Women

Effective communication is a critical component of building successful relationships, but it can be particularly challenging for high-achieving women who are used to being in control. In this chapter, we will explore strategies for communicating in a way that is assertive, respectful, and effective.

### *The Importance of Communication*

In empowered dating, effective communication is essential to building strong and healthy relationships. It involves being honest and direct about your feelings, needs, and expectations, while also actively listening to your partner's perspective. This kind of communication creates a foundation of trust, respect, and emotional safety, which are key to any successful relationship, and this isn't just in romantic dynamics either.

Clear communication helps establish and enforce healthy boundaries, preventing misunderstandings and potential conflicts. It also enables you and your partner (and this refers to any stage of the dating journey, not just long-term partnerships) to work through any issues or challenges that arise, instead of avoiding them or letting them fester.

Communication is not just about talking, but also about active listening and being open to feedback. It requires vulnerability and a willingness to express your emotions, even if they are uncomfortable or challenging. A lot can be conveyed from our nonverbal communication as well, so be mindful of how you are energetically communicating even if there isn't anything being said. An Elite Woman does not withhold or give the cold shoulder or the silent treatment. These are low-value behaviours that need to be cleaned up if you have a tendency to engage in them.

### *Active Listening*

One of the key elements of effective communication is active listening. Active listening means being fully present and engaged in the conversation, rather than just waiting for your turn to talk. To practice active listening, try to:

- Focus on the speaker: Make eye contact, nod your head, and show that you are paying attention.
- Avoid interrupting: Let the speaker finish their thoughts before responding.
- Clarify: If you are unsure about something the speaker said, ask for clarification.
- Paraphrase: Summarize what the speaker said in your own words to ensure you understood correctly.

### *Conflict Resolution*

No matter how well you communicate, conflicts will arise in any relationship. The key is to approach conflicts with a mindset of resolution, rather than winning or losing.

Here are some tips for conflict resolution:

- **Stay calm:** Take a deep breath and try to stay calm, even if you feel upset or frustrated.
- **Use "I" statements:** Instead of accusing the other person, express how you feel using "I" statements.
- **Seek to understand:** Try to see the situation from the other person's perspective and ask them to do the same for you.
- **Find common ground:** Look for areas of agreement and work together to find a resolution that works for both of you.

### *Assertiveness*

Being assertive means standing up for yourself and expressing your needs and wants in a clear and direct way. For high-achieving women, who may be used to putting others' needs ahead of their own, assertiveness can be challenging. However, learning to be assertive can help you build stronger relationships and avoid resentment.

Here are some tips for being assertive:

- **Be clear:** State your needs and wants clearly and directly.
- **Use "I" statements:** Express how you feel using "I" statements.
- **Set boundaries:** Let others know what is and is not acceptable behavior.
- **Practice saying "no":** Learn to say no when you need to, without feeling guilty or selfish.

## CHAPTER 5

# JOURNAL PROMPTS & CHECKLIST

1. Think about a time when you had a difficult conversation with someone. How could you have practiced active listening during that conversation? What could you have done differently to improve the communication?
2. Reflect on a conflict you have experienced in a past relationship. How did you approach the conflict? Were there any strategies you used that were particularly effective? Were there any strategies you could have used that might have been more helpful?
3. Consider a situation where you have struggled to be assertive. What were the reasons for your difficulty? What steps can you take to practice being more assertive in the future?

### ACCOUNTABILITY CHECKLIST

- Practice active listening and empathy in conversations
- Use "I" statements to express your feelings and needs
- Address conflict in a calm and respectful manner
- Practice assertiveness to stand up for your needs and boundaries
- Check in regularly with your partner to maintain open communication



## Chapter 6

# How High-Achieving Women Can Embrace Vulnerability to Build Stronger Relationships

High-achieving women often feel pressure to present a polished, invulnerable façade to the world. However, vulnerability can be a crucial factor in building strong, fulfilling relationships. In this chapter, we will explore the power of vulnerability and how high-achieving women can learn to embrace it in their dating lives.

### *Why Vulnerability Matters*

As a high-achieving woman, vulnerability may not come easily to you. You might be used to always being in control and showing only your strongest, most confident side to the world. However, vulnerability is a crucial ingredient in building strong and authentic relationships. When you allow yourself to be vulnerable, you open yourself up to the possibility of deeper connections and a more fulfilling dating life.

One reason why vulnerability matters in empowered dating is that it helps you cultivate trust with your partner. When you are vulnerable with someone, you are showing them that you trust them enough to reveal your true self. This can create a stronger emotional bond and a deeper sense of intimacy between the two of you.

Additionally, vulnerability can help you take emotional risks in dating. By putting yourself out there and revealing your true feelings, you are opening yourself up to the possibility of rejection or disappointment. However, the rewards of taking these risks can be significant - you may find that you are able to connect with potential partners on a deeper level, and that your relationships are more fulfilling as a result.

Embracing vulnerability can help you let go of the need for control in your dating life. When you are vulnerable, you are allowing yourself to be seen as you truly are, without trying to manipulate or control the situation. This can lead to more authentic, meaningful relationships that are based on mutual respect and understanding.

In empowered dating, it is important to remember that vulnerability is not a weakness - it is a strength. By embracing your vulnerability and allowing yourself to be seen, you are showing your potential partners that you are confident and secure in yourself, and that you are ready for a relationship that is based on authenticity and mutual respect.

### *Cultivating Trust*

Cultivating trust is essential in building any relationship, and especially when it comes to vulnerability in dating. Trust requires a sense of safety, and we can create that safety by being reliable, following through on commitments, and communicating openly and honestly. This means not only showing up when we say we will, but also being consistent in our words and actions, and being willing to listen and respond with empathy when our partner shares their feelings.

## *Taking Emotional Risks*

Taking emotional risks can be scary, but it's an essential part of building intimacy and connection. High-achieving women are often used to being in control and taking calculated risks in their professional lives, but in dating, it can be easy to hold back and avoid taking emotional risks for fear of rejection or vulnerability. However, by expressing our feelings honestly and openly, we create opportunities for deeper connection and understanding with our partners. We can start by practicing vulnerability with small, low-stakes disclosures, and gradually build up to sharing more vulnerable parts of ourselves.

## *Letting Go of Control*

Letting go of control can be a challenging process, especially for high-achieving women who are used to being in charge. However, in dating and relationships, it's important to remember that we cannot control everything. Trying to control every aspect of a relationship can create an unbalanced power dynamic, and can actually hinder the intimacy and connection we're seeking. By embracing vulnerability and learning to let go of control, we create space for our partners to show up and share themselves authentically, which can lead to deeper connection and intimacy. This requires learning to trust ourselves, our partners, and the process of building a relationship, even when it feels uncomfortable or uncertain.

## CHAPTER 6

# JOURNAL PROMPTS & CHECKLIST

1. What fears or beliefs do I have about vulnerability? How might these be holding me back in my relationships?
2. When have I felt most connected to a partner or friend? What about that experience made it feel so special?
3. What are some ways that I can practice being more vulnerable in my relationships? What might be some of the risks and benefits of doing so?
4. In what ways do I try to control my relationships? How might this be impacting my ability to connect with others?
5. What steps can I take to let go of control and cultivate greater intimacy in my relationships? What might be some challenges I could face along the way?

### ACCOUNTABILITY CHECKLIST

- Recognize the benefits of vulnerability in relationships
- Identify the areas where you struggle with vulnerability
- Practice self-compassion and positive self-talk
- Take emotional risks to build deeper connections
- Practice letting go of control and being present in the moment



## Chapter 7

# Elevating Your Dating Standards as a Successful Woman

As a successful and high-achieving woman, you have worked hard to establish a life of luxury and high standards in all aspects of your life. But when it comes to dating, it can be challenging to find partners who share your values and lifestyle. In this chapter, we will explore the importance of elevating your dating standards and provide tips for navigating the dating world as a successful woman.

The first step in elevating your dating standards is to define what luxury means to you. Is it about dining at the finest restaurants, traveling to exotic locations, or owning designer clothing and accessories? Or is it more about experiences, such as attending high-end events or engaging in intellectual conversations with like-minded individuals? Whatever it may be, it's important to identify your personal definition of luxury and ensure that your dating experiences align with it.

Next, it's important to identify the traits and characteristics you seek in a high-caliber partner. This may include traits such as ambition, intelligence, financial stability, shared interests, and values. Be clear about what you want in a partner and communicate those expectations with potential partners.

Creating a dating strategy that aligns with your lifestyle and values is also crucial. Consider using high-end dating services or attending events that cater to successful professionals. You may also want to limit your dating pool to those who share similar values and lifestyles.

Communicating your standards and expectations with potential partners is essential. Set boundaries and express your values and priorities. Have open and honest conversations about what you want in a relationship and what you are willing to compromise on. This will attract partners who are aligned with your values and are looking for the same level of luxury and high-caliber standards that you are.

Approach dating with a sense of confidence and self-assuredness. As a successful high-achieving woman, you have accomplished a great deal in your life and have much to offer in a relationship. Recognize your own value and worthiness of a partner who meets your standards.

By elevating your dating standards, you can attract partners who share your values and lifestyle, and create a relationship that aligns with your personal definition of luxury. Remember, you have earned the right to expect the best in all aspects of your life, including your dating life.

# CHAPTER 7

## JOURNAL PROMPTS & CHECKLIST

1. What does luxury mean to you in your dating life? How can you ensure that your dating experiences align with your personal definition of luxury?
2. What are the traits and characteristics you seek in a high-caliber partner? How can you communicate those expectations with potential partners?
3. How can you create a dating strategy that aligns with your lifestyle and values? Are there any changes you need to make to your dating approach to ensure it aligns with your high-caliber standards?
4. How do you communicate your standards and expectations with potential partners? What boundaries do you need to set to ensure that your dating experiences align with your values and priorities?
5. How can you approach dating with a sense of confidence and self-assuredness? How can you recognize your own value and worthiness of a partner who meets your standards?

### ACCOUNTABILITY CHECKLIST

- Define what luxury means to you in the context of dating
- Identify the traits and characteristics you seek in a high-caliber partner
- Create a dating strategy that aligns with your lifestyle and values
- Communicate your standards and expectations with potential partners
- Evaluate potential partners based on their alignment with your values and goals



## Chapter 8

# Sacred Single Era, Honouring Yourself Fully For Yourself

The Sacred Single Era is a time in a person's life when they prioritize themselves and their personal growth. It is a time to reflect, heal, and learn to love and appreciate oneself fully. This era is not a "forever" thing, nor is it the same as the single white female energy that is often portrayed in the media.

Contrary to popular belief, the Sacred Single Era is not about focusing on oneself with the hopes of winning an ex back or finding a new partner. It is not about going out with the "single ladies" with the hopes of meeting someone new.

Instead, the Sacred Single Era is a decision to honor oneself fully, for oneself. It is about listening to what feels best for you, staying in or going out on your own terms, and removing distractions from dating apps so that you can begin validating yourself.

During this era, it is important to take the time to reflect on past relationships and learn from them. One should take the opportunity to heal from any past wounds and let go of any emotional baggage that may be holding them back from achieving their goals and finding love in the future.

The Sacred Single Era is about discovering and embracing one's true self, and letting go of any external influences that may have been shaping their self-image. It is about learning to love and appreciate oneself fully and authentically.

It is a time to focus on personal growth and to invest in oneself. This may mean pursuing new hobbies or interests, traveling, or simply taking the time to slow down and be present in the moment.

Ultimately, the Sacred Single Era is a time to learn to be content and fulfilled with oneself, without relying on the validation or approval of others. It is a time to learn to enjoy one's own company and to be comfortable with being alone.

The Sacred Single Era is a transformative and powerful time in a person's life. It is a time to prioritize oneself, to heal, and to grow. By investing in oneself during this era, one can set themselves up for a lifetime of happiness and fulfillment, both in relationships and in all other aspects of life.

We want you to step back from feeling jaded, defeated & disappointed to find the fun, fab & flirtation in your dating life again.

If this is a journey you feel ready to deepen, this is largely what we prioritize and focus on in the beginning of our empowered dating program: Hotline Bling (more in the next section).

## CHAPTER 8

# JOURNAL PROMPTS

1. What does it mean for me to "honour myself fully, for myself" during this time? What are some specific ways I can honour myself in this way?
2. What distractions or beliefs about dating and relationships am I ready to let go of during this Sacred Single Era? How might my life be different if I release these things?
3. In what ways have I grown or changed since the last time I was single? How can I embrace and celebrate these changes during this time?
4. What are some of my biggest fears or concerns about being single? How can I work through these fears and shift my perspective to see the positive aspects of this time?
5. What goals or dreams have I put on hold or neglected while in previous relationships? How can I use this Sacred Single Era to focus on my own growth and pursue these goals or dreams?



## NEXT STEPS

# Hotline Bling, Dialling Up Your Love Life as an Elite Woman

You may be wondering, “wow, this was jam-packed with value but now what?” If you feel like this sparked a deeper desire to go all the way with your empowered dating journey, you’ll want to keep reading. I know as a high-achieving woman myself, I am personally always interested in going the distance on my personal growth journey.

As a high-achieving woman, have you found that success in your professional life has come at the expense of your personal life? If so, the Hotline Bling program is the transformative experience you need to reprogram old patterns and limiting beliefs and heal from the inside out.

Hotline Bling is an intimate 1:1 program designed to help high-achieving women heal and release the subconscious programs that are keeping them from experiencing true soul love partnership. During the 2-month program, we'll work together to break through the patterns of behavior that may be holding you back from attracting the kind of love you truly desire.

It is the elite next step on your empowered dating journey.

One of the ways we do this is by identifying and addressing any generational or past life wounds that may be showing up in your relationships. By working to heal these deep-seated wounds, we can release the hold they have on you and allow you to move forward with greater clarity and openness to love.

Another important aspect of Hotline Bling is deepening your sense of self-worth, confidence, and self-esteem. Through a combination of practical tools and mindset work, we'll help you to overcome any limiting beliefs or negative self-talk that may be getting in the way of your ability to attract and sustain a loving, healthy relationship.

By bringing you into closer harmony with yourself and opening your heart center to receive love again, Hotline Bling is designed to help you feel empowered, confident, and ready to create the kind of partnership you truly desire. If you're ready to make a commitment to your own growth and transformation in this area, I encourage you to apply to work with me in this sacred, intimate container, to learn more about how Hotline Bling can help you achieve your love life goals.

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## Congrats on taking this powerful step towards your empowered dating journey!

To get the most out of The Elite Woman's Handbook for Empowered Dating, take your time to make notes, complete the journal prompts & hold yourself accountable using the checklists at the end of every chapter.

Enjoy this journey of empowered dating so that you can find the joy in your love life again!

If you want to know more or have questions, drop us an email using the link below!

[EMAIL US WITH QUESTIONS](#)