

# Ten Principles Of Conscious Dating

By David Steele, MA

- 1. Know who you are and what you want.**  
Like an iceberg, we are typically aware only of the tip, while our success and happiness depends upon what lies below the surface.
- 2. Learn how to get what you want.**  
Assess the information, tools, and skills you will need and acquire them. Develop creative strategies and action plans. "When you fail to plan, you plan to fail."
- 3. Be the "Chooser."**  
Take initiative and responsibility for your outcomes. Don't react to what, or who, chooses you. Seek to create what you want in your life.
- 4. Balance your heart with your head.**  
Make your relationship choices consciously. It's still exciting!
- 5. Be ready and available for commitment.**  
Live your life and bring your dating strategy into alignment with how ready you really are for a committed relationship.
- 6. Use the "Law Of Attraction."**  
Be the partner that you are seeking. Attract the partner that you want by developing yourself and living the life that you want. "If you build it, they will come."
- 7. Gain relationship knowledge and skills.**  
Prepare for the love of your life by learning about relationships, improving your relationship skills, and deepening your relationships with your family, friends, and colleagues. Date for fun and practice. Take more emotional risks. Read about relationships. Get relationship coaching. Take relationship classes and workshops.
- 8. Create a support community.**  
Isolated singles become lonely in their relationships when they focus on a partner to meet all their social and emotional needs.
- 9. Practice assertiveness.**  
To get what you really want, you need to say "No" to what you don't want.
- 10. Be a "Successful Single."**  
Don't put your life on hold waiting for a relationship to happen. Live your life vision and purpose while you are single. The best way to find your life partner is to be a happy, successful single person living the life that you really want.