



Top 3 Mistakes Midlife Daters Make

(& How to Turn Them Around to Find Love Now!)

by Sandy Weiner, founder of LastFirstDate.com

**** Are you over 40, unable to attract the LOVING RELATIONSHIP you long for?***

**** Do you REFUSE TO SETTLE for less than a true deep partnership with a passionate, loving MATURE PARTNER?***

**** Are you seeking a RELATIONSHIP with someone who shares your desire to continually learn and grow, and inspires you to become the best you can be?***

Congratulations for downloading my Free Guide. You're one step closer to attracting a loving partner. The good news is, he/she's really out there! Yes, that loving partner does exist. The problem is, you won't find (or recognize) him/her if you keep making the same dating and relationship mistakes.

That's why I created this guide. Today, you'll learn the #1 mistake midlife daters make. I've even included an exercise to help you turn that mistake around so you can be on your way to attract a healthy, loving relationship.

Mistake #1: You've given up on dating because of past heartbreak.

Do you look at relationships that didn't work out as failures? Maybe you had a painful divorce or a few heart-wrenching breakups. Do you feel that you'd rather be alone than have your heart broken again? I understand. Heartbreak can be devastating. But it doesn't have to keep you from dating.

Turnaround: The secret is to *change the way you view heartbreak*. Pain can be your best teacher. Your perspective on heartbreak is what matters most. So, please stop beating yourself up over what you should have, would have, or could have done to "save" a past relationship. It's equally damaging to put most of the blame on your partner for not pulling his/her weight in that relationship.

There are more positive, productive ways to see the so-called "failure" of breakups and divorces. My belief is that every person and experience is in your life to teach you something. So, it's not about failing. It's about learning from your "teachers". Dating and relationship *mistakes* can be transformed into making better choices in the future.

Don't shut your heart down after a relationship doesn't work out. Deep down, you want a healthy loving relationship, right? Instead of guarding your heart from pain, learn more *effective* ways to date and be in relationship. Learn from each past relationship, and apply those lessons to future relationships.

Exercise: Journal about your past significant relationships. Look for patterns you keep repeating so you can learn more about yourself. For each of your former partners, ask yourself, "What am I meant to learn from this person? What can I do differently to have more success with the next person in my life?" When you're done, write a "thank you letter" to your ex for all that he/she has done to help you become better at dating and relationships. (Don't actually send it. You've moved on. This is just for you.)

Stay tuned for mistake #2. Can you guess what it is? Look for it in your inbox tomorrow.

If you want more mature dating/relationship tips and tools, let's stay connected!

“Like” my [Facebook](http://facebook.com/lastfirstdate) page (<http://facebook.com/lastfirstdate>) for radio show updates, the latest articles, and special offers. Connect with me on [Twitter](http://twitter.com/lastfirstdate1) (<http://twitter.com/lastfirstdate1>). Subscribe to my blog (<http://lastfirstdate.com/blog2>) where you can learn even more about how to achieve dating success after 40. “See” you tomorrow!

xoxo

A handwritten signature in cursive script that reads "Sandy". The letter "S" is large and loops around the "andy" part of the name.