



LastFirstDate.com

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## **Last First Date Inner Circle** **Call Transcript**

### **Where Are All the Great Men?**

Hi everyone! This is Sandy Weiner, and I want to welcome you all to the Last First Date Inner Circle Call. The topic for tonight is "Where are all the great men?" I'm so glad you're all here with me tonight. You're in for a fun and informative call, so fasten your seat belts. Here we go...

Single women over 40 often complain that there are no great men. It seems like every good guy is either married or gay or lives 5,000 miles away, right? Well, I have news for you. It's not as bleak as you might think. There are truly great men and they don't live far away and they're not married or gay. They live near you and they are out there. You just need to know how to find them. And that's what I'm here to help you do tonight.

But before we discuss where to find these wonderful men, let's talk about how prepared you are to meet them. Are you crystal clear about the kind of partner you really want and what the relationship of your dreams might look like? Without that clarity, you probably won't even recognize your

true partner if you met him. In previous calls, I've discussed how to make the right type of list that outlines what you need in a relationship and how you'd like to feel with a man. Make sure you have those steps taken care of before you go on another date. I've posted a link to that recording on the Facebook private forum. (Only available to members of the Inner Circle).

Another part of preparing for that great guy to come into your life is clearing your emotional blocks to love. For example, I'm an introvert. For most of my life, I've been quite reserved. I wasn't the life of the party. In fact, I stayed away from most parties. The loud noise overloaded my senses and I hated the idea of feeling like I was on display. Those parties made me feel objectified as I was checked out by the guys, assessing whether I was pretty enough, smart enough, sexy enough to ask out. I was insecure and afraid of rejection, so I usually kept quiet in new social situations. I was uncomfortable flirting with men I didn't know. It felt awkward and overtly sexual and fake to me. I preferred meeting men organically at a dinner party or being introduced by friends. I loved the one-on-one intimate conversations on a date, not screaming over the music, making small talk at a noisy party.

When I was ready to date after my divorce, I realized that I'd never meet men unless I got over my fear of rejection, my discomfort with being in new social situations, and my low self esteem, that feeling that I wasn't enough. I did a lot of inner work, and eventually became more confident. I learned that I was the chooser, not the one hoping to be chosen. I pushed myself way out of my comfort zone and met men in new social situations. I went to parties and meetups (<http://meetup.com>). I signed up for several online dating sites even though they made me very uncomfortable.

Whether you're innately shy or outgoing, it's important to get out of your comfort zone and get social. According to

dating coach Rachel Greenwald, the number one 4-letter word in dating is H.O.M.E. Leave your home as often as you can. You're not going to meet that great guy while you're sitting on your couch watching four seasons of Orange is the New Black or Mad Men on Netflix.

After you've shifted your mindset and worked on your fears, it's time to get out and meet those great guys. Here are my top ten ways to find great men.

## **Top ten ways to find great men**

- 1. Find him on Facebook.** Rachel Greenwald, author of "Have Him at Hello", suggests that you scroll through your Facebook friends' posts and play a game called, "I spy a cute guy". If you find a friend of a friend who posted something clever or interesting and he intrigues you, ask your friend if he's single. If he is, ask for an introduction. Greenwald says, "Because Facebook isn't a dating site, the pressure is off. You can get to know each other first as friends and go from there."

I also love Facebook groups for singles. I've sent you a chapter about how to find Facebook groups for singles near wherever you live, men and women who share your common interests. I suggest you follow the how-to in this week's support materials. These groups are wonderful. You'll see many of the same faces you've seen on the online dating sites, but now they are not static profiles. They are live people who comment on posts, and you can learn about their political beliefs, their likes and dislikes, and how they interact with women. So much great information about a man, and it's FREE! If you like a guy in a group, you can comment on his post or send him a friend request. Go for it!

**2. Become more interesting.** If you're not already keeping up with what's going on in the world, make it a daily practice. But don't just read the popular newspapers like the New York Times and the Wall Street Journal. Subscribe to online sites that keep you up to date with the latest trends in technology, design, and culture. For example, you can sign up to receive daily or weekly TED or TEDx talks and fill your brain with inspiring speeches. The more you know, the easier it is to strike up a conversation with a new man anywhere and anytime. The more interesting you are, the more remarkable your match will be.

**3. Get comfortable doing activities by yourself.** Men are much more likely to approach you if you go out by yourself rather than hanging out with a group of your girlfriends everywhere you go. Men can be put off by a gaggle of women. Many find it to be too much work to try and break into the pack. When you are by yourself and you seem content, you will be much more approachable. If you go to a restaurant, make sure to keep your headphones out of your ears. You can bring a book, but make sure to look up every so often and make eye contact with the cute guys. Sit at the sushi bar alone, go to Starbucks with your laptop and a latte, or take your dog (or a friend's dog – I'm not kidding – dogs are a man magnet) for a walk. Just make sure to smile at the men you see. Even if they're not single, be open to saying hello and maybe having a conversation. You have nothing to lose and everything to gain by making new connections anywhere you go.

**4. Say yes.** If you're feeling exhausted after a long day at work, it can be tempting to stay home and watch TV or catch up on emails rather than go on a date with someone who doesn't seem like your ideal match. If he has some of your must-haves, go out with him anyway. You never know. So many women who

weren't so interested in a man fell for him on the third date. If they hadn't said yes to that third date, they'd still be single. Some guys don't reveal their true personality until they're more comfortable with you. So if a guy seems interesting but the chemistry isn't there right away, say yes to another date. Don't rule him out until you have reason to. If he's sweet but not that exciting, give him a chance. He just might surprise you.

**5. Recycle your dates.** If a guy is not right for you but he's a good man, think of a friend he might be good for. I've set up many of my friends with guys who were not right for me. Your friends might return the favor some day, and that guy just might be your perfect match.

**6. Get active.** Join a softball team, a volleyball league, or a golf club. There are meetups ([meetup.com](http://meetup.com)) for hiking, biking, kayaking, caving, and just about any sport you like or always wanted to try. Getting active is a great way to meet athletic, fun-loving men. It's also very low pressure. Unlike a blind date with a stranger you've met online, meeting someone through shared activities doesn't feel as awkward. You might even make some new girlfriends. And they might introduce you to their guy friends. I have a client who met her husband through a woman she met at a hiking meetup. Keep yourself open to all possibilities.

**7. Go to guy hangouts.** I hate to stereotype, but most men love steak and beer. So it's only logical that if you go to a steak restaurant for lunch or dinner, you're going to meet a lot of men. If you're in line at Chipotle, ask a guy for help in deciding what to order. Men love to problem-solve, so this is a great way to engage him in a conversation and make him feel important.

**8. Make more female friends.** May sound counterintuitive, but when you walk into a party, instead of scanning the room for a good-looking man, look for an interesting woman. Find the most outgoing woman at the party and engage in a conversation with her. Rachel Greenwald says get to know her and invite her out for coffee. Chances are if you were drawn to her, she'll have a lot of friends – including men – who were drawn to the same qualities that made you interested in getting to know her. Greenwald says, "Women are natural matchmakers and ultimately, coffee with an outgoing girl can be a fabulous gateway to a great guy".

**9. Go grocery shopping.** Change your grocery-shopping schedule and go shopping when men shop most often, after work between 5-7 PM. Find the guy who's shopping for one; 2 potatoes, a steak, and a six-pack of beer. Engage him in a conversation about how he prepares his steak. The grocery store is filled with single eligible men. You probably walk by many of them every time you shop. If you consciously keep a lookout for single men the next time you shop, you might meet your Mr. Right in the produce aisle.

**10. Smile and say hello.** Make sure you make eye contact, smile, and say hello to at least 3-4 men every time you're out. That was your weekly exercise. It's easy to do, and will engage you with men every day. I hope you've been practicing.

As you can see, these 10 tips are not hard to do. You don't have to have plastic surgery, lost 20 pounds, or travel great distances to find your guy. Good men are everywhere. You might need to ditch your idea of your perfect type, the kind

of man you've always been attracted to. If those men haven't worked out for you up until now, they are not the right guys for you. Adapt a new attitude about who's right for you, give men with your must-haves a second or third chance, and try some new things. Love is about taking risks, so get out of your comfort zone, open your heart, and let love in.

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