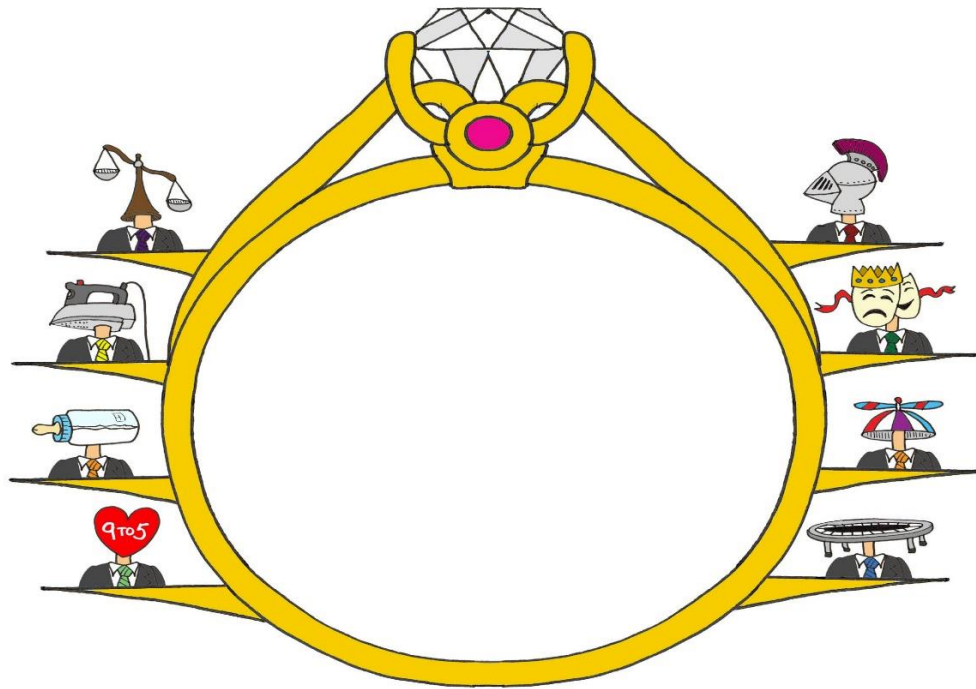


Is He Mr. Right...Or Mr. Right Now?

Consciously Create Your Love Story

Give yourself the freedom to re-imagine love relationships. Come with me as I take you through my journey of self-discovery and self-development from unconsciously creating my love story to more consciously creating the love and partnership perfect for me.

The introspection questions posed at the end of each chapter may open new thinking and love pathways for you too. My journey involves 9 marriage proposals and my soul's continued evolution catalyzed by being in relationship with each of these men.



From Bottom Left Clockwise

Mr. Office Romance, Mr. Mom, Mr. Iron Man, Mr. False Witness

Mr. Knight in Shining Armor, Mr. Drama King, Mr. Childlike, Mr. Rebound

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Chapter 1

Gold Medal in Love



I have had nine, yes **nine**, men, propose marriage to me, and I have been with my divine partner for 16 years now.

I have learned through love, I have loved a lot, and I have heartfelt, insightful, and entertaining stories to share.

Although I may not have been completely aware of or appreciated all nine men's contributions to my life while we were in a relationship together, with introspection I have come to realize how each one has made their distinct mark on my love story. In my opinion, each one of them has been a beloved soul mate, each one of them stimulating my soul's expansion in their own unique way. From one soul mate to the next, I learned how to love myself and stand in my power.

As I looked back and reflected on my relationship journey, I wondered how I could have better determined whether the man I was with was **Mr. Right**. Perhaps I ought to have considered him to be **Mr. Right Now**, until proven otherwise. Some men I dated had qualities that were Mr. Right material and after asking more questions and experiencing more togetherness, they ended up being a Mr. Right Now. I pondered the questions I could have asked my potential Mr.

Rights so that I could more clearly see how they were going to contribute to the continuous growth and expansion of our relationship and themselves.

I contemplated what I could have seen more clearly to determine if he was only to be in my life for a season, becoming my Mr. Right Now, so I could just enjoy the relationship for what it was and not waste my time trying to make it be what it wasn't. It was far more important to me to have the relationship be of substance than it was to force it into some form (exclusive dating, committed living together, married) that would ultimately become untenable. I questioned what my basis was for determining whether he was **Mr. Right or Mr. Right Now**. Were my choices clearly my choices—or were my choices heavily influenced by a family member or an unconscious belief I picked up along the way?

With no real examples of strong partner relationships to learn from or any idea how to go about creating what I knew in my heart of hearts was possible for a romantic partnership, I chose to go a road less traveled, learning on my own. I have come to call that journey **getting my Gold Medal in Love**. Even if I had grown up witnessing positive role models of a marital partnership, it would not have guaranteed my marital success. Last I checked, being born, or adopted into a family with loving parents does not genetically transfer to the children and ensure their perfect partnership experiences.

Did you know that there are almost 4 billion men on the planet? That fun fact was confirmed by the United Nations back in 2019. Almost 4 billion men that we ladies could possibly meet, get to know, or date. Who in their right mind limited women to only one?

How did it get into my mindset that there was only one Prince Charming for me, forever?

What solidified my thinking that I could only have one husband, during my entire lifetime, then game over if that one marriage does not work out?

Who suggested there was only one soul mate out there for me? (Oh, the pressure!)

What happens to me should I choose to deviate from these social norms and precepts created by someone or something else? What would be waiting for me on the other side? On the other side, would I experience shame, judgement, criticism, family abandonment, or freedom, growth, and a love that was a match for me?

I wondered if I was potentially limiting my own personal evolution by thinking that I must commit to one person for the entirety of my lifetime. Has the progress of my individual growth and development been stymied by the fact that I assumed my family **influencers** beliefs? Have the **influences** of religious doctrines, ethnic customs, the media, or governmental campaigns and tax benefits, boxed me into a narrow lane or have each of those influences supported me in full self-expression inside and outside of my relationships?

There are many religious, cultural, and family belief systems about the way that we, as women, should or should not be in our relationships with men. Like other women, I was influenced by various family members' choices and experiences, religious beliefs, societal norms, and customs. However, when I was growing up and dating, I was not *aware of or conscious of* the key family influencers that played a part in my "choices" in men, nor was I *aware of or conscious of* the many influences that impacted how I conducted myself in my love relationships. Consequently, my love story was more formed by those Influencers and Influences than I realized at the time.

Like many in my generation and perhaps generations to follow, I was not the beneficiary of a relationship course curriculum, training program, or relationship coach in school or at home. I did not grow up in a fairy-tale family with a mom and dad who knew exactly how to co-create a strong collaborative mutually supportive partnership. ***More importantly, I was not cognizant of how much my thinking and beliefs determined my relationship choices and actions that produced my love story results and outcomes.***

Why a Gold Medal in Love?

The relationship road is riddled with shoulds and should nots. You should do this, and you should not do that. Whether the shoulds and should nots come from family members, religious text, friends, society, the media, self-doubt, or the judgment in your own head, any one of them or all of them can stop you from having and experiencing your love story to the fullest.

I remember very clearly the specific painful moments of religious judgment I have encountered from those closest to me surrounding my choices to either marry or divorce. I remember thinking to myself, *I wonder if I were an Olympic athlete working to win a gold medal in a specific sport, would they judge me each time I practiced the sport or lost an event? Would they judge me for picking myself up, going for it again, and not quitting on my dream of going for the gold? Or would they keep cheering me on encouraging me to get back up and try again until I succeeded at what I wanted to win and experience for my life?*

If I were an Olympic athlete, most likely my training would take four to eight years of intense running, swimming, and cycling for five to six hours every day. In addition, I would have the benefit of a coach who was positive, focused, knowledgeable, observant, patient, and a good communicator, providing me with feedback along the way so that I could improve my game to such a level that I could win a gold medal in my sport of choice.

My internal commitment to experiencing a co-created, strong, mutually supportive partnership led me to examine my thinking and beliefs, which allowed me to gain greater insight, led me to make life-changing decisions, and enabled me to expand my ability to love unconditionally along the relationship road stretching myself toward obtaining a gold medal in the Game of Love.

My commitment required me to never give up on having what I believed to be right for me, regardless of what anyone else believed I should think, say, or do. It required me to reflect and gain insight into where I may have created my love relationships unconsciously. It allowed me to decipher and obtain greater clarity surrounding my preferences in men, and eventually, more consciously create a love partnership that was perfect for me.

