

5 Ways To Better Your Dating Life Through Lifestyle

By David Wygant

Have you tried every approach, technique and method out there to meet members of the opposite sex without success? Consider that your mechanics may not be the problem. Meeting someone is not just about memorizing approaches or methodologies. That's only part of the equation.

Think for a second about the kind of people to whom you are attracted. Most people are attracted to people who are positive, energetic and interesting. Now think about what type of person you are right now. Are you that positive, energetic and interesting person I just described, or are you someone who is miserable and angry because you can't meet someone?

Being the kind of person who is attractive to the opposite sex starts with creating an amazing lifestyle for yourself. Doing this not only will make you feel great, but attract amazing people into your life. So here are five tips to help you create an amazing lifestyle for yourself . . . and by extension a better dating life for yourself as well.

1. **Reevaluate Your Work Environment:** One of the first (and most important) things you need to do to create an amazing lifestyle is to take a very critical eye to your current work environment. If your work environment is toxic and causing you to be miserable, then it's time to reevaluate whether whether you are staying there because you are comfortable and don't want to have to push your own boundaries. If you stay in a work environment that makes you miserable and angry, then understand that miserable and angry is what you are going to project to everyone around you (whether you intend to or not), including to the people you have been trying to attract.
2. **Do The Things You Love:** So many people go to places they don't enjoy being at all, but to which they believe they "should" go to meet somebody. The reason you have trouble making conversation with people in a bar (or any place you don't enjoy being) is because you have to manufacture conversations instead of just talking about what's already interesting to you. Instead, pick five things YOU are either already interested in or about which you would like to learn, and go to these places to meet people. When you go to places that interest you, you'll already have things to talk about and will naturally bond with people.
3. **Be Open:** Be open to anything and everything each day can bring you. Talk to everyone. Don't only be friendly to someone you find attractive. You never know if that person you spoke to whom you didn't find attractive may have a friend with whom you might end up totally connecting. People who are open to whatever presents itself to them always meet people. Remember that every connection you make with someone leads to another, and you never know what (or who) that next connection might bring into your life.
4. **Find Your Inner Child:** A big part of being attractive to the opposite sex is being approachable. That means when you go anywhere, don't just "show up." You need to embrace the moment and approach everything with a child-like enthusiasm. Smile, talk to people, be curious, ask questions and enjoy yourself. If you're too serious when you try to meet someone, then you're not having fun and that is not attractive. Life is about having fun just like you did when you were a kid.
5. **Use The Law Of Attraction:** We will always attract into our lives what we project. So if you're

angry, you are going to attract angry people. If you walk around in life having fun, having casual conversations and enjoying every step of the journey – even if you're just running an errand to the market – you are going to attract great people into your life. People are attracted to people having a good time and who are enjoying their life. No one wants to hang out with a person who is pouting, folding their arms and looking miserable.

Creating a lifestyle is all about learning to genuinely enjoy your life every day. Do things that you love and enjoy them. Embrace every single moment. Why continue to chase after people you want to meet when you can start attracting them? Create an amazing lifestyle and be passionate about the things you do, and you WILL start attracting the opposite sex.