

30 tips for how to become a Woman of Value, live your most vibrant life, and attract in the man of your dreams!

by Sandy Weiner, dating coach for women over 40 Founder of Last First Date

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#### Introduction

In August, 2007, I got divorced and my life totally transformed. I don't recognize the woman I used to be before I left my husband---in a good way!

I had been married 23 years to a man who was wrong for me. Wow. 23 years! That's a really long time to be in the wrong relationship.

#### From the outside, my life looked amazing.

My husband was a comedian, and everyone thought we had the most fun-filled life. We wrote comedy together and created a children's television show that ran for three years on one of the biggest cable networks. I helped him edit his pilot projects. I designed his sets. I was always available to help him build his career.

#### But that's not all...

I took care of our four kids, cooked, cleaned, and volunteered at our school and synagogue. I did it all—without much babysitting or cleaning help. I made doctor's appointments and took care of the kids and house. If you're a mom, you're probably nodding your head right now. It's amazing how much moms do.

Oh, and I also squeezed in my part-time business as an artist—whimsically painting furniture and murals, and creating ceramic objects of art.

#### To the outside world, it looked like I was living a wonderful life.

And in many ways, I was. It was exciting co-creating a national TV show! But inside, I was slowly dying. I often felt like I was sleep-

walking through my life. I was numb and overworked, but my husband told me we couldn't afford help. So, I did everything myself. I was exhausted. But I'm not a quitter. So I kept on doing what I needed to do to survive.

#### My marriage was crumbling every day.

My husband and I were disconnected. We were like two ships passing in the night, barely talking. Anytime there was a conflict and I wanted to work things out, he'd shut me down and walk away.

He was jealous whenever I spoke to other men. He tried to control what I said to others, the friends I chose, and the clothes I wore.

#### I didn't feel valued or seen in my marriage.

But, like I said, I am not a quitter. I wanted this marriage to work. So, I kept on trying to get through to him, to work things out. And he kept on dismissing me.

#### I felt stifled, small, and silenced.

And then I had a wakeup call. A good friend dropped a truth bomb. She saw how I was suffering, and told me that I was only living a small percentage of my potential. She was right. And I'd never be able to thrive if I stayed in this marriage. I had to leave to save myself.

#### After 23 years, I finally had the courage to leave.

It wasn't easy. I didn't leave because I fell in love with another man. I didn't leave because I was financially secure. I left because life is short, because I wanted to live 'full out', to stop playing small.

It was frightening. But it was also exhilarating to be able to create a life I loved. I wanted to somehow make a difference in the world.

#### I changed everything about my life.

I became a solo homeowner for the first time, which was both terrifying and empowering. I started a new career as a life coach; the certification program began the day I moved into my new home. Talk about massive changes!

I was learning to become a woman of value, to embrace the gifts I was born with, to honor and love myself first.

I had spent a lifetime putting everyone's needs before mine. The result? Depletion. Exhaustion. And living out of alignment.

We're all born with beauty and gifts, and many of us spend our lives covering them up to make others shine.

We add layer upon layer of fears and doubts. We want to fit in, so we suppress who we are. We stop listening to our brilliant intuition, and we make poor choices in jobs, friends, and lovers. Eventually, many of us marry or enter long-term relationships with someone who treats us poorly and doesn't cherish us.

What I've learned is that we attract people into our lives who are in direct measure to our self-worth. *If you don't love yourself, how can you expect others to love you?* 

Once I became a woman of value, I wanted to teach other women to do the same.

That's my mission as a dating and relationship coach—to help women embrace their beauty and wisdom, to know who they are and understand their true value.

When you love yourself as a **woman of value**, you will reap the benefits in all areas of your life. You will earn more respect at work. You will earn more money, because you will know your true value. And you will attract a partner who is worthy of your awesome self, someone who cherishes you as you deserve.

This book contains 30 steps to becoming a woman of value. Each step will bring you closer to living your best life and having your best love.

With lots of love, Sandy Chief Love Officer LastFirstDate.com



Step 1:
Clearly and graciously express your feelings and needs. No one can read your mind.

Step 2:

Don't be a people pleaser. Don't give up bits of yourself to please another.

Step 3:
Love yourself first.
Your value doesn't
depend on what a
man thinks of you.

Step 4:

Practice saying "no, that doesn't work for me." The more you respect your time, the more others will respect you.

Step 5:

Create a life that energizes and fills you up. Let go of anyone or anything that drains you.

Step 6:

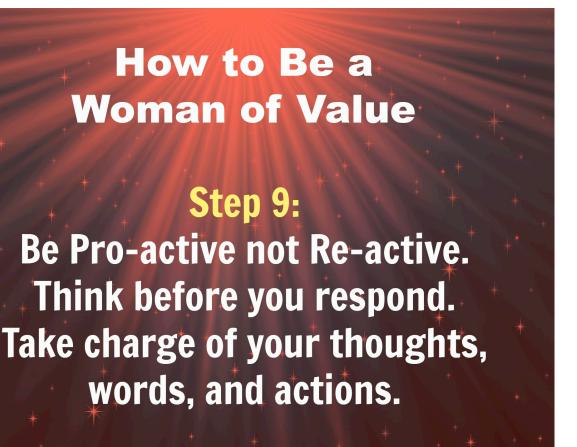
Know when to say YES - to new opportunities, to stretching out of your comfort zone, and to playing a bigger game in life and love.

#### **Step 7:**

Stop doing everything for everyone. Delegate out the tasks that hold you back from doing what you love to do.

Step 8:

Be firm about your standards.
People will respect you more
or walk away. You'll know
who's a keeper and who is not
supposed to be in your life.



**Step 10:** 

Listen to Understand. Be curious, not judgmental. When you become a great listener, people will think you're a great conversationalist.

Step 11:

Do NOT Settle. Your values make up your essence. Never give them up for anyone.

Step 12:
Be PLAYFUL. Lighten up.
Do what makes your heart sing. Bring out your inner child to play.

**Step 13:** 

LOVE your BODY. It's not a competition. Don't covet someone else's body. Express gratitude for the body you have. Take care of your health.

**Step 14:** 

DECLUTTER your life. Get rid of excess - stuff you don't need, people who don't serve you. Travel lightly and mindfully in the world.

**Step 15:** 

Be a LIFETIME LEARNER.
Take classes. Read more.
Travel. You will be forever interesting and interested.

Step 16:
DON'T MAKE ASSUMPTIONS.
Instead of judging someone harshly, get curious. Ask clarifying questions. Be open.

**Step 17:** 

If you want something, ask for it. Take a chance, especially if it's scary. If you don't ask, you won't receive.

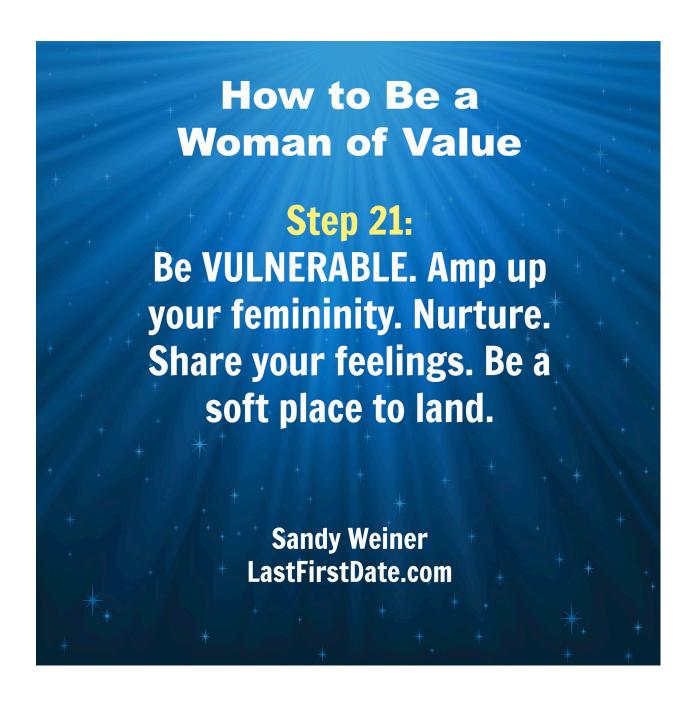
Step 18:
Learn to RECEIVE
graciously. Give someone
the chance to do
something nice for you.
Both of you will benefit.

**Step 19:** 

Be the LOVE you wish to find in the world. If you want to be loved, be more loving to others.

## How to Be a Woman of Value Step 20:

LEAN BACK. Create the space for a man to fit into your life. Ask his opinion. Ask him for help. Let him know you need a man (yes, even if your life is amazing).



#### **Step 22:**

FORGIVE YOURSELF & OTHERS.

Don't beat yourself up for past mistakes. You did the best you could. Forgive yourself. Then let go of anger towards others.

Letting go of the past helps you forge a better future.

## How to Be a Woman of Value Step 23: BE AWARE OF YOUR TONE

Whether it's the snippiness in your voice or the snarkiness in your emails, people hear it. Work it out, and express your true emotions with clarity.

Step 24: LOVE IS YOUR BIRTHRIGHT

Everyone deserves to give and receive love. Don't let anyone tell you otherwise.

# How to Be a Woman of Value Step 25: LET GO OF TOXIC PEOPLE

Friends, bosses, colleagues, boyfriends, even relatives...if they're toxic, stay far away.

# How to Be a Woman of Value Step 26: DARE TO THINK BIG

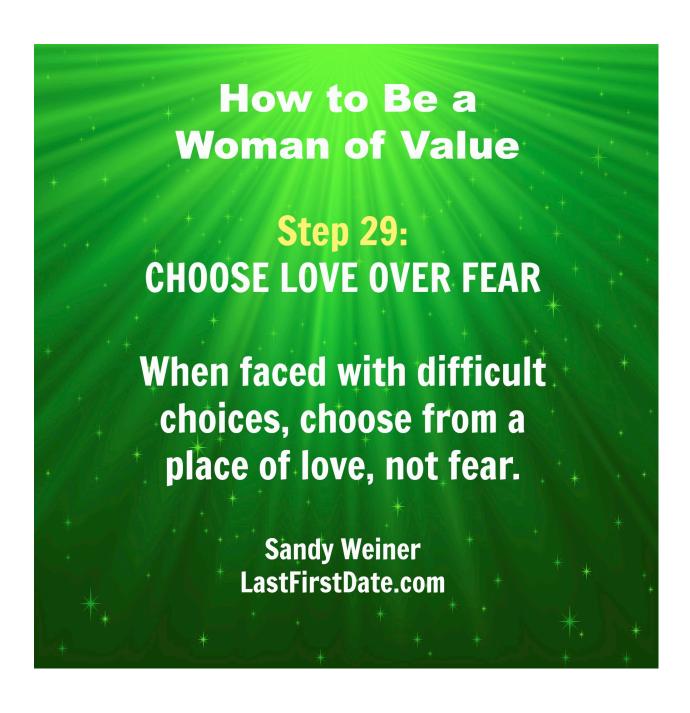
Allow yourself to go for the life, career, and love you really want. Especially if it feels out of your league!

## How to Be a Woman of Value Step 27: OWN YOUR BEAUTY

You don't need to conform to society's unrealistic vision of beauty. True beauty begins inside, and radiates out to the world.

Step 28: YOUR PAST DOESN'T LIMIT YOU

This is your chance to start again with better results. It's never too late to have the love or life you always wanted.



Step 30:
ADAPT A POSITIVE MINDSET

Your perspective on love and life matters more than almost anything else. A positive mindset = positive results.

Which of these 30 steps resonated most with you? Which are the areas that you struggle with most? Please share your takeaways in my private Facebook group.

You can apply to join here:

https://www.facebook.com/groups/yourlastfirstdate

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And finally, here's to beautiful YOU, to becoming the woman of value who attracts her most amazing loving partner. And here's to YOUR LAST FIRST DATE!

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