



## So you want to be your own **Matchmaker?**

Looking for love at any age is a daunting process, but being senior and single carries with it its own set of unique circumstances. In my practice as the population ages, naturally, so does my client base, and most of my senior clients come to me after their decades long healthy loving relationships have ended due to the death of a partner, or divorce. Sure you can hire a professional service like mine to find you a mate, but with a little work and a little knowledge you can certainly do it for yourself. I'm a professional matchmaker, and in my twenty-year association with Hearts Canada I've learned a lot about finding, interviewing and matching the right people for long and satisfying relationships. The secret to finding the right mate is persistence, patience and the ability to be proactive. You do this by identifying the kind of person it is you want to meet, get that message out to the world, and narrowing down the search for the right partner.

The most important step in the process of finding a mate is also the most difficult. You'll need to decide what it is you want in a potential mate, what the qualities of that person are, which qualities are negotiable and which are not. Begin by making a list of all the relationships you have had in the past, some of you will have had one long relationship, others will have had a series of relationships write down all the things you loved about the relationship(s) and all the things you did not. Write down your role in each relationship, what your responsibilities were, how the relationship ended, and the lessons you learned from that particular relationship. With this information, a picture will emerge of who you are and the kind of person it is you are looking for in a relationship. Write down the qualities of that person, this will be your Soul Mate Wish List. Make sure

that the qualities you choose for your potential mate are reasonable. Examples of unreasonable expectations include: non negotiable requirements of your potential mates physical appearance; you refuse to date someone unless they have a certain amount of money, the insistence that your potential mate shares all of your interests or that they live a short drive away. You are reasonable in expecting some sort of spark between the two of you, be it physical, emotional or mental, you want someone who finds you amusing and exciting that shares your basic view of the world and someone who shares your willingness to be in a long term relationship.

Now that you have your Soul Mate Wish List, you need to get it out in the world. At this point some of you may be saying "Oh my god this is going to make me look desperate" Nothing could be further from the point, to attract love into your life you need to let the world know you have a relationship goal and you intend to turn it into reality, this is not an act of desperation, it is an act of self love and everyone deserves a lasting and loving relationship. The best way to get your message out there is to utilize your existing network of family and friends. This has been simplified somewhat with the advent of the Internet and email. Write a short note telling your network what you intend to do and include your Soul Mate Wish List, then email everyone in your address book. Ask them to read your Soul Mate Wish List carefully ask them if they know of anyone that fits that description, and ask them to forward your email to their network of family and friends and so on.

Another way of getting your message out to the world is to write an ad and place that ad in the local paper. Costs can range anywhere from fifty dollars for an ad in the person-

al section, to a thousand dollars or more for a stand alone ad in the front section of the newspaper. The secret to writing a compelling ad is honesty. Try to stay away from the trite and cliché "loves moonlit walks on the beach" types of ads. State your intention in the first line of the ad, go on to describe yourself, describe what you are looking for in a mate, and end it with a call for action statement. For examples of these kinds of ads you can visit the Hearts website at [www.heartscanada.com](http://www.heartscanada.com) follow the links to the Private Search Ads.

You can also take all the information you learned about yourself when you created your Soul Mate Wish List and post a profile on a seniors dating site. Writing a profile for one of these sites is easier if you enlist the help of some of the people that know you best. Ask at least three of your closest friends to objectively write a short paragraph describing your characteristics. You can then take that information and write a profile reflecting their thoughts as well as your own.

You've written a Soul Mate Wish List, told the world of your intentions, you are getting reply's, now it's time to pick who you'll go on a date with. One of the big lessons I've have learned over the years as a professional matchmaker is to never share pictures of potential matches. I have numerous examples in my work of couples that would never have met the people they are married to today if they had followed their first instincts and not met because they saw each other's pictures. The truth is 99 percent of us take a less than flattering picture. The same goes for telephone

calls. Do not discount a potential partner because you didn't like them after talking to them on the phone. I always insist that the people I match meet each other, even if their initial contact on the telephone did not go well.

When using Internet dating sites, try not to start an email heavy relationship. Many of my clients have shared Internet dating stories with me over the years and what often happens is that people meet on the Internet and get into a relationship that is based solely on email correspondence. After months of emails back and forth, the expectations run extremely high; when the e-mailers finally meet they find out they are nowhere near compatible and a lot of time and emotional energy has been wasted. A note here on internet dating safety, always tell a third party where you are going who you are going with, and when the date will be over, then phone that person when you are finished the date (this also applies to anyone that has responded to your ad in the newspaper).

Now comes the fun part, get out there and start dating. There is no secret in finding the right partner (I do it every day); persistence, patience and the ability to be proactive are all you'll need to narrow the search, fulfill your Soul Mate Wish List and meet that someone special.

***Jane Carstens** is the Western Regional Managing Partner of Hearts Canada a boutique Matchmaking Company with a 23-year history of serving clients throughout Canada.*

"I specialize in matching seniors, let me help you find the right partner from the comfort and privacy of your own home"



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