



10 REASONS
YOU HAVE
NOT FOUND
THE ONE YET

F R A N C E S K E L L E H E R

Life in general can block you from finding your ideal partner in many ways but most of the time it is yourself that creates the block. Today I want to talk about things that I see constantly that hinders people from finding the right person.

1 You are still hung up on your ex

I know this is a tough one because when you really connect with someone on every level it is hard to think how this magic will ever happen again, but I assure it can.

There is not just one person for all of us. There are 8 billion people on the planet. I have seen it repeatedly that people's hearts are completely broken but with time and hope they go on to meet people that they love even more. They are even happier with that person than they ever were with their ex.

To move on I would say immediately get rid of all traces of that person. Not in a hate way but in a "I send you on your way with peace and love" way. If all your space (emotional, physical and mental) is taken up by your ex there will be no room for the new person.

2 Dating Apps are wasting your time, energy & impact

Dating Apps are fantastic for bringing more people into your circle and initially making a connection, but this is all they should be used for. They should not be used to over communicate to another person by sending 10,000 messages over and back before you meet someone. This kills the mystery and curiosity which kills the passion in dating. Also, when you do meet the person, you have nothing to talk about because it has all been said.

Another danger here with Dating Apps is that some people are bored and want to be entertained so they will never actually meet you. They will just waste your time. I call all of the above "online drowning." The answer to this is to only use the internet to create a bigger pool of people to pull from and to plan a date.

3 You are holding out hope for someone you already like

You have met someone already that you really fancy and are hoping that it will lead to something solid, so you don't date anybody else. You stay single.

They might be stringing you along by ghosting you, bread crumbing you or even doing none of these things. They might just be in your life at a distance, yet you have a place set at the table in your heart hoping someday they will show up for dinner. When you do this, you are rejecting everybody else in the process.

To move on you need to keep an open mind and date other people. Have faith that there is a bigger master plan. Usually someone better suited to you comes along and sometimes when you do start dating someone else that person that you were holding out for realises that they really do want you.

4 Working too much

I feel this is huge in our modern world today and if it meant every singleton on earth could hear me, I would shout it from Mount Everest - Stop working so much and make love your number one priority.

The difference between people who have careers and are single and the people who have careers and are married is simple - time management. If you are working all the time, you have no time and energy to work at finding love. Make love your number one goal in your life above everything else.

5 Not giving a person a fair chance

I see women who dismiss a guy solely based on the shoes he is wearing. Firstly, if you were his partner, you can buy him new shoes. They are not glued to his feet. I see men not approach a woman simply because she is good looking.

More importantly these people could be in the business of making dreams come true, your dreams to be specific but you'll never know that because you never even gave them a chance.

The simple answer to this is give everyone a chance. Talk to everyone and see what lies beneath.

People become way more attractive when you get to see their personality and uniqueness. I have seen model men and women date people much less physically attractive than them because of some other high quality they had. For instance, they were funny, exceptionally gifted in the bedroom, kind or smart.

6 You are with the wrong person

This is the most dangerous situation because people that string you along can waste years of your life, usually the best and easiest years for you to meet someone.

This person does not appreciate you. They are not 100% all in yet they keep you on the line. This is because they are not sure you are the one for them. This could be because they do not want to be alone or maybe they are just keeping their options open, either way they are wasting your precious time.

They are standing in the way of you meeting the right person who will adore you and who will be all in. To move on you need to leave the relationship immediately because they never will. Trust this half-hearted relationship is a steppingstone to the right person for you because it is.

7 Low self-esteem

People with low self-esteem do not value themselves as they should. How can anyone else see your value if you do not see your own. When you have low self-esteem a lot of the time you do not have standards or hold someone accountable for their bad behaviour. This leads you to being treated badly which is unacceptable.

You are a unique person with unique talents and gifts so believe in yourself and what you have to offer. Build your confidence and self-worth anyway you can. Read a book, do a course or volunteer. Volunteering is brilliant because it takes you out of your head. Doing something for another living creature makes you feel worthwhile and great thus raising your self-esteem.

8 Not having the right heart set

Being in a relationship is all about keeping both parties happy. To do this you have to be willing to compromise. If you have the wrong heart set e.g. I want it all my way and I am only interested in what's in it for me, then people feel this energy and it is not attractive.

If you go in with the attitude of doing your best by this person then they will gravitate towards you, the trust will build between you, and they will want to keep you happy too. The more you give the more you receive.

9 Not willing to go through the process

I see this a lot with people. They want to meet that special person, but they do not want to do what it takes to get them. They put in a good effort at the beginning but then it begins to fade when they need to exercise patience, consistency, and determination. They do not want to go through the unpleasant process of going out with people that they do not like on dates. They do not want to go through the sometimes-tiresome process of connecting with people on dating apps, only to have it amount to nothing and they do not want to keep putting themselves out there emotionally.

This is what I call the process. It has got to be done. The people that go through the process of digging through dirt to find gold, win. They find the gold, but they have also done the work to get it.

10 Not taking massive action

This is one of the top three things you must do, in order to reach any of your goals in life. You have got to take action to get where you want to go. It does not matter what you do, unless you take action all will be lost.

Conor McGregor said “Doubt is only removed by taking action. If you are not working, then that’s when doubt comes in.” All your effort comes to fruition when you take action.

The universe loves movement and when you are taking action you are moving closer to your goal of finding that right person for you. Keep moving because every successful person in any walk of life has taken massive action to succeed. There is nothing to fear except not moving forward.



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Frances Kelleher - Dating Expert and Life Coach

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