

A practical formula
to attracting
the love of your life
and a life you love.

A photograph of two hands, one from the left and one from the right, holding a bright red, textured heart. The hands are positioned as if presenting the heart to the viewer. The background is plain white.

Score Your Soulmate

Lisa Hayes

SCORE YOUR SOULMATE

DELIBERATELY CREATING A LIFE YOU LOVE
WITH THE LOVE OF YOUR LIFE IN IT

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Score Your Soulmate is dedicated to my amazing parents Norman and Beulah, who after 69 years of marital bliss have pretty much mastered this whole love and relationship thing. It was inspired by my beloved husband, who is exceptionally easy to love.

This book will teach you how to find the love of your life. I know that's a bold claim. However, I've seen it happen in the lives of countless clients who've taken this simple formula and put it to work to attract great love.

For years I taught clients the basic law of attraction tools and processes that I knew would help them find that special someone. Many were successful but some weren't. I struggled to figure out why some people who did everything seemingly right still didn't find love. The answer to that question isn't quite a black and white as I'd hoped. However, it usually boils down to one of two things or a hybrid cocktail of both:

- The person doesn't really know what kind of partner they really want to be with and is looking at the wrong qualities to create lasting attraction.
- The person simply isn't in alignment with what they want to attract. Sometimes they don't really even believe that dream partner could even exist. I call that Unicorn Syndrome.

I was once working with a client who was very left brained. He was a very eligible bachelor, looking for love everywhere and having the worst imaginable luck. He was a black and white kind of guy. He didn't have a lot of patients with a lot of whoo-who, metaphysical, new age talk about the law of attraction. For weeks I'd been trying to help him understand why he'd attracted the experiences and relationships he had so he wouldn't repeat

them. He was trying to grasp the concepts, but I could tell more or less he was just playing along.

I asked myself how I could help this very concrete thinker understand something that couldn't be put in a spreadsheet. And in that moment, in that one session, I was able to put it in a spreadsheet, and he totally got it. There it was in black and white for my black and white thinker. The light bulb went on and stayed on.

The Score Formula was born. The minute I got off the phone I put the formula to the test on my past and current relationships, and it worked precisely. There on paper I had a formula that explained some of the difficult and painful relationships of my life. It also explained why my husband I are a very compatible match and how we managed to attract each other.

Then I went back over years of client notes and anecdotally ran the formula on relationships of clients I'd worked with over the years. Again, without fail, it all added up. When I started using the Score Formula with clients the results were profound. I can say with a great deal of confidence, it works, if you work it.

Looking for love doesn't have to be guesswork. It doesn't have to be a never ending numbers game. It certainly doesn't have to be painful. When you create and follow your own roadmap, love is easier to find than you might think, and it can be a very enjoyable ride.

This book is going to take you on a journey through your own heart to your great love. You are going to be armed with

information about yourself that will help you identify your soulmate. When you finish you're going to be empowered to stop the rollercoaster of dating and to live a life with meaning and purpose that is very, very, sexy, and attractive.

Are you ready to score your soulmate?

INTRODUCTION

I was recently talking to a client about dating and in a fit of frustration, near tears, she said, *“You can’t possibly understand what it feels like to be alone and afraid you always will be. You don’t know what it’s like to have your mother asking you in every conversation if you’re dating or if you’ve met someone. You don’t know what it’s like to always be the awkward third wheel with your friends who are all happily coupled. You’re happily married to the man of your dreams. You just don’t get it.”*

I laughed, out loud, literally.

That couldn’t be further from the truth. I didn’t meet my beloved until I was 39. Believe me, I wasn’t exactly locked up in a safe room until the day he arrived in my life. It probably would have been better for me, and everyone around me if I had been. My road to happily ever after looked a lot more like a rocky dirt bike path in the deep forest than a freeway to happily ever after. I made a lot of mistakes. Some of those mistakes were serious. It’s not an exaggeration to say some of them were life threatening. I got hurt, deeply, physically, emotionally, and financially. I know I hurt other people along the way. I was a single mother during those years and I dragged a child through all of it with me. He paid a very high price for some of my mistakes. My family and close friends were also along for the bumpy ride. No one enjoyed it.

However, in the end, I learned a lot of things that made me a better person. I grew up and became someone I respect. I met the man of my dreams. It was clearly worth it.

It's super easy for other people to look at my life now, complete with two children, four dogs, a lovely nanny, a beautiful home, and most of all, an incredible man, and forget the years that came before the dream come true. In fact, I have life long friends that seem to have forgotten the sleepless nights, tearful phone calls, and months at a time in therapy. However, I have not forgotten, and I won't ever forget. That is a very good thing.

I know how bitter the pain of a broken heart is and how loneliness gets in your bones and makes you cold. I know how it feels to wonder when your life is actually going to start while watching your friends get married. I know what it's like to have a closet full of bridesmaid's dresses and not to have a date. I actually hired a date for one wedding I was in. I can laugh and admit that now. At the time I lied to my friends. I remember wondering why I was unlovable and feeling not good enough. I know how it feels to feel hopeless.

I also know the difference between giving up and surrender, because I've done both. One is way better than the other.

And yet, even after surrendering to being single, living a brag-worthy single life, I was still on Match.com. I thank the heavens and the stars above I never gave up, because the payoff was well worth the price of the journey. I lot of people do give up. I don't want you to be one of them.

I've seen other women and men do it smarter than I did. I know people who met and married their soulmates at 19. I also

know people who met and married their soulmates at 65. I don't think it matters when it happens as long as the journey is a joyful one. Unfortunately, often times it isn't, but it can be. It should be. If you're not enjoying it, you're doing it wrong.

This is what I know for sure. The search for “the one” is a noble pursuit. It has to be, because we're wired for it. It's biological, and that biology goes way beyond wanting babies, because not everyone does want babies, and yet almost everyone wants to be in the warmth and certainty of a relationship that will last forever. We crave connection and intimacy. We're built to build a life with someone.

More importantly, a soulmate almost by definition is an ideal match, and in order to attract an ideal match, you have to be living your ideal life, being the best version of yourself. A relationship with a soulmate is an uncompromising experience of joy. That can't happen when your life is a compromise on any level.

That means, if you're planning on attracting your soulmate, you have to be finished compromising, once and for all. You certainly don't want to settle for something you are planning on being stuck with forever. That would suck and we are aiming for the opposite of a sucky experience.

We didn't learn this stuff in school. The process of finding a life partner is one of the most important things we will ever do. Studies have shown choosing the right or wrong person has more impact on your overall life happiness and satisfaction than any other decision you will ever make. And yet, chances are pretty high, no one ever actually taught you how to do it. We're all just somehow magically expected to know. The problem is, you don't

know, what you don't know. If you haven't found that special someone yet, chances are it's not because you don't want it bad enough. It's because you didn't have a game plan. That's about to change.

This process is going to be a soul searching journey first and foremost. You are going to learn and document all the lessons from your previous relationships that felt like landmines when you experienced them, but were really gems of wisdom in disguise. You are going to find parts of yourself you didn't even know you were missing. You are going to amp up your game and start being a more ideal version of yourself. You are going to learn to live a brag-worthy single life yourself, and that's very attractive. You are going to uncover the traits in a partner that really matter and learn how to identify them. You are going to be the architect of a life that puts you in the company of the kind of people you want to attract. We are going to apply the principles of deliberate creation to your love life and magic will unfold.

You are going to learn how to date on purpose and live on purpose. If you've been single and dating for very long I know that sounds appealing because if you've been single and dating for very long, I know you feel like it's a crap shoot. It's not. Finding the love of your life is anything but a game of chance. It's both art and science, a little heavier on the science side.

Congratulations on the beginning of the most important journey of your life. You're brave just for being here. I've often thought dating is the ultimate optimistic pursuit. This time is going to be different though. This time you aren't going to be dating blind. This time you're creating your own rules that will work specifically for you.

It can and should be a joyful ride. So buckle up.

Big huge love is waiting.