

THE EMPOWERED WOMAN'S INTENTIONAL DATING APPROACH

by *Ellen Nguyen*

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WHO AM I?

I help women navigate life and relationships through self-empowerment.



WRITER AND COACH

I'm a writer and coach for women. I help women claim their power, take control of their life, find what they want and need, and live a healthy and happy life. My insights and advice resonate with millions of people from all over the world and are often said to be straightforward and inspiring. Or, in other words, I say it like it is. This sense of clarity in my teaching results from years of studying and gaining first-hand experience. I also have a BSc degree in Psychology accredited by the British Psychological Society.

A FEW YEARS AGO, I TURNED MY LIFE AROUND.

While I was helping others with their dating problems, my own life was a mess. I worked a job I hated; I dated all the wrong people; I suffered from having an anxious attachment style, low self-esteem, dopamine dependency, relationship anxiety, and childhood traumas. I was approaching my mid-20s and the life I was living was so awfully different from what I'd envisioned for myself that it scared me deeply. I thought, "This can't be it!" That year, I embarked on an epic healing journey that changed the course of my life. Today, I'm self-assured, secure, and happily married to the most loving, emotionally intelligent, and committed man I know. I'm passionate about helping other women step into their whole selves and find the relationships they want!

THIS FREE GUIDE WILL SHOW YOU STEP-BY-STEP HOW I TRANSFORMED MY LOVE LIFE, SO YOU CAN DO THE SAME, TOO.

I didn't stumble upon happiness; I was intentional. I plotted my path to the life of my dream.



5-STEP INTENTIONAL DATING APPROACH

STEP 1

Build a life you love

STEP 2

Maintain high standards

STEP 3

Set strong boundaries

STEP 4

Vet vigorously

STEP 5

Move on ruthlessly

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*If only I'd known this
when I was younger!
This is wonderful advice.*

N. H., Reader on Medium.com

This free guide is only one of the many effective resources that I've given to my readers and clients to help them date with confidence and find a quality, long-lasting relationship. Want more? Great news! You can find many more empowering insights and advice explored in-depth in this ultimate dating course for women who are ready to transform their love lives: Empowered Dating [**>> I WANT TO KNOW MORE**](#)



STEP ONE *Build a life you love*



What worked for me: Going to therapy, taking improv courses to improve confidence and reduce anxiety, playing team sports, learning to swim, taking a dating hiatus, reading books, learning to mediate, travelling solo, spending more time with my close friends and family.



THE IMPORTANCE OF HIGH SELF-ESTEEM, SELF-WORTH, AND SELF-RESPECT

Self-esteem is how you see yourself at any given moment while self-worth is believing that you're worthy regardless. Self-respect is regarding your own feelings, thoughts, and wishes and truly admiring who you are and what you do. These three aspects of self-love will make you believe that you deserve the standards and boundaries you set for yourself and ensure you don't settle for less.

LEARN TO BE SINGLE

You'll find it easy to walk away from bad relationships when you know for sure that you'll be okay on your own even when there's zero romantic interaction in your life.

BUILD SECURITY AND STABILITY FOR YOURSELF

You need to implement a sense of consistency, reliability, safety, and control in your life. These qualities allow for efficiency, well-being, and long-term happiness. They can be gained through having supportive platonic relationships, a job you love, a wholesome lifestyle, having financial independence, and, essentially, your mindsets.

FILL YOUR LIFE WITH THE THINGS AND PEOPLE YOU LOVE

Be absolutely ruthless about what you invest your time and energy in. Pick up value-adding hobbies that don't just bring you pleasure but also expand you in various ways. Make decisions that prioritise your well-being and dignity at all time.



STEP TWO

Maintain high standards



What worked for me: I put my strengths such as emotional intelligence and depth at the forefront of my checklist. I wrote down a detailed list of what I wanted in a partner. I didn't ask for permission; I just selected people accordingly.

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You need to have sure ideas of who you are, what you're looking for in a partner, and how you want to be treated, so you can find your match and quickly eliminate those whose ideas don't align with yours. People you meet might be unknown factors, but you should be your most known factor, the card that you know best and can play best.

More advice in this course:

Empowered Dating

>> CHECK IT OUT

KNOW WHAT YOU BRING TO THE TABLE

When you know you're worthy, instead of wondering, "Does he like me?" you get to think "Do I like him?" Write down a list of your strengths, skills, and even qualifications. Identify the value you add to your current relationships. When in doubt, think of core qualities such as kindness, empathy, and humour. They weigh more than any fancy job title.

KNOW WHAT YOU WANT CLEARLY

Make two lists. The first list is "What I'm looking for in a partner" and the second list is "What a good relationship looks like for me". These lists must be as detailed and satisfying as possible. Don't hold back or second guess yourself. Knowing what you bring to the table, you can ask for the same back. Moreover, your dating goal needs to be measurable. "I want to be in a relationship" is not enough. What kind of relationship or lifestyle do you want? How many times do you want to see your partner a week? Do you want to get married and have children? Get to the bottom of it.

DON'T JUSTIFY IT; OWN IT.

If you have a standard, for example going on effortful outdoor dates, then don't accept a date until it is what you want. You don't even need to explain yourself; you're allowed to want what you want. If someone questions you on your standards, it's a reflection of their limitations, not yours; they're not right for you. Don't argue with them. You can simply move on to someone who can give you what you want.



STEP THREE *Set strong boundaries*



What worked for me: I used non-violent communication, a concept taught by Dr. Marshall B. Rosenberg, to voice my feelings and needs to my partner. I showed my boundaries through both words and actions and avoided rewarding undesired behaviours with more attention and affection.

TYPES OF BOUNDARIES

If standards are about saying yes, boundaries are about saying no. Your boundaries are all about you, your well-being, and your happiness. Types of boundaries are emotional, physical, sexual, mental, financial, intellectual, and spiritual.

COMMUNICATE YOUR BOUNDARIES EARLY ON

When someone does something and you go along with it even once, you teach them that it's okay to do that something. People learn fast what they can get away with. The best time to send a message about your boundaries is during or immediately after you encounter a behaviour that doesn't align with your boundaries.

PRIORITISE BEING RESPECTED OVER BEING LIKED

Your boundaries are the essential, bare-minimum terms and conditions for you to be a healthy, happy human. Having them respected should always outweigh your desire to be liked or your guilt of making someone feel bad. Remember: people can only truly like you if they respect you — and you can only truly feel good about yourself if you've earned your own respect.

MAKE IT CLEAR THE FIRST TIME

Make it clear the first time what makes you happy and what you refuse to tolerate. Show it decidedly and consistently in your words and actions. If you have made yourself clear many times and the relationship doesn't improve, your partner either does not respect you or is inherently not compatible with you — moving on might be your best option.

DON'T NEGOTIATE; WALK AWAY

Calling out disrespectful behaviors might lead to friction, but it is never wrong of you to do so. No matter how small the matter is, you owe it to yourself to make it right. No one should tell you how to feel or what to think about something that is done to you — you have all the say on that. If someone reacts poorly after being called out, it's entirely on them. They might get defensive, angry, or even threaten to end the relationship with you. If it happens, what's at stake is your well-being vs. a relationship with someone who doesn't respect you or even has low emotional intelligence. It should be a no-brainer to let this person be and be gone.



STEP FOUR *Get vigorously*



What worked for me: I was sure I wanted to get married so I looked for a husband, not a boyfriend. I had clear conversations with my partner early on about my timeline and dating goal. I especially paid attention to how he responded to my anxiety. It would have been a dealbreaker if he had been dismissive.

KEEP YOUR DATING GOAL IN MIND

The quality of your romantic relationship has a huge impact on the quality of your life. Don't let anyone talk you out of taking it seriously.

KNOW YOUR TIMELINE

Do you want to get married within the next year? Have your timeline mapped out and embrace it. It'll help you reduce anxiety and stay in control.

YOUR BOUNDARIES AND STANDARDS COME FIRST

A good relationship will satisfy your standards and operate within your boundaries. Don't bargain.

TRUST YOUR OWN JUDGEMENTS

You get to decide what is okay, enough, and normal in your relationships. Don't let anyone gaslight you. Validate your own feelings and experiences.

TAKE TIME BEFORE HAVING SEX

The chemicals produced during sex can make you fall in love with someone when you're not ready or know nothing about the person. So don't rush into it. It's best to have the exclusivity and relationship talk before having sex.

ASSESS YOUR PARTNER OVER TIME IN DIFFERENT SETTINGS

A high-value partner is a partner who has demonstrated regularly and consistently over a long amount of time that they add real value to you and your life. They make your experience of living better or easier. They care about your well-being and they sincerely want to make you happy. Remember that no matter how desirable someone seems, if you've only met them a handful of times, you have no way of telling whether they're a high-value partner or not. You have to observe them through many dates, doing different things, interacting with different people.

DON'T EXPECT THEM TO CHANGE

If what your partner shows you is not what you want, don't expect them to change; move on to someone who can meet your needs and make you happy as they come.

YOU'RE THE CHOOSER

You always have the option to walk away. You do not have to be with someone who doesn't give you the relationship you want.



STEP FIVE

Move on ruthlessly



What worked for me: I drew a hard line with myself regarding the ex: considered them non-existent. I made changes to my daily life while privately tending to every difficult emotion as soon as it arose. I surrounded myself with things and people that brought me love and joy.

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You deserve 100% and you'll have 100% when you stop accepting otherwise. Reminder: Love, mental connection, or hot sex is not enough. If they don't actively choose to be with you and make that happen right now, they can't be right for you.

MAKE A FIRM DECISION

When a relationship has proven to you that it does not meet your needs or align with your long-term goals, you need to let it go immediately. Don't worry about closure. You don't need to seek closure from your exes. The real closure comes from within you and you can achieve it in your own time.

CUT CONTACT

Cutting contact is drawing your boundary. You need to stay indifferent to everything regarding your ex. This means that if they contact you at some point, you don't give them your time. If something about them comes up in conversations or social media, you don't give it your attention.

PRIORITISE MOVING ON

Your time and attention should be paid to yourself, your present, and anyone and anything that makes you happy and adds value to your life.

TAKE TIME OUT TO HEAL

Make changes to your daily life but don't forget to tend to your mental health. For example, go to therapy or share your unfiltered self with a trusted friend. Be patient with yourself when you work through your past issues.

DATE AGAIN FROM A PLACE OF ABUNDANCE


Don't rush into dating. Make sure you've filled up your tanks before you put yourself out there again.



Ready to transform your love life?

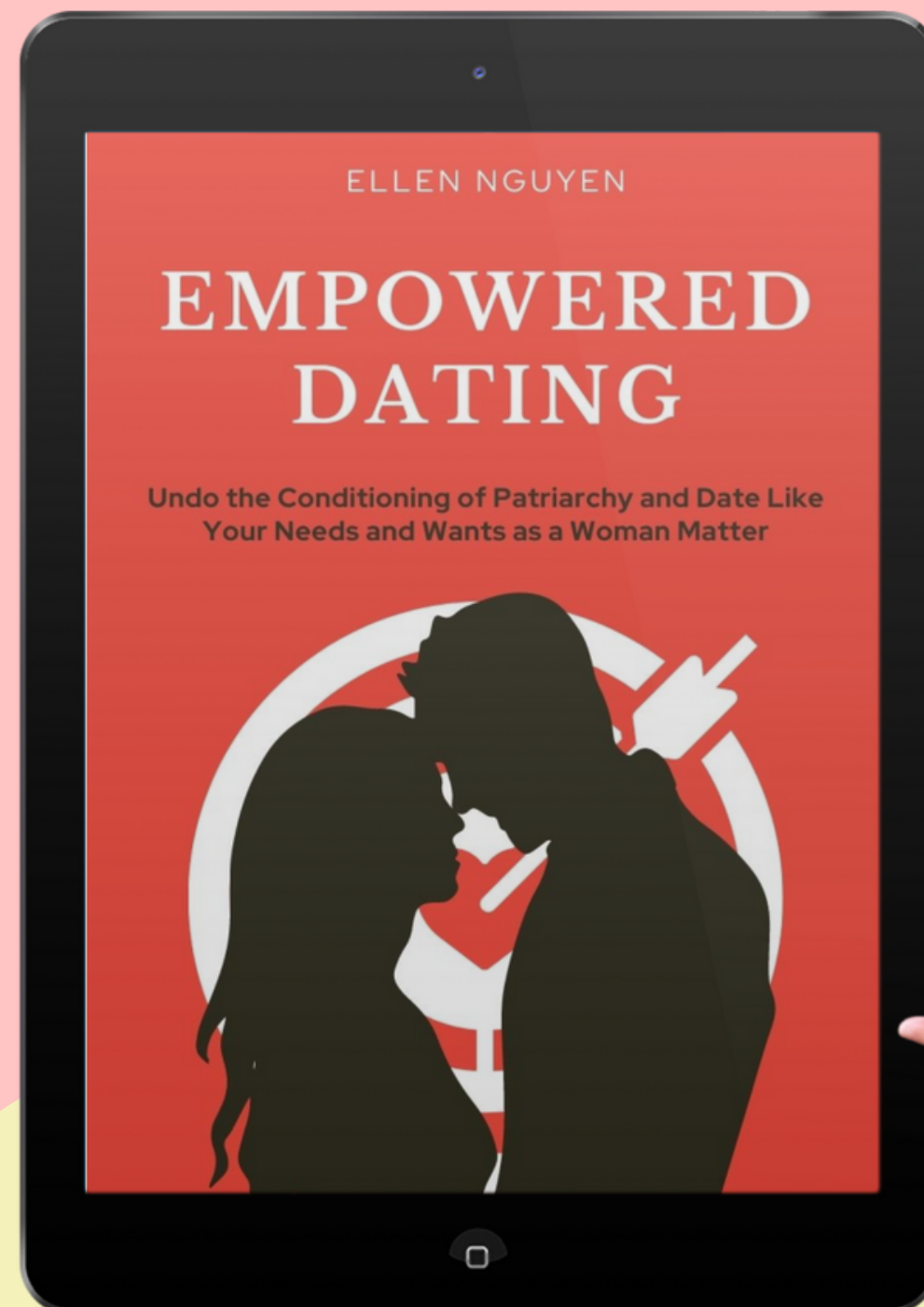
Jam-packed with straightforward thinking and actionable advice that put women's comfort and happiness first, this course will help you:

- feel more self-assured and empowered in the early stage of dating
- become more informed about modern dating
- undo some of the conditioning of patriarchy
- date like your needs and wants as a woman matter



GET IT

NOW



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I've completed the course. It's really helpful!! I especially like the parts about setting timelines, understanding a "usual" dating timeline, setting my own standards for what is normal, and being ruthless.

M. C., US, course student



Or visit

<https://learn.ellennguyen.com/empowered-dating>