

6 STEPS TO ATTRACT THE *love* YOU DESERVE



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6 STEPS TO ATTRACT THE *Love* YOU DESERVE

Hello winner,

I'm so happy to see that you took a step towards Winning in Love! A big part of living life as a winner means having a fantastic, secure and solid love in your life. And I don't just mean having it in the form of a relationship. As you will find out from this manual, loving yourself first is the most vital part of a happy, winning life. That's why the first 3 steps are centered on self-love and acceptance. Love is an energy, and if we want to attract it in the form of a wonderful relationship, we must first learn to give it inwardly. I will explain how this process works - it's very simple.

I've been there before...I said I wanted love, felt I was ready for it, but the men coming into my life were far from what I truly wanted and deserved. I felt frustrated, lonely, and like a failure in that area of my life, and kept asking myself, "Does that perfect man really exist?"

After many...many failed relationships (including a divorce), long stretches of being single, and even some rejections, I was beginning to doubt that I'd ever have that perfect relationship that I've always dreamt about.

But with some blind faith and resolve to give love another chance, I set out to approach this intention as I have done with all of my other goals. I wrote out what my "Perfect Man" would be like. It ended up being a 5-page (single-spaced) description of my ideal man - someone who I would be immensely happy to call a boyfriend, and ultimately a husband. I was quite surprised at myself for getting so detailed about this man who, at this point, only existed in my imagination.

Over the next few weeks, I obsessed over this list, adjusting and editing it, perfecting the "ideal man" until I've refined it to my liking. Can you guess what happened next?

6 STEPS TO ATTRACT THE *love* YOU DESERVE

Within just months of starting my list, the dream man walked off the pages into my life! Dean is everything I've ever wanted in a partner and even more! As you get to know me further, you'll find out how we met and learn the incredible story of our romance that turned into love. We are so much more than partners - Dean shares my vision for our ideal life, a better world, and even higher consciousness to evolve as human beings.

And even now, years later, we are still "winning in love" and our relationship keeps getting stronger and better! Sure, we go through the typical challenges of a modern relationship and navigate the pitfalls of family life the best way we know how, but we both know that our love is rock-solid and unshakable.

Whether you are currently single, already have a partner with whom you want to create a stronger bond, or are in a dysfunctional or toxic relationship that you want to get out of, you must allow yourself to dream and believe that you deserve the "best" love in the world. And if you take action to attract it, TRUST ME, you will have it! Provided that you follow these 6 steps that I'm going to share with you. Are you ready to learn what they are?

6 STEPS TO ATTRACT THE *Love* YOU DESERVE

Love is such a powerful energy, and we all have the ability and choice where we want to channel it. Love is our birthright and our default mode - it is an integral part of who we are and something that connects all of us as human beings.

But, do you love yourself? Do you practice the most fundamental way of channeling that beautiful energy, which is towards yourself?

Many people have a very dysfunctional relationship with themselves. Some feel guilt, resentment or hate for the "self." Others have limiting beliefs or negative body image. Some play the victim role and self-sabotage. And many find it hard to fully accept themselves for who they are. Do any of these feelings sound familiar to you?



I know many individuals who fall into the trap of pleasing others and sacrificing their own happiness for someone else's. But if we neglect to take care of ourselves, we cannot take care of others. Making your own well-being a priority is the best gift you can give to your partner and the ones you love.

How can you expect someone to love and accept you for all that you are, if you don't even give that same privilege to yourself? Self-love is the single most important factor to truly lasting love with your partner and healthy relationships in all areas of your life.

6 STEPS TO ATTRACT THE *Love* YOU DESERVE

The first three steps are the pillars of Self-Love and it is here that you will learn what true love should feel like. They are:

1. Self-Awareness

2. Self-Care

3. Self-Development

After you've mastered these first three steps, you are ready to ask for love from the outside, because you will truly be ready to receive it.

The second half of the 6-step journey is all about giving, asking for and receiving love. This is the advanced stage of channeling this energy and the secret behind manifesting it in the physical form. The next three steps are:

4. Give Love to Others

5. Design Your Ideal Love

6. Surrender and Receive

Let's get started on attracting everything your soul wants, craves and deserves. Let's start winning in Love!

6 STEPS TO ATTRACT THE *love* YOU DESERVE



If you are ready to start loving yourself more and have the most satisfying relationship of your life, book your spot to **Win in Love**, my online 8-week course and be one of the people who is happily proclaiming, *"I Am Winning!"*

The course is custom-designed to fit your unique situation and includes live seminars, Q&A sessions, an individual coaching session with me, daily worksheets and exercises, and peer-support via a private Facebook group.

6 STEPS TO ATTRACT THE *Love* YOU DESERVE

STEP 1. SELF-AWARENESS

KNOW YOURSELF BETTER

Love is an energy, just like everything else in this universe. The love energy that you emit out there will attract the same love energy back to you. All of that starts on the inside with understanding yourself deeply. And that's the first step: Know Yourself Well.

Define yourself - Who are you?

Knowing yourself fully means understanding your own values, priorities, traits, interests, passions, dreams and what you really want from life. In all my coaching workshops, classes and seminars, the first thing I ask everyone to do is the following exercise:

What are 6-10 words that describe you best. Can you think of these words now and write them down?

After you've written the words down, look them over and see if most of the words are positive or negative. These words determine your self-talk - or the story you tell yourself, about yourself. If they are all positive, that's a good sign. If there are some negative words, you might want to change the dialogue and show yourself more love.

"When you love yourself, it's easier to let another person love you, and the energy will flow freely between the couple."

If you realize that the relationship with yourself needs some work and you resolve to make it better, my course Win in Love can help you out with that. When you start doing the worksheets, visualization exercises and put actions in place to improve your self-image, that's the first step in attracting the love you deserve to your life.

Define your values - What do you want?

Part of knowing yourself well also involves knowing what you want from life and from a relationship. Do you have a solid list of priorities and non-negotiable items that you would expect from your ideal or current partner?

6 STEPS TO ATTRACT THE *Love* YOU DESERVE

Do you have any idea how your perfect day looks? What are you doing in your ideal work, life and love scenarios? Where do you see yourself in 5 years from now?

If your dream partner was to walk into your life tomorrow, what would it look like? What would you be doing together? Similarly, if your current relationship was to improve overnight, how exactly would your life change? It is important to send the message out there, that you are ready and committed to the love that you want to attract.

If you say you want a loyal relationship, but you are out there every night looking for hookups in a club, the signal gets mixed up. If you want a partner who is sporty, athletic and in good shape, but you are constantly binge-eating and treating your body poorly, what kind of message are you sending out there? Your actions need to match up to your thoughts. Decide what you prioritize in life and commit to living with those values.

“When you know who you are, what you want, and what you value, it’s easier to know the type of partner (or relationship) you need to make you happy.”

Many more tools and how to apply them with actionable daily exercises and worksheets are available in my 8-week course **Win in Love**. If you are ready to commit to self-love and receive more love in your life, click on the banner below and book your spot!



6 STEPS TO ATTRACT THE *Love* YOU DESERVE

STEP 2. SELF-CARE

LOVE YOURSELF DEEPER

Now that you've taken the time to know yourself better, you need to commit to giving more attention and care to yourself. I repeat again, love is a universal force that we are all an integral part of, and cultivating that energy on the inside is the best way to attract it from the outside.

Self-care is something that needs to be done consistently and it involves taking care of your mind, your body, and the space inside and around you.

Treat your mind like a sanctuary

People who fully love themselves, would not abuse and pollute their minds with junk such as self-loathing, self-pity and negative thoughts.

"Winners watch their self-talk and what they allow themselves to think about."

Learn to find the silver lining in any situation, and to reframe every scenario into a positive one. In the **Win in Love** course, I will share with you a personal story of how I reframed my negative self-image and low self-confidence into an empowering belief that led me to be a completely self-assured person who deserves love and even deserves to win Miss Universe! :) Change the story you believe about yourself. Journaling and deep introspection are very helpful here, and I work with my clients to help them change their internal dialogue with daily exercises. Meditation and mindfulness certainly help here!

Treat your body like a temple

When you fully love yourself, you also treat your body with love and respect, and act carefully about what you consume in your diet.

6 STEPS TO ATTRACT THE *love* YOU DESERVE

Do you think you eat like you love yourself? Do you move like you love yourself? Everything that you put inside your body has an effect on your wellbeing. When you learn to love your body completely, you wouldn't even imagine eating junk food, overeating, binge-eating, or drinking too much alcohol.

When you love your body, you want to give it only proper nutrition in the right quantities and you willingly and happily engage in fitness activities to keep yourself strong and healthy.

“Do you think you love your body enough to give it daily exercise and food that nourishes and heals it?”

Attractiveness certainly plays a part in love, so why not look great so you can feel great - and your partner will surely appreciate it! Dress well, stay well-groomed and put your best self out there, even if you are just running out to grab a bottle of juice at the corner convenience store.

Organize and declutter your space

How does your home and work environment look? If it's messy and cluttered with junk, that's also a sign that you don't care much about your life. When you love and value yourself, you also start valuing neat surroundings and order in everything from your home to your work-space.

“People who fully love themselves take time to organize and keep their personal spaces clean and neat.”

Connect to yourself - connect to nature

We are nature and nature is part of us - we are not separate from it. I believe that in order to fully love yourself, you should spend more time outdoors, connecting to the elements - water, sunlight, trees, plants, and fresh air. When I spend too much time indoors or online, I find that I get more anxious and lose touch with myself and with the rest of the world. On the

6 STEPS TO ATTRACT THE *love* YOU DESERVE

other hand, when I regularly go for walks outdoors and take time to get out of the busy city environment, I suddenly feel like myself again - more inspired and so much happier!

"When we lose touch with nature, we lose touch with ourselves."

Give yourself time and space

You will not be capable of taking care of others, or be a good partner if you don't take care of yourself first. You must be in the right frame of mind and in good physical form in order to give the best of yourself to others. If you are stressed, anxious and don't frequently take measures to balance out and relax, you are not giving the necessary love to yourself. Make sure you take the time to do the things that feed your soul, recharge and inspire you. And I don't mean just taking a nap or going to get a massage (although that also helps sometimes). I am talking about activities that fuel you up energetically and spiritually. Remember,

"You are only as good to others as you are good to yourself."

I have plenty of daily practical exercises and ideas for you on how to reconnect and rediscover yourself in the 8-week course Win in Love. If you are ready to show yourself more love in order to receive more love, click on the banner below and book your spot!



6 STEPS TO ATTRACT THE *love* YOU DESERVE

STEP 3. SELF-DEVELOPMENT

CREATE THE “PERFECT YOU”

The next step is to create a vision of what your “perfect self” would be like.

When I set out to meet my perfect partner, before I even made that list, I decided I first needed to make myself the “perfect me”. After all, my perfect man deserves a perfect woman, right? I couldn’t just ask the Universe to send me this ideal creature and not be the woman I’m proud to be myself. I got to work on creating that refined version of Natalie that I knew I could become. I wrote an equally long document, called the “Perfect Self” and listed all the qualities my “better self” could have. I thought about all the good habits I wanted to adopt and the bad habits I wanted to ditch; the type of activities my ideal self would be involved in daily; and the kind of values my perfect self would live up to.

Refine yourself

We are all a work-in-progress and unless we continuously evolve and become better versions of ourselves, we stagnate and lose the zest for life. All winners have a curiosity for learning and growing in all aspects - that’s part of our evolutionary human code. Knowing your weaknesses is just as important as knowing your strengths. What areas of your life do you think you could improve? What habits do you want to change? Which new characteristics do you want to adapt? Get to writing again and think about what words will describe the future “ideal you”.

“What can I do to improve and who do I want to become?”

Do you want to be more charitable and be more generous to others? Is being a better listener or communicator important to you? Do you want to become a healthier eater, and more active physically? Are you game to be more adventurous and try new activities? How about being more fearless and resilient? What type of person do you believe your “perfect partner” will fall in love with?

6 STEPS TO ATTRACT THE *Love* YOU DESERVE

How does my “Perfect Self” act and behave?

Now, get to work on developing yourself into that version of the “ideal you” that you’ve described on the list. Put habits in place to manifest the “ideal you” into reality. If you’ve written down that your perfect self is an active person, who exercises every morning - be that person. If your version of the ideal self is someone who is honest, charitable and grateful, then you better make sure to practice those qualities daily. Write out a plan of action for each of the attributes or habits you want to adapt. Make it into a schedule or calendar to activate your new habits, whether it’s going to the gym, doing volunteer work, or simply writing in your gratitude journal. You won’t become this “perfect” version of yourself overnight, and it will take time and work from your side. But it’s important to start with that list and put an intention on the things you want to improve about yourself. Check back on the list often to see how much progress you’ve made and make any adjustments you see necessary.

When you learn to fully embrace yourself by practicing the 3 elements of self-love, you will be better equipped to open yourself up to a loving, respectful relationship and you will also find the strength and fearlessness to leave a dysfunctional or toxic relationship, if you are currently too afraid to let go of one.

These exercises, worksheets and more guidance on how you can become the “Perfect Self” are all available when you sign up to my 8-week course Win in Love. If you are ready to have a higher self-esteem and confidence to attract the love of you deserve, click on the banner below and book your spot!



6 STEPS TO ATTRACT THE *love* YOU DESERVE

STEP 4. GIVE LOVE TO OTHERS

LET THE LOVE FLOW OUTWARD

After you have understood and practiced the principles of self-love and self-acceptance, the next step is to channel the love energy you feel for yourself, outwards. Your objective here is to become the medium through which the universal love energy is going to flow. The Law of Attraction, which has been written about countless times in thousands of books, proclaims that:

“What we give out most, what we think about most, will be given back to us naturally and easily.”

Let it flow through your thoughts and actions

When you become this radiating energy field of love by expressing it with your thoughts and actions, you start to attract more of the same type of things into your life, and even more!

Here are some loving thoughts you can cultivate in yourself:

- Feeling compassion and empathy for others
- Granting forgiveness to yourself and your enemies alike
- Practicing tolerance and acceptance of others' differences
- Rejoicing in the happiness of your friends
- Feeling oneness with all humankind

Some activities you can practice for channeling love outwards are:

- Being generous with your time and money and sharing what you have
- Saying positive and encouraging things to people and offering moral support
- Refraining from gossip and slander behind people's backs
- Offering help without being asked when you see the need for it
- Doing kind deeds and paying forward acts of kindness

6 STEPS TO ATTRACT THE *Love* YOU DESERVE

Another way of allowing the loving energy flow is to do a meditation on it. Search on YouTube and practice something called “Loving Kindness” meditation daily, which is going to create a beautiful flow of love in your life and make you have a happier day - guaranteed!

Make a commitment to love and align yourself with it

It is now, in this step that I urge you to make a commitment to Love! Make it your priority and your deepest value in life to practice giving and being “Love”. Your thoughts and actions are such powerful predictors of your reality, so don’t miss the opportunity to live and breathe your intentions, your resolutions and your commitments.

My husband always says,

“A true winner is someone whose thoughts, words and actions align.”

I couldn't agree more! Does what you think, say and do fall in line with the same vision and purpose? Or do you think one way, say something else, and don't even bother following up what you say with your actions? If you want a beautiful love life and a fulfilling relationship, make sure you say that to yourself often and please make sure your actions reflect your desires. That means, if you have committed to receive love in your life, start by thinking about giving more love to others. Say you are going to give it, and actually do it!

I will provide you with several helpful tools and ideas on cultivating loving thoughts and actions as well as give you guided “Loving Kindness” meditations in my course **Win in Love**. If you are eager to start being the kind of person who radiates compassion and kindness, click on the link below and book your spot!



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STEP 5. DESIGN YOUR IDEAL LOVE

CREATE YOUR IDEAL PARTNER / RELATIONSHIP

This is where the fun begins! Not that getting to know yourself is not fun :) But it is here that you finally start to create a description of your ideal partner or ideal relationship!

Dream, write, and don't hold back

Let's get to work on getting as detailed as possible on the qualities of your future partner, or aspects of an ideal relationship with your current one. Don't be shy about it - let your imagination go wild - this list is just for you, and no one can judge you for what type of things you want to put on it. You can list what you want in short point form, or you can write it out like a journal or fictional novel. The most important thing to do is to be precise and specific.

If you are single...

Here are some ideas of some categories you can include in your list and write out in detail which qualities excite you the most in your dream partner.

- his personality traits;
- her values and beliefs;
- his interests;
- her ambitions and aspirations;
- his educational background;
- her financial status;
- his abilities;
- her habits

Also, make sure you describe exactly what your compatibility would be like with this person. Remember to write in the present tense (not in the future tense) to increase the likelihood of it happening.

6 STEPS TO ATTRACT THE *love* YOU DESERVE

- What do you two like to do together?
- How does he treat you?
- What does she think about your personal traits?
- How does he help you in what you need most?
- Does she get along well with your friends and family?
- How is your chemistry and what level of intimacy do you have together?

Yes, that sounds like a lot of work, and it IS! But I credit this exercise to my ultimate success in finding my perfect partner and keeping our love strong and healthy. The more specific you can get, the better. However, don't get bogged down in details like ethnicity/nationality, looks, age/height or eye color. Be open to any combination of the physical factors, and focus more on the personality and values of this person, and how he/she treats you.

Imagine that you've already met this character

When you've finished designing this ideal character, which could take you a few weeks of work to perfect, it's time to visualize yourself with this person. Imagine that you have already attracted him to your life. Be happy feeling that love that you have for her. Do this in "real time" (not in some projected future time), as if it's happening right NOW! As I said earlier, I used to visualize a masculine figure standing over me, his face hidden in the shadows, and having a feeling of excitement and gratitude that he is in my life, and then it happened just like I imagined it!

When you use visualization, make sure you focus more on the "feeling" rather than what is actually happening in your mind.

"Feelings work better as a magnet for attracting what you want into your life than thoughts."

Do you feel gratitude, excitement, joy, liberation, happiness, safety or any other positive things when you imagine yourself with your dream man or dream woman? Go ahead and give this exercise a try now. Close your eyes and take 10 minutes to visualize yourself in your most ideal scenario with your future dream partner.

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I've developed a very effective visualization guide on how to imagine you've already gotten the love you want, and I'll share it with you when you sign up to my 8-week course Win in Love. If you are ready to create the ideal relationship with your current or future partner, click on the banner below and book your spot!



If you already have someone in your life...

Start thinking about what your ideal (dream) relationship with your current partner looks like and what elements of your current relationship need work. In what ways would you like to improve your relationship and how could you enjoy a stronger bond and intimacy? Here are some categories you can list in your journal:

- What do I enjoy about our current relationship?
- Which aspects of our relationship can be improved?
- How would I like to be treated in this relationship?
- What kinds of activities would I like to be engaged in with my partner?
- Where do I see myself in 5 years from now in life?
- Which qualities do I value most in my dream man (woman)?
- What changes would I like to see in our relationship?
- How do I want my partner to help me more?
- How would I like my partner to parent our children?
- What level of intimacy do I want us to have together?

6 STEPS TO ATTRACT THE *love* YOU DESERVE

These might not be the easiest questions to answer quickly, and they will require a lot of thought and even deeper introspection on your part. Keep these lists to yourself at first, and as you continue to work on your personal development, you will notice your partner will start to pull up behind you in his own improvement. After all, you can't expect someone to start changing in a positive way if you don't lead by example first.

As you continue on your journey of self-development, you can gently nudge your partner to do the same by opening the lines of communication and sharing some of your intentions and goals for your "ideal" relationship. Then you can ask her to make her own lists and to share them with you.

Visualize yourself being happy with every aspect of your relationship

Now imagine how it feels to have this "perfect" relationship with your "bae"! The key word here is FEEL, because

"It is through feelings that we can make visualization the most effective for us."

Think of all the warm and fuzzy "feels" you have when you imagine yourself and your honey being intimate, honest, vulnerable and trusting. It should bring a smile to your face and sense of joy in your heart when you perform these visualizations. Go ahead and try it out now for 10 minutes.

If you find it difficult to envision yourself being happy with your partner and if you feel that you've done everything you possibly could without seeing any improvement in your relationship, you might realize that it's time to let go of it and move on. Sometimes in our introspection, when we are still enough to hear what our heart is whispering, we are able to make the best and wisest decisions for the mutual benefit of both partners.

6 STEPS TO ATTRACT THE *love* YOU DESERVE

Want to learn more from Dean and I about how to keep your relationship, on “fuego”? (as he likes to say.) Then join my course **Win in Love** to watch him in some of the live seminars I'll be hosting. We will also share with you our **4 Winning Relationship Tips** that will help you and your partner start enjoying the beautiful romance and friendship that you deserve to have together. Click on the link below and book your spot!



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STEP 6. SURRENDER AND RECEIVE

ALLOW YOURSELF TO BELIEVE

Finally, we come to my favorite part - surrender and receive. This step sounds pretty easy, as you don't actually have to do anything. But for some people this is the hardest part, because they start to feel anxious and impatient about getting what they want. It can also be hard for some people because doubt inevitably creeps in when you find yourself alone, without the perfect partner. Your mind starts making up all kinds of stories about why you don't deserve a great relationship, that you didn't do enough, and that you are not good enough. There are ways to override those thoughts, so stay with me.

Focus on the what and why, not on the how and when

If you are single, don't focus on the fact that you are alone or that you don't have someone special yet. Being single is ok and you need to be fine with that before you are ready to be in a relationship. If you are not happy being single, you won't be happy being in a relationship. The truth is,

"True happiness comes from within you, not from any outside source."

Practice surrender exercises to send a message to the Universe that you are happy now, and that you are ready to receive your partner whenever the time is right. Continue to visualize and feel the happiness of having someone amazing in your life, as if it has already happened.

Don't wait for anyone. Don't look for anyone. Enjoy your life, the love for yourself, the new and improved "you", your friends and your beautiful life. When you stop looking, he will come. When you least expect it, she will show up. Trust and believe in divine timing, and don't worry about "how?" or "when?". Focus more on what you want in your partner - all the characteristics you described. And on the "Why" - why do you want this person as your lover?

6 STEPS TO ATTRACT THE *Love* YOU DESERVE

Trust the process

If you are currently in a relationship and you are anxious to improve it, stay patient and trust that all will work out in its proper time. You have taken the steps towards a better you and a better relationship already by reaching out to me and reading this manual - well done! If the intention is there, if you take purposeful action and if you start believing, that's certainly enough to manifest your desired outcome.

If you are in a position now where you are contemplating whether or not you are ready to move on from your current relationship, you will have my support in **Win in Love** course to help you work through this decision and rest assured that you made the right one.

Continue to practice the habits of your "perfect self", visualize your ideal love life and be grateful for everything you have in your life. Meditate on love, give love, and be ready to receive the love back!

I will teach you these surrender-and-receive practices, when you sign up to my 8-week course **Win in Love**. Are you ready to experience the kind of happiness and satisfaction that you've always wanted and prayed for, both with yourself and with your love life? Click on the link below and step into your power now!



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Thank you for reading this manual and for allowing me to share with you how to claim the most fundamental right of every human being - the right to love and be loved. Practice these 6 steps consistently and they will help you attract more love into your life that we both know you deserve!

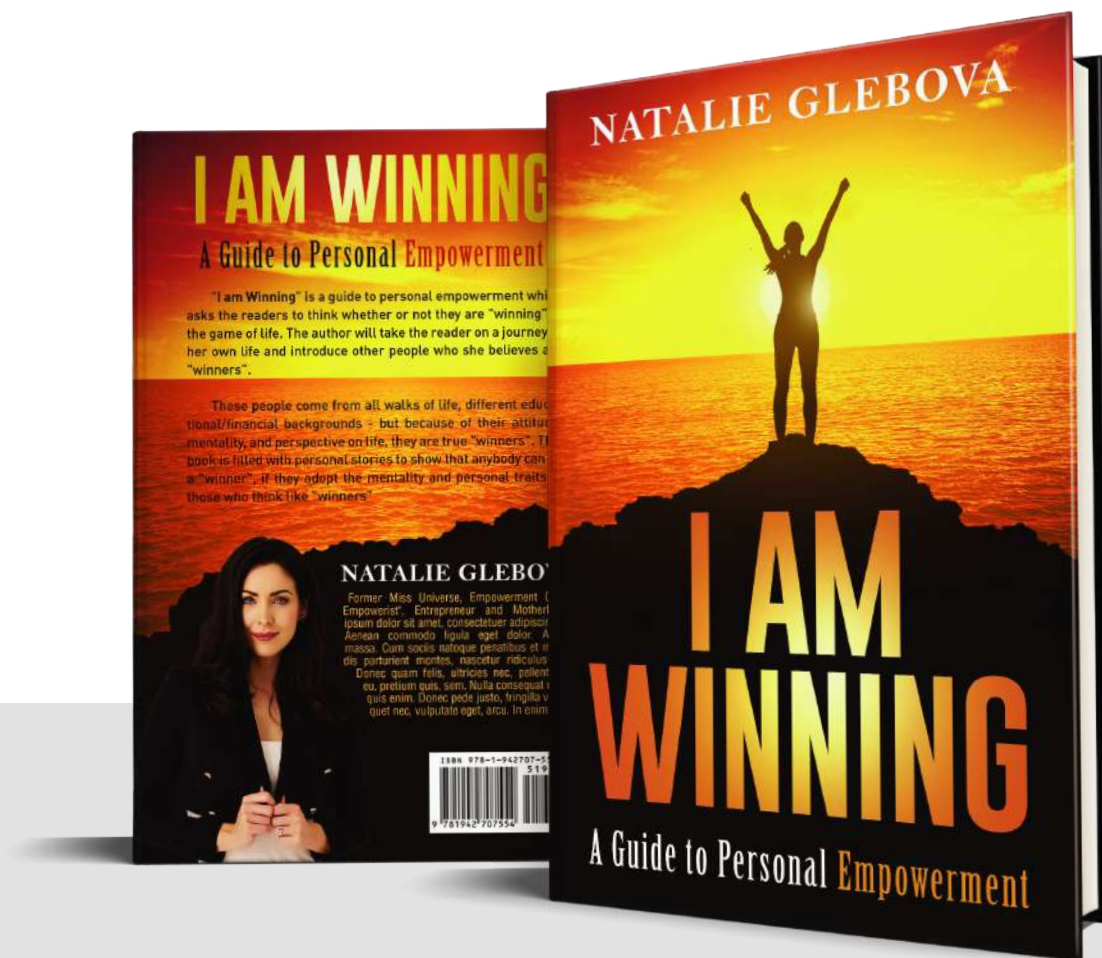


And if you are ready to learn more, my course ***Win in Love*** is custom-designed to fit your unique situation and includes live seminars, Q&A sessions, an individual coaching session with me, daily worksheets and exercises, and peer-support via a private Facebook group.

Let me be your guide on your journey towards happiness, fulfillment and personal power. Book your spot today and start winning in love!

Stay grateful, fearless, resilient, curious, confident, generous and aware.
And keep on winning!

With much love,
Natalie Glebova



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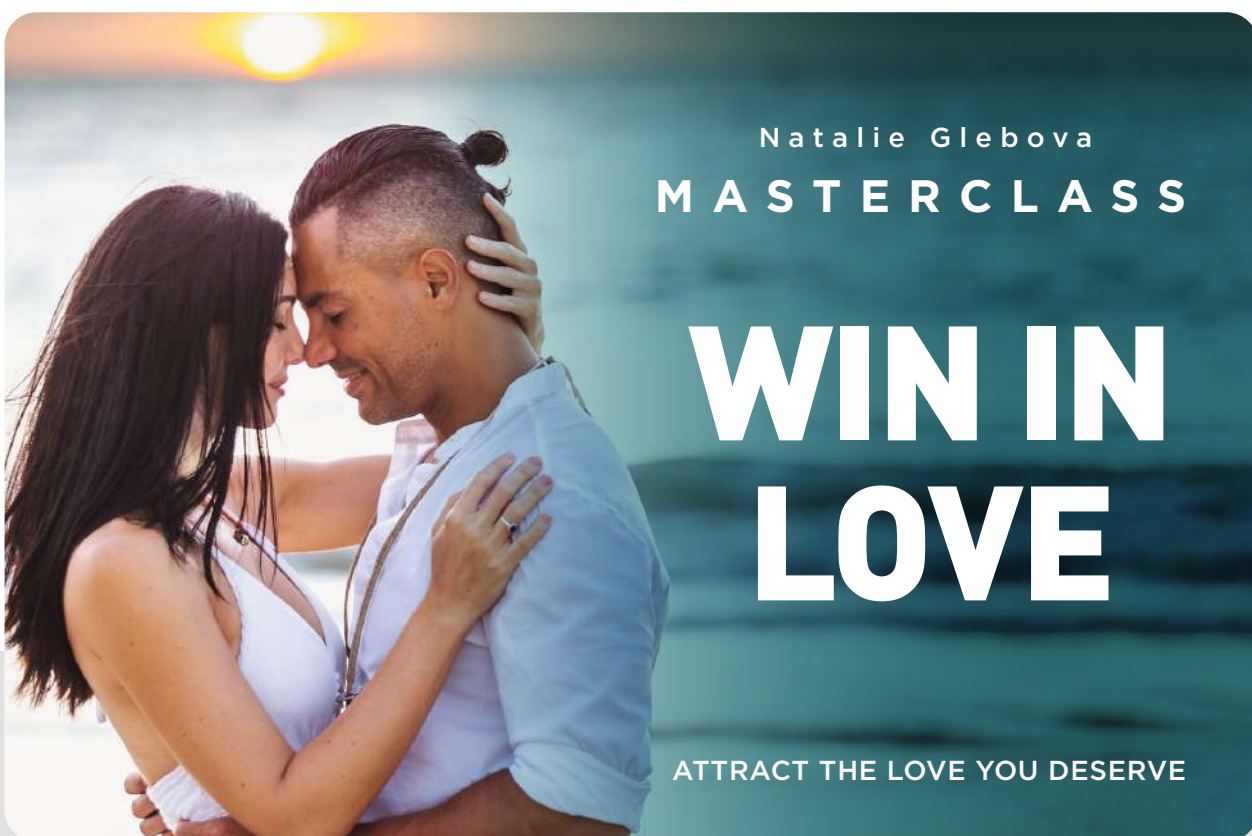


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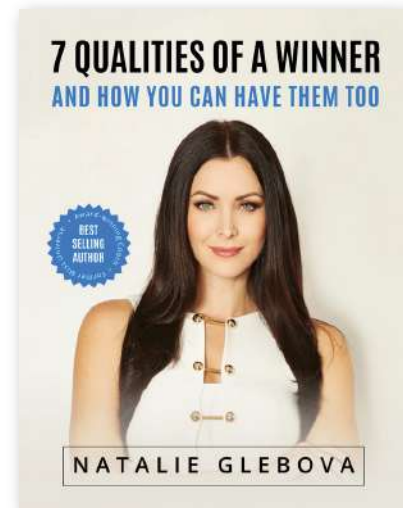
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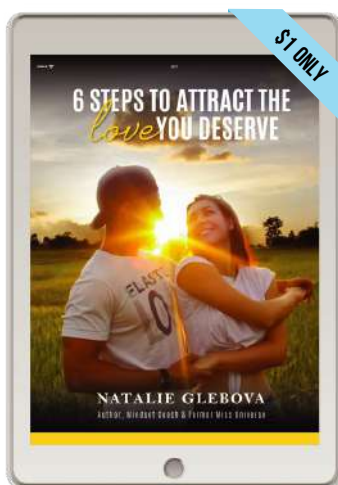
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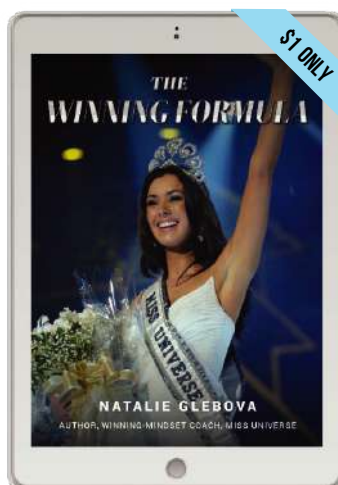
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**TUNE
INTO YOUR
ELEMENT**

TAKE QUIZ



Are you ready to

**WIN IN
LOVE?**

TAKE QUIZ



Check Your

**WINNING
METER**

TAKE QUIZ

