



# Five Limiting Beliefs That Are Preventing You From Connecting with Mr. Right

In the years of being a Life Coach in Nutrition, Exercise Physiologist, and Certified Yoga Teacher, witnessing others upgrade their mental vocabulary for engaging and creating lives they were ecstatic to live, the first thing upgraded was facing and replacing limiting beliefs.

Limiting beliefs are decisions we make about ourselves and our model of the world that limit the way we live our lives. Limiting beliefs come from our experiences, education, faulty logic, excuses, and fears. Often developed to protect ourselves or acknowledge the challenges that we have confronted in life, these mindset handicaps inhibit success, and prevent you from showing up fully, and approaching goals with intensity, thus removing possibility and impoverishing your life.

We hold these beliefs in relation to our connection with ourselves, others, the world, resources, and what is and will always be, or so we believe.

When we are on a quest for true love, limiting beliefs and projections serve as a way to prevent preconceived rejection or disappointments that have not come to pass. Too many of us err on the side of perceived safety, assumptions, wrong facts, treating people and things with undue caution or categorization. In doing this, we are disempowering the ability to select the best mate, as we starve ourselves from a rich and love filled life that is shadowed in skepticism and doubt. We create a landscape riddled with self sabotage, insecurity, lack of self-identity, the need for validation from others and outside opinions, and this leads to conditions ideal for settling or relationships void of true connection.

The truth is, extraordinary people are everywhere. When we look from eyes of expectation or objectification, we prevent seeing the richness around ourselves.





The journey of love begins and ends with yourself. The five limiting beliefs to finding Mr. Right (Mr. Right Now or Mr. Now who decides to upgrade for better or worse or until death does you part):

 **#1: There are no good men out there  
(All men are douche bags, users, losers,  
weirdoes, taken, or gay).**

There are plenty of good men, and I've met great men. Keep in mind, these men and I may not have been compatible, that does not degrade our mutual independent awesomeness. When we look through a lens that characterizes and lumps guys into a one track possibility, it's a challenge for them to demonstrate anything other, as you've made up your mind. This is not to say the like do not exist, wait for them to demonstrate their personal value. Identify the top 10 ways you want to be treated by the masculine guy you're considering. If a guy violates 1-3 items on your essential core needs requisites, you may invite a discussion based on your overall investment (time, monetary, emotional, etc.) to clarify his confusion, or to communicate your needs and boundaries.





## #2 Men are seeking someone

**prettier, hotter, smarter, more emotionally & financially stable than me.**

Men are actually seeking someone who is secure in themselves, who possesses confidence, and knows in their core they are irresistible. Not cocky, fake, or pretentious, they want us to be ourselves, just like we want their real inner self to please stand up, no shady business. Your natural qualities attracted them. You do not need to edit or pretend to be anyone other than you are.

Dealing with a ton emotionally? Great, you're a woman. It's your ecstatic pleasure to FEEL. Overwhelming? Designate a reciprocal friend to share with, hire a therapist to work through old shit. It's natural as you engage in new relationships to awaken old ways of being, walls, or other downward spirals. It is imperative you discern what is yours and what new relational patterns from your new guy are best either processed alone OR communicated. In your communication (which is basically another article) it is important if HE is responsible for emotions (positive or negative) to inquire why you are giving this power to him with yourself (ie why he's making you feel this way, is it life enhancing?), and laying solid foundations for where the emotions are coming from in nonviolent communication (NVC). NVC is simple: you did this, it made me feel this, this is the proposal I have for what to do/take action, then provide space for him to recognize your feelings. Your feelings are yours, no minimizing. He doesn't have to own that they are his, however, if he invalidates them, this is a huge red flag.

Financially, it is your responsibility to take responsibility for you. Finances are a huge source of pain in relationships. If you are figuring yours out, you do not need to wait for things to be perfect in order to be in a relationship. Be knowledgeable about the plan to get in a better condition, stop spending on things out of your budget, and you will need to be clear about your goals. Goals (for example) like I'd like to pay off (my car, house, student loans, credit cards, etc) a specific thing by such and such date. You may welcome possible dialogue for him to share similarly (depending on the stage of your relationship), and if he selects more expensive or indulging places to go out to, you've communicated your personal ability to pay (depending on your budget). Further, there are so many creative and romantic things that may be done without tons of resources involved, if money is something you're working on, get creative. Time is more important than money. It's the thought you put into care, and nurturing that puts you in your feminine power.





### #3 Males don't like when females approach them first.

It is actually your responsibility to chose. When you wait for the loudest 10% of guys to come up to you, to inquire for your number or grotesquely cat call at you ("hey baby, I like those jeans..."), they are not necessarily the cream of the crop. When you ask a guy a favor, for help, to provide his male opinion, or simply indicating interest, you invite him to interact with you. This is incredibly sexy, as well as biologically selective on your part. Now aggressively pursuing is in fact another topic; the caution I give here is allow for space, for chase, and his reciprocation.





#### **#4: Men don't like women who challenge them. They want low maintenance & pleasing women.**

Men and women actually thrive on tension. Notice, I did not say nagging, fighting, drama, or difficulty. Tension is a necessary push and pull in dialogue and the work you're responsible for putting in based again on the level of mutual investment. A healthy amount of giving and taking. Too much one way and we have collapse (syntropy), like neediness. Too much the other way and we have blowout (entropy), such as too little time together, or trust. As we 'orbit' each other, the requirement for the right amount of tension is very important. It is the very factor that keeps us in a healthy dynamic.

The majority of men desire a woman who possesses her own "life" - one in which she takes care of herself physically, mentally, spiritually. Recognizing you are a radiant and loving person, being this? Each woman has her own way of accessing this, and the manner in which you do it is your own. Being innately feminine is pleasing to men. It's the softer, sweeter, graceful, and nurturing aspects that balance their masculine traits they seek in their match.





## **#5: Males despise commitment, & are only looking for casual interaction & sex.**

This is a complete lie. Men put forth investment and commitment based on what they are seeking. As women, we must stop giving benefits and pay to those we have not had the appropriate agreement with us. This does not mean you need to behave like an assassin, telling would be suitors your scheme to marry them in 90 days and procreate, or tie them up in your sex dungeon (hey, if you are into that!). If you give the milk so to speak for free, why buy the cow? Women, as much as men, have casual relationships. More than men, we get emotionally invested in someone before they have reciprocated. In the beginning, due to availability, intensity, and timing (it takes men 2.5 times longer to comprehend what women do or say), if you know you have needs, find ways to satisfy these needs without the expectation one guy will fulfill them for you. As he's ready for more commitment, take more on mutually.





Want more information on what to do to find and keep Mr. Right?

You may connect with me on [Facebook.com/ashleymjenkinspage](https://www.facebook.com/ashleymjenkinspage) where I share insights, thoughts, experiences, and links to my latest work, (projects, books, articles, and programs).

My passion for helping other women has stemmed from concluding an 11 year relationship. The painful, yet purposeful break-up illuminated areas where I was able to grow in personal self-love, respect, and deeper trust. I took off on a road trip to mend my heart and learn big trust, traveling through Colorado and California. On my journey, being a Life Coach with emphasis in Nutrition wellness, Exercise Physiology, Yoga Certification, and Lifestyle Design, I saw quickly where my fearless mindset in jumping feet first into dating, with intensity, passion, and knowing what I desired to be so fulfilling. I felt alive, inspired, and was having the time of my life. Amassing several extraordinary men, I began having a full social schedule of eligible, attractive, driven men to go on romantic adventures with. By early August, I met one particular guy, and like the rest, he pursued me to hold time in my social calendar, until the middle of August hit and he requested to be exclusive. 100% of this was my choice, my desire, and as a gentleman, he awaited me thoughtfully letting the others know they were great, however, I'd decided to go a specific direction with THE guy. Almost 1 month after his request, short and sweet? It's been amazingly awesome. I'd like to share the magic behind this with you: how I went from heartbreak to hope. Your first look above was the **5 Limiting Beliefs**. The next is **Going on a Date in 2 Weeks or Less**. I look forward to connecting with you as you embark on the process of finding Mr. Right!

Xo,

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