

*Date  
With  
Purpose*

A dating book to help you find your soul mate

*By Tracy Montgomery*

*I was blessed with a very solid foundation for life. This was because I was lucky  
enough to be born into the family I have.*

THIS BOOK IS DEDICATED TO MY PARENTS, WHOSE 40+ YEAR MARRIAGE  
AND GENERAL OUTLOOK ON LIFE INSPIRED ME AND HELPED ME  
APPRECIATE AND ENJOY LIFE EVERY DAY, IN EVERY WAY.

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## INTRODUCTION

*"IF I FELL IN LOVE WITH YOU, WOULD YOU PROMISE TO BE TRUE, AND HELP ME UNDERSTAND?"*

*'CAUSE I'VE BEEN IN LOVE BEFORE, AND I'VE FOUND THAT LOVE WAS MORE THAN JUST HOLDING HANDS."*

*- THE BEATLES, "IF I FELL IN LOVE WITH YOU"*

DEAR FRIEND,

DATING *IS* SERIOUS BUSINESS. WE SOMETIMES FORGET THAT DATING WAS ORIGINALLY INVENTED TO HELP PEOPLE FIND MR. OR MS. RIGHT. WE'RE NOT JUST TALKING ABOUT SOMEONE YOU'RE ATTRACTED TO OR ARE COMPATIBLE WITH AT THE MOMENT. THIS IS ABOUT FINDING A SUITABLE PARTNER THAT CAN HAVE A MEANINGFUL, LONG -TERM RELATIONSHIP WITH.

YOU COULD BE NEEDLESSLY CREATING YOUR OWN UNHAPPINESS IF YOU GO AROUND DATING WITHOUT HAVING A COMPLETE SENSE OF SELF OR PURPOSE. WITHOUT REALIZING IT, YOU MIGHT BE RUNNING AFTER PEOPLE WHO ARE DOWNRIGHT WRONG FOR YOU—AND ALL BECAUSE YOU DON'T KNOW WHO YOU'RE MEANT TO BE, OR WHERE YOU'RE GOING.

YOU NEED TO *DATE WITH PURPOSE*.

" 'DATE WITH PURPOSE'?" YOU MIGHT SAY. "I'M PRETTY CLEAR ON THE PERSON I WANT TO GO OUT WITH."

ACTUALLY, WHAT I'M REFERRING TO IS THE *GENERAL PURPOSE OF YOUR LIFE*. MY INTENTION FOR THIS BOOK IS TO HELP PEOPLE REALIZE THAT THEY FIRST NEED TO KNOW WHAT THEIR LIFE'S GOALS AND PLANS ARE, AND THEN SEE WHERE DATING FITS INTO THOSE GOALS.

I'VE GOT THIS LITTLE THEORY ABOUT DATING. I BELIEVE WE NEED TO BE CONTENT AND HAPPY WITH OURSELVES, CLEAR ON WHERE WE'RE GOING AND HOW TO GET THERE, BEFORE WE CAN TRULY BE SUCCESSFUL AT DATING.

IN FACT, I RECOMMEND *NOT* GOING ON DATES AT ALL IF:

A.) YOU'RE IN A STATE OF INDECISION OR PERSONAL CRISIS, OR

B.) YOU'RE NOT LOOKING FOR A LONG- TERM RELATIONSHIP.

"AW, C'MON!" SOME OF YOU SAY. "WHAT'S WRONG WITH GOING ON DATES WHILE I'M FIGURING OUT WHAT TO DO WITH MY LIFE? IT'S JUST DATING." AND OTHERS MIGHT SAY, "LOOK, I'M JUST IN IT FOR FUN. I'M YOUNG / GORGEOUS / FREE, AND I JUST WANT A HOT DATE. WHAT'S WRONG WITH THAT?"

WELL, I'M BETTING 99.9% OF YOU SINGLES WHO ARE IN THE DATING GAME AREN'T IN IT JUST FOR KICKS. LET'S BE HONEST: WHETHER YOU'RE SERIOUS OR JUST PLAYING, YOU'RE ALL HARBORING SECRET HOPES OF FINDING TRUE, EVERLASTING LOVE.

ONCE YOU ARE SOLID WITH WHAT YOU WANT IN LIFE, AND WHAT TYPE OF PERSON WOULD COMPLEMENT YOU PERFECTLY, YOU'LL HAVE THE WISDOM TO DISCERN WHO WOULD MAKE SUITABLE PARTNERS AND WHO WOULDN'T.

YOU WILL RADIATE A SENSE OF PEACE AND CONFIDENCE. OTHER PEOPLE WILL SENSE THIS IMMEDIATELY AND WILL FIND YOU ATTRACTIVE. YOU CAN THEN SUCCESSFULLY ATTRACT OR PURSUE THE PEOPLE YOU WANT.

WHEN YOU STOP FOCUSING TOO MUCH ON OBTAINING A SEXY PARTNER, AND FOCUS INSTEAD ON YOUR LIFE'S GENERAL PURPOSE, PARADOXICALLY *YOU WILL ATTRACT THE VERY KIND OF PERSON YOU WANT.*

AND *THAT'S* WHEN DATING STARTS BECOMING SERIOUS *FUN!*

IF YOU FOCUS ON HAVING A POSITIVE PURPOSE AND OUTLOOK ON LIFE, AND SEEK TO CREATE A POSITIVE ENVIRONMENT WITH FRIENDS AND FAMILY, YOU *NATURALLY INVITE MORE POSITIVE PEOPLE TO JOIN YOU.* AND TRUST ME, POSITIVE PEOPLE ARE THE *SEXIEST* PEOPLE ON THE PLANET. THE PARTNER THAT'S JUST RIGHT FOR YOU WILL BE AMONG THEM, WAITING FOR YOU TO DISCOVER HIM OR HER.

IF YOU'RE AFRAID THAT YOU'RE NOT GORGEOUS, SMART, SEXY, OR READY ENOUGH FOR THAT ONCE-IN-A-LIFETIME PARTNER, DON'T BE! TRUE SEX APPEAL HAS LITTLE TO DO WITH APPEARANCE (AND I'LL *PROVE* THAT TO YOU LATER IN THE BOOK!), AND EVERYTHING TO DO WITH BEING GROUNDED AND SELF-CONFIDENT. IF YOU CAN ACHIEVE THAT, YOUR PARTNER WILL FIND YOU IRRESISTIBLE!

ARE READY FOR SOME SERIOUS FUN? TURN TO THE NEXT CHAPTER OF YOUR LIFE.

ROOTING HAPPILY FOR YOU,

TRACY MONTGOMERY

## **CHAPTER 1: SELF-REFLECTION**

*"YOU ARE A CHILD OF THE UNIVERSE, NO LESS THAN THE TREES AND THE STARS; YOU HAVE A RIGHT TO BE HERE...THEREFORE BE AT PEACE WITH GOD, WHATEVER YOU CONCEIVE HIM TO BE, AND WHATEVER YOUR LABORS AND ASPIRATIONS, IN THE NOISY CONFUSION OF LIFE KEEP PEACE WITH YOUR SOUL."*  
- MAX EHLMANN, EXCERPT FROM DESIDERATA  
(1952)

HOW CRUCIAL IS IT TO KNOW WHO YOU ARE, BEFORE FINDING THAT PARTNER OF YOUR DREAMS?

PEOPLE ARE MORE HONEST ABOUT THEIR FAILINGS WHEN MAKING ANONYMOUS CONFESSIONS TO STRANGERS, SO LET'S TAKE A QUICK PEEK AT SOME POSTS IN VARIOUS ONLINE DATING AND DIVORCE FORUMS FOR REAL-LIFE EXAMPLES.

### **CASE 1.**

A YOUNG WOMAN NAMED KELLEY LAMENTS, "I DON'T UNDERSTAND IT! WHY AM I ALWAYS MEETING MEN WHO, IN THE BEGINNING, SEEM OK, LIKE THEY HAVE EVERYTHING TOGETHER...UNTIL THEY START HANGING OUT WITH ME?"

### **CASE 2.**

A YOUNG NORWEGIAN MAN WHO CALLS HIMSELF "BERGEN" WRITES, "I KEEP THINKING ABOUT THIS PARTICULAR GIRL. SHE'S SEXY, THOUGHTFUL AND FUNNY. WE WENT DATING FOR A WHILE. BUT I STOPPED SEEING HER SO I COULD HAVE SEX WITH SOMEONE ELSE. IT BROKE HER HEART. I WAS STUPID; I CHOSE GREAT SEX OVER THE CHANCE OF HAVING A DEEP CONNECTION WITH HER. NOW SHE'S GOT A BOYFRIEND. I MISS HER AND I WANT HER BACK. WHAT DO I DO?"

### **CASE 3.**



OVER IN THE DIVORCE FORUMS, A 46-YEAR OLD MAN WHO SIMPLY CALLS HIMSELF “FREAKAZOID” HAS POSTED A MESSAGE, SAYING, “I’VE BEEN MARRIED TWICE, AND BOTH MARRIAGES ENDED IN DIVORCE. I REALIZE THAT I GOT MARRIED BOTH TIMES FOR THE WRONG REASONS. I NEVER REALLY LOVED MY WIVES. I THINK I WAS JUST AFRAID TO BE ALONE. I ALSO HAD TO BATTLE ALCOHOLISM, WHICH DESTROYED THE TRUST FROM MY LATEST MARRIAGE. THANK GOD, I’VE RECOVERED FROM THAT. I WOULD REALLY LIKE TO EXPERIENCE TRUE LOVE, BUT HONESTLY, CAN’T SAY I CAN TELL WHAT THAT IS RIGHT NOW. I JUST NEED TO CHILL OUT FOR NOW. I’M OLD, GOT NO MONEY. I NEED TO FIND THAT FINANCIAL, PHYSICAL, AND SPIRITUAL BALANCE...I THINK THAT’S THE BEST THING TO DO, NO MATTER HOW LONELY I FEEL...”

#### **CASE 4.**

“LONESOMEDOVE”, A 30-SOMETHING ASIAN WOMAN, HAS ALSO WRITTEN: “EVERYONE AROUND ME WAS GETTING MARRIED. IT FELT WEIRD. MY MARRIED FRIENDS FELT WEIRD HAVING A SINGLE FRIEND. [I] FELT PRESSURE TO GET MARRIED EVERY SINGLE DAY, FROM FRIENDS AND FEMALE COLLEAGUES AT WORK. THEY FELT MARRIED FOLKS WERE MORE WORTHY OF A JOB PROMOTION. SO I FOLLOWED SUIT AND MARRIED THE FIRST GUY I MET WHO WAS OK ENOUGH...AFTER MY DIVORCE, I REALIZED I WAS HAPPIER WHEN I WAS SINGLE. IF I GET MARRIED AGAIN, MY PRIORITIES WILL BE IN CHECK.”

THE REST OF THE POSTS IN ALL THE FORUMS SOUND SIMILAR. AND PREDICTABLY, EACH POST IS FOLLOWED BY A STREAM OF COMMENTS FROM

STRANGERS WHO WRITE BACK VARIATIONS ON EITHER “ME, TOO” OR “GET YOUR ACT TOGETHER.”

WHAT DO THESE CASES HAVE IN COMMON? EACH SEEMS TO DISPLAY A LACK OF SELF-KNOWLEDGE, OR A SENSE OF WHO THEY REALLY ARE. THEY ARE POIGNANT EXAMPLES OF WHAT HAPPENS WHEN PEOPLE GO CHASING RELATIONSHIPS, DRIVEN BY SOME UNNAMED NEED, WITHOUT A SENSE OF SELF.

TO SOME OF US, KNOWING WHO WE ARE AND WHAT WE WANT COMES AS NATURALLY AS BREATHING. IF YOU’RE ONE OF THESE PEOPLE, CONSIDER YOURSELF BLESSED WITH THE ABILITY TO GUIDE YOURSELF IN LIFE. BUT FOR THE REST OF US, SELF-KNOWLEDGE CAN BE A PERIODIC OR PERPETUAL STRUGGLE.

*IT’S NOT ALWAYS EASY TO KNOW YOURSELF.* WHY IS IT SO HARD?

KNOWING WHO YOU ARE AND WHAT YOU WANT IS NOT SIMPLY A MATTER OF SITTING DOWN AND SAYING TO YOURSELF, “OH, I’D LIKE THIS. I WANT THAT. YES, THAT’S WHO I AM.” IN THE FIRST PLACE, YOUR VIEW OF SELF MIGHT BE MUDDLED OR HAMPERED.

YOU COULD BE IN DENIAL ABOUT CERTAIN ASPECTS OF YOUR PERSONALITY, BECAUSE YOU DON’T LIKE THOSE ASPECTS OF YOURSELF AND WOULD RATHER NOT DEAL WITH THEM. YOU COULD BE BLIND TO WHAT YOU REALLY NEED IN LIFE, BECAUSE YOUR VIEW OF THINGS HAS BEEN OBSCURED BY FEAR, GREED OR HATE, BROUGHT ABOUT BY TRAUMATIC EVENTS IN THE PAST. YOU COULD BE FACING PRESSURE FROM YOUR FAMILY, FRIENDS, COLLEAGUES AND NEIGHBORS, TO ACT A CERTAIN WAY. YOU COULD EVEN BE LIVING UNDER TREMENDOUS CULTURAL OR ECONOMIC PRESSURE TO CONFORM TO A PARTICULAR MOLD, SUITABLE TO

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