

MSN Dating & Personals

Rosh Hashonah Love Resolutions

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By Margot Carmichael Lester

Rosh Hashanah, the Jewish New Year, is a great time to take a look at your dating life and resolve to make some changes and get more from it. Forgive yourself of past dating sins, and focus on your dating future. Here's how to get started.

Banish the bad attitude. If you've got one of those little voices that tells you you're unattractive or that no one wants to be with you, shut it up. "One of the very best tools to banish negative self-talk is to consciously say 'Stop' out loud to yourself the minute you hear those voices or feel the pity start to well up in your chest," advises Toronto-based relationship coach Frankie Picasso. "For the next 15 seconds, replace those negative thoughts with a memory or thought that always makes you feel good."

Shake up your wardrobe. "The New Year is the perfect excuse to remix your wardrobe," asserts self-proclaimed fashionista Beryl Marks of Boston. "Purge your closet and dresser of anything you haven't worn in a year. Do a fashion show for a trusted friend and ditch anything that isn't ultra-flattering. Then visit the boutique or consignment shop to find a few key pieces that make you feel like a million bucks. Your confidence and put-together look will make you more attractive to potential dates."

Stop trying so hard. Instead of hitting every singles scene in the city, relax and focus on pursuing interests, not interested parties. "Choose activities that you truly like to do that are not gender-specific, and you'll meet people that like to do the same things," says Susan Gayle, founder of the New Behavior Institute in New York. Doing so will allow you to meet people with similar interests, who might just know someone who'll be interested in you.

Update your profile. If you're doing online dating, this is a great time to recharge your profile. "My secret is to check out other women's profiles so I know what the competition is up to," admits Rebekah Salinger of San Francisco. "Based on what they're saying, I make changes to my profile that are more specific to me and help me stand out from the crowd."

Learn another language...Body language, that is. "Watch for the body language of attraction when you go out," suggests Maryann Karinch, author of *I Can Read You Like a Book*. "Learn to spot the involuntary signs so you know when someone is genuinely interested in you, like mirroring your body positions, softening the stance, and relaxation of facial expression. And pay attention to your own body language. Do you show signs of attraction, too?"

Invest in yourself. "Whenever I feel like I'm in a rut, I take a class," says Josh Israel of Denver. "I've taken martial arts, guitar lessons and a course in beer-making. I always make some new friends while I'm learning new stuff." This is a

great way to expand your network, increasing the chances of meeting someone—or someone who knows someone you should meet. Put on an act. “Isn’t it funny how men will zoom in on those ladies who are unavailable?” Picasso asks. “It seems to remove their fear of rejection. It also plays into their need to conquer. So, ladies, act as if you are taken. Repeat to yourself, ‘I am not available.’ That flashing neon sign over your head will have the men circling you.”

So go ahead and use this time of renewal to keep your momentum going and your attitude positive. But you don’t have to wait for an official observance to show up on your calendar. You can deploy these strategies any time you (and your dating life) need a lift.

North Carolina-based freelancer Margot Carmichael Lester also writes the Ask Margot advice column. Send your faith-based dating questions to her at AskMargot@match.com.

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