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Boundaries

Saying “NO!” without guilt can be difficult. How do you know when to set boundaries and when not?

How do you know when to give a man the benefit of the doubt and when it’s enough?

Look, when you don’t set boundaries you lose integrity and stability. And when you lose integrity, you lose self-trust.

Men lose respect for a woman who doesn’t hold her own aka sets boundaries. He knows that he is going too far sometimes and secretly appreciates when you powerfully say “NO!”

Interdependence

Welcome to your ticket out of co-dependence. No more merging and forgetting who you are and what your desires are.

Interdependence is really the best of BOTH worlds - the dependent as well as the independent. How cool is that?! This means you own the art of marrying your individual identity with your couple identity. A recipe for eternal happiness and fulfillment. Now how in the world do you accomplish that?

1. You maintain your own friendship circle while also sharing friends as well - Now that’s key. You want to have individuals witness you and also some who hold space for your couple identity.
2. Create WIN WIN WIN solutions - There are actually 3 parts to your relationship. You, your partner, and the relationship itself. All 3 should benefit from the decisions you make.
3. Support his independent part and heal your co-dependent, anxious part - Now I know this can be a tough cookie. Supporting his independent part can often trigger anxiety, abandonment issues and ultimately fear of rejection. I invite you to heal that part by learning to self-soothe.

Trust

When your thoughts=your words=your actions THEN you have trust.

But first let's talk about the 3 different types of trust:

- 1.Trust to self.
- 2.Trust to others.
- 3.Trust to the universe/God/higher power.

You need trust in order to lead your life and manifest your desires. Why? If you don't trust yourself, you allow others to infiltrate you with their agenda.

Here are a few tips on how to rebuild trust quickly.

1. Clean up your "white" lies. Now I know we have all done this. A little let's call it an excuse for being late or not being the best friend or daughter. Instead of facing shame, we make a little white lie. "I was stuck in traffic" when you well know that you also left 15 min later. Get me? Now it's your turn to come clean with that person.
2. Make less commitments. Especially if you suffer from the people pleaser syndrome. We end up overcommitting and starting to abandon ourselves. Not a good step when it comes to rebuilding trust. Instead, be willing to be liked less and commit a whole lot more to yourself and your dreams.

Confidence

Having the capacity to deal with whatever comes your way is the ultimate confidence. Yes, that's right?! Confidence is about capacity. Now the question remains how in the world are you increasing your capacity?

Here are some innovative ways to do just that:

1. Breathe instead of laugh. Wait a minute. What??? Yes you read that right. Often times when we feel uncomfortable
2. Future pace yourself. What??!! Hear me out. Visualize yourself encountering the same challenge where you would forget to be confident except this time you

actually DO remember to be confident and believe in yourself. That's right! Don't visualize immediate transformation but instead visualize the successful transition.

Harmony

A lot of times we focus on balance in our life. However it can be quite the daunting if not frustrating act. Look, we have 6 feminine archetypes inside of ourselves and our job is to keep them all in check at the same time? That's a recipe for failure. I prefer to see the relationship between those parts as living in an ecosystem. There is an inherent intelligence and symphony existing. There is a rhythm when to use what archetype and to what degree.

The BITCH puts INTERNAL long term harmony above everything else. Yes, that means if there is short term upset she is willing to face it. She doesn't care about EXTERNAL short term harmony like the people pleaser. She is the opposite. True to herself.

Now of course the question remains how in the world do you implement all of that?
I am so glad you asked.

That's why I developed my "Magnetize Your Man" QUIZ which will help you to get crystal clear on your blind spots and the exact internal dialogues and behavioral patterns that are getting in the way of you having a healthy, fulfilling long term relationship.

All you have to do is grab your slot here for FREE and I'll "see" you there! 😊

[Claim Your Get FREE Instat Access To Our Exclusive "Magnetize Your Man" QUIZ As Still Available Here!](#)

About Antia Boyd

Right now Anita feels so grateful and blessed to be living the amazing life that she's living.

She gets to wake up every morning to her amazing, loving, kind, strong, stable, trustworthy, handsome and spiritual husband Brody and feel so cared for, truly safe and loved in his arms.

They also get to travel the world together to amazing beautiful and fascinating places such as Costa Rica, Bali, Thailand, Australia, Mexico and Japan.

They get to officiate their amazing clients weddings and give great talks and speeches all over the world such as at Google and Harvard University.



They get to help others and make a big impact in the world helping successful single women to find lasting love and have a business and **shared life purpose together**.

Not to mention the basic joy, happiness, safety, confidence, love, purpose, security and fulfillment every day.

But it wasn't always like this for her however...

Antia did not have the dream childhood and dream early beginnings that she would have wanted to have in her life by far, in fact far from it.

Anita actually grew up in an extremely *emotionally distant* household in eastern Germany before the wall came down where basic words like "I Love You" were as rare as Christmas and Thanksgiving happening on the same day.



In fact, her mother would constantly tell her not to bother her and her father was constantly yelling and taking his anger out on the household.

She was forced to be independent, and even by 8 years old her parents were having her go to the grocery store by herself to pick up food for the family.

In fact, things got very hot politically, and her family had to eventually flee to western Germany to escape in the middle of the night. All of this effected her on a deep emotional level.

She grew up never feeling fully safe and secure in love and developed a hard shell of anxiety and underlying *in-security* in love.

Fast forward several years and what do you think she began to attract in her dating and live life?

That's right... "Emotionally Unavailable Men"!

She began to feel the pangs of loneliness, frustration, sadness & isolation caused by this, and very soon had had enough.

She decided to pack up her bags and to take the biggest risk of all... To leave Germany and to move to the United States to study Personality Psychology at U.C. Berkeley, and finally uncover why the type of relationships that she had with her parents growing up was directly correlated with her life-long dating & relationship struggles with attracting and keeping quality men.



While she did this, she also began studying everything that she could get her hands on in the areas of men, dating, personality styles and interpersonal communication & relationships. She went to dozens & dozens of workshops & trainings on those subjects, read hundreds of books and spent tens of thousands of dollars on this to make her new dream life & dream love into a reality.

She even began leading "Soulmate Support Groups" to help other women to start finding success in their love lives, and guess what? It was working... For them!

Although she then started to help dozens of other single women to attract the boyfriends, fiancées & husbands with the wisdom, strategies & systems that she had learned, it still *wasn't happening for her*.

Finally, she came to the realization that it wasn't working for her because she was so **STUCK IN HER OWN PATTERNS** that she couldn't see her own forest for the trees... And that's when she finally decided to hire a professional 1:1 dating coaching & relationships mentor for herself.

And after working with her dating coach & mentor for only just a few months and learning the “Magnetize The Man Method”... She finally started to break through her old dating patterns.

She had finally learned how to trust herself & to trust her heart in her decision making, how to believe in herself that this was all really possible for her & that she really deserved to have what she wanted.

She learned how to step out of her comfort zone & take new massive risks in her life without fear, & how to say YES to letting the new love & support flow to her & not push it away subconsciously with her old fear & safety patterns that were keeping her small and alone.

Shortly after that she **finally** attracted her amazing, loving & supportive husband Brody into her life, and again couldn't be happier.

They actually met each in a spiritual/self-improvement support group in Honolulu Hawaii where they were both living at the time, and had connected on all levels right away shortly after meeting and the rest is history. 😊

She now feels so loved and supported and safe in the knowing that they really care and support each other on all levels in their lives together.



So throughout this entire journey to finally attracting true love into her life where previously there was only struggle and heartbreak, **THAT** is why Antia became so passionate about wanting to help other single successful women to find the right man for them to share their life with & be happier ASAP without more loneliness, frustration, sadness or wasting any more time attracting emotionally unavailable men!

She now looks forward to helping **YOU** to start attracting your ideal man for you to share your life with & be happier and becoming one of her next great success stories as well! 😊



[Click Here Right Now To Claim YOUR New Lasting Love Story As Well!](#)

Love Stories & Reviews From Some Of Our Amazing Clients!

"Hi Antia, One year since the day my fiance and I met is just around the corner, and we are now married! We are in love and don't want to live life without one another. I have lived with him for 6 months and have been the happiest I have ever been in my life. Thank you so much for the coaching... I will check in very soon. Lots of love!" -L.W.

"Dear Antia, You are a magician. I am writing to let you know that I met someone wonderful. It's been 3 months and we're taking it slow but he's so wonderful. He's actually someone I've known for 10 years but lost touch with. We reconnected by accident as I was practicing self care by starting a weekly swimming practice :). I just re-listened to our coaching recordings from September last year and it's amazing. Some amazing things are happening for my business too. Your techniques work! I will sing your praises to the moon and back. To you and Brody :)" -E. L.

"Hello Antia & Brody, I want you two to be the first to know my man & I are in love and in a committed relationship! After 2 years of struggle & resistance from me & dating other men, I realized that he is the only one for me. He told me it was love at first sight for him! I know I felt a spark but, because of my past relationships I was resistant. I do believe in love at first sight. Anyway, thank you for opening my eyes and heart up to love. I am getting choked up writing this, tears of joy! Happy Holidays to you both!" -J.K.

"Hi Antia, my man and I are very happy as we are exploring and enjoy our new life together. Our coaching together was very helpful in my ability to stay centered in the reality of a true intimate loving relationship unfolding. It has also helped me in nurturing it too. Thanks so much for your support!" -A.G.

[Click Here Right Now To Get Started As Still Available!](#)

Antia & Brody Boyd ♥

We Help Elite Single Women To Magnetize The Man To Share Their Life With & Have A Loving, Long-Term & Committed Relationship ASAP Without Fear, Lack Of Trust Or Wasting Time Attracting Emotionally Unavailable Men!