

Part two: Christian-ish: Expectations to Attract High-Value Men

Hey love. Welcome to Christian ish. This is the podcast for women who have bibles but lack boundaries. My name is Keshia Rice. I am a dating coach and hypnotherapist and I thought to end 2024, we were going to do something different by giving you something that very few women have heard before. So a little while ago I did a special training called Heart and it was all about how to attract a high value man. Now this training was done for a very small niche group and I recently got permission to share it more widely. And I think that as we end this year, it would be great to give you a chance to listen to this training, uh, hear all of the things that it requires to attract a man who truly loves you, cherishes you, and takes care of you. I hope that by listening to these trainings and it is five days because each day spells out one of the letters in heart. Um, I hope that by listening to these, this will help you make your love list, um, as you end this year so that you can prepare to attract the love that you want to have in the new year. So we are going to end this year with five days of this heart training and these are going out the week of Christmas. Um, Christian ish will not be airing for the last week of 2024 because I will be on vacation, but I will see you guys in 2025, so enjoy the training. Love you so much.

Hey love. Welcome to video two of How to Attract a High Value Man. So my name is Keshia Rice. I am a dating coach for Ambitious Women of Faith. So I help these women learn how to attract their purpose partners and how to do it without compromising their values, their identity or their sanity. And if you watch video one, we were talking all about heart when it comes to attracting those high value partners. So our heart is healing, which we talked about in the last video. It is expectations, which we're gonna talk about in this video, attention rules and tenacity. So again, if you haven't watched video one on healing and why healing is so important, then go back and watch that one first and then come back to this one where we're talking all about expectations. So before you go into dating and go on this journey of attracting a high value partner, because believe me, this is a journey.

Um, I was in toxic relationships for years. The healing process probably took me a good two or three years and it was another good year of dating before I met the man who became my husband. So this is definitely a process and before you go on this journey, you want to make sure that you have the right expectations. And when I say the right expectations, I'm not talking about lowering your standards. Um, do not listen to all those people who said that you have to like humble yourself and lower yourself in order to get Amen. My interest is not in you having amen. My interest is in you finding a partner who truly cherishes you and takes care of you. So when it comes to expectations, I want you to get clear on what is it that you really want in a relationship. So for starters, what is the purpose of marriage for you?

If you are looking for marriage, is this a matter of lifelong companionship? Is it because of the tax benefits? Is it because married people live longer, which is true? Married people live longer and tend to be healthier, um, assuming they are in happy marriages. That's the caveat, <laugh>, is it because you want children and you believe that marriage is the best vehicle for having a child? But get clear on what your purpose is in wanting marriage and in wanting a partner. And then get clear on what it is that you want in a partner because this is highly important as well when it comes to what you want in a partner. You know, the Bible says as a man thinketh, so as he, if you are more on the woo side and you follow like manifestation and law of attraction, then

you've probably heard the phrase, what you focus on magnifies, um, two sides the same coin. They mean the same thing. You cannot get the things that you want unless you're clear on them. It is important that you focus on what it is that you want. Think about this. Have you ever decided to buy a car? So imagine you decided that you wanted to get a car, you decided what type of car you wanted and you're going through the process of like saving up the money to buy it and everything. Did you notice that that was the only car that you saw on the road? <laugh>?

Yeah, I come from a family that is a Toyota family. So when I decided that I was gonna get my last car, which is a Corolla, um, I saw nothing but Corollas on the road. Think about that for a second. Did the other cars on the highway disappear? No, they didn't. It's because I was so focused on the Corolla that that is all I saw. The same thing happens in dating and relationships when you are focused on your limiting beliefs, things like all men are trash, all the good ones are taken, um, I'm too old or I'm too fat, or you know, I'm too skinny, I'm too ambitious. Then those are the things that you see. You see men who are trash. You see men who are cheaters. You see men who turn you down because of your looks. You see men who turn you down because you're too much for them because that's what you keep focusing on.

So that's what you keep bringing into your sphere. You have to learn to focus on what it is that you want in a relationship and that has to be clear. So think about the characteristics that you want in your partner and be very specific about them. One of the examples I use all the time is sense of humor. So if you say you wanna partner with a great sense of humor, what does that mean? Because the wrong type of sense of humor will seriously annoy you. Uh, are you asking for a partner who can crack jokes and is like a comedian and always makes you laugh? Are you asking for a partner who can take a joke because you are more sarcastic and you want somebody who's not gonna be so sensitive about the jokes that you make? Are you wanting someone who is sarcastic too so that the two of you can like sit around and like gossip together and kinda like be petty together, but be specific about what it is that you mean when you say sense of humor.

You know, I work with women of faith, so 90% of my clients at this point are Christian. Um, I have other clients who are Muslim, who are Jewish, who are Hindu, um, and have clients who consider themselves just more spiritual. And it's funny to me that, you know, I will ask a woman what she wants in a man and she'll say again, with 90% of my clients, she wants a man who's Christian. What does that mean? <laugh>? Does that mean he's the same denomination as you, that he goes to the same type of church? Does that mean he's a regular church goer or are you okay with someone who doesn't attend a church, doesn't attend church, but um, you know, studies at home? Does that mean someone who's there when the doors open and who's there when the doors are closed? Or does that mean someone who attends Sunday service and that's all?

Do you want someone who is active in church volunteering? Be clear on what it is that you want and what you wanna see in that relationship. So once you get clear on those wants, also know what your needs are in your relationship, what are your non-negotiables? So for me, for example, my personal time is very important. This was one of the biggest adjustments that my husband and I had to make actually when we got married because we did not live together first. So when he and I got married, I would come home from work and because we had opposite work schedules, he was home whenever I got home from work and he would immediately want

to talk and like ask a bunch of questions about my day. And I had to let it be known to him that, you know, I appreciate his enthusiasm and his concern and his care for my day, but I needed like 20 minutes to decompress.

And you know, that's an example in a marriage. But even in dating, you know, I was a very independent woman, so I needed time away when it came to dating too. I did not want a man who texted me like 10 times a day. So know what your needs are as well as far as your time and your space go because it might be very important to you that someone does check in all throughout the day or that could be the last thing you want. You hear that and you think I'm way too busy for that <laugh>. Like, ain't nobody got time for that. And that's fine, your personal needs or your personal needs, but know that as you're going into a relationship, also know your needs as far as your love language because on one hand, no one is a mind reader and you most likely will not marry someone who has the same love language as you, which is going to cause a little bit of conflict in the relationship because people give love according to their own love language.

So if you are an acts of service person and you marry someone who is a physical touch person, they're going to keep seeing their touch as showing love. And you're gonna be like, can you wash the dishes? Can you go run an errand for me? So it's not a matter of finding a partner who is a perfect match, but it is on your ability to communicate how you need to be loved, to be able to explain to a partner and not expect him to be a mind reader. So know what your needs are in relationship and also set proper intentions when you go on dates. So I wanna be very clear about this. The purpose of a first date is to gather enough data about a person to know whether or not you want a second date. So do not go onto first dates, picturing your wedding, how your last names look together or how your first name sounds with his last name, if that's your intention to take his last name.

Um, don't go that far in advance, but do set intentions. Set the intention that you're going to be present, that you're going to actively listen to what he says so that you can properly discern any red flags and so that you can also get to know him better. Set the intention that you are going to work on your communication skills. Set the intention that you are gonna have a great conversation, or that you are gonna do your best to have a great conversation regardless of how he acts. Um, you'll know that you <laugh> did your best to have a good time on that date. So know what your intentions are going into each date, you know, after that first date. Again, the purpose of the first date is to know whether or not you want to have a second date. Then after those, after that first date, then yes, set intentions for your second and third and fourth dates about what you would like to know about his family at the end of the day, what you would like to know about his money mindset, what you would like to know about like his ambitions, and whether or not the two of you have similar hobbies and things like that.

That's totally cool. The more you get to know someone, you can continue setting intentions as to, I wanna know how he would react in this situation. Um, I wanna know how he feels about this thing, you know, if you're very politically active, for example, how he feels about presidential candidates. So set your intentions as you go into dates because that will also help you to fits your focus. So I hope that you enjoyed this video on the e in heart on expectations. And in the next video we will talk all about intention. In the next video we will talk all about attention <laugh>. So we will get into that a and I will see you next time.

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