

WHERE TO MEET SOMEONE: GET READY, GET BOLD, GET REAL.

Get Emotionally Ready, Socially Bold,
and Finally Find a Real Connection

BY
K A R I C H R I S T E N S E N



As a Love Coach, I hear a lot of questions—but “Where can I meet someone?” is easily in the top five. So, in this mini-book, I’m breaking it down for you. I’ll share some of my best tips, honest truths, and a few behind-the-scenes secrets I’ve picked up along the way. My goal? To help you stop spinning your wheels and start making real, meaningful connections.

When I set out to find the love of my life, I had to shift my mindset first. This book is about helping you do the same—so you’re not just asking where to meet someone, but actually becoming ready for love when you do. This mini-book is primarily intended for individuals seeking a long-term relationship. But, if you don’t know what you are looking for or you are casually dating,, you can still use these methods, but with a different frame.

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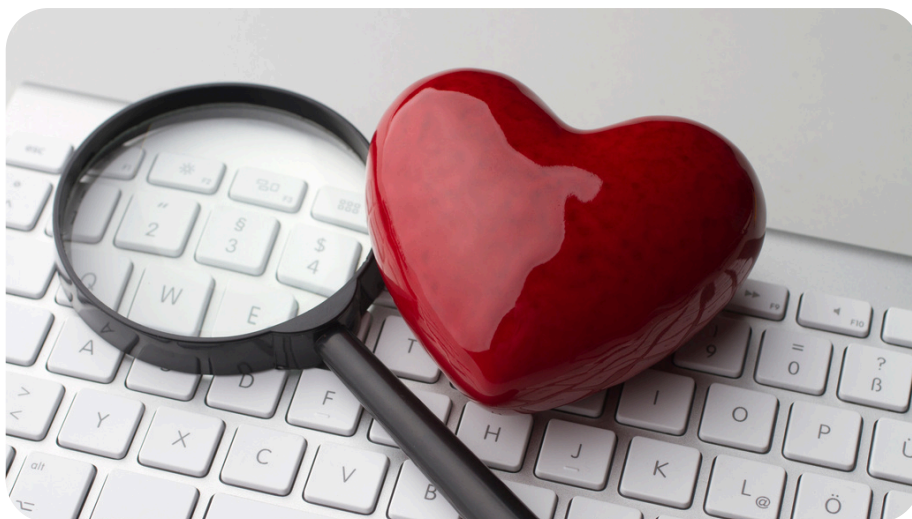
THE COMMON QUESTION: WHERE CAN I MEET SOMEONE?

Are you tired of asking, "Where can I meet someone?" You're not alone—and you're not wrong to wonder. But the truth is, love doesn't live in a magic bar, a perfect dating app, or your neighbor's friend group. It lives in readiness.

Most people are mistaken here. They seem to think there is a magic place where their ideal partner is just waiting for them to walk through the door. The truth is that this is a fantasy. Searching for the magic place is counterproductive. If you ask people where they met, you'll hear some unusual stories. People commonly meet online and at work and engage in other social activities through friends and family.

So often, people realize they must get out in the world and add more activities to their schedule, thinking their soulmate will appear spectacularly. While it is possible, doing busy things is not the same as expressing romantic energy. You must be ready to meet someone, regardless of where you look. You will miss opportunities if you aren't equipped. So that is our first step: getting ready to meet someone. Then, let's look at where you can meet someone.

It's time to flip your mindset, flirt confidently, and start meeting real people.



1

CHAPTER

BEING READY TO MEET SOMEONE

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CHAPTER 1: BEING READY TO MEET SOMEONE

Being ready to meet someone goes far beyond what you wear. Actual readiness means being emotionally grounded, socially aware, and even fashionable. It's about cultivating emotional maturity to connect with others, developing interpersonal skills that foster meaningful conversations, and presenting yourself in a way that reflects your personality and confidence. Finding romance isn't just about showing up; it's about showing up with a healthy mindset. That often means shifting your focus from simply hoping to be liked to intentionally creating the kinds of interactions that lead to genuine connections.

Emotional Readiness

Emotional readiness has many layers, but let's not dive deep into the therapy pool. Instead, let's zoom in on three key aspects that matter when meeting new people: showing up with good vibes, being open to strangers, and handling rejection like a pro.

Bringing positive energy isn't about being fake-happy—it's about being present, curious, and open to whatever the moment brings. Meeting strangers can feel awkward, but it's also where all the magic starts. And rejection? It's just part of the deal. Sure, it stings for a second, but it puts you a step closer to finding "the one."

Ready to Encounter Strangers

While you don't need to be an extrovert to date, you do need to be able and willing to talk to people you don't fully know. This action requires some effort and some caution. The effort is the risk of discussing your surroundings with others. If you're at a concert, ask, "Have you heard of the band before?" Standing in line for coffee, ask "what do you like here?" If you want to approach, say, "I like your style. You have a flair. Where do you like to shop? Paris?" See someone from across the room, look at them, and smile. It takes about six glances for people to catch on.

People who don't feel invaded or stalked by you can be fun to play with.

- Approach people with an open mind. Talk to everyone.
- Read their cues.
- Always leave them wanting more
- Ask for a connection if they give you the signal(many glances)

Bring your positive energy. Upbeat and humorous chatting always wins people over. Positive energy is attractive. Many people fear being perceived as "too easy" and appearing desperate. But "au contraire!" Learn to be approachable and kind to those around you. It will make you feel good, and others will find it attractive. If they don't, do you want to be with someone who wants you to be mean?

A note about what desperation looks like if you're worried about that. Talking to people in a fun way without expectations shows confidence and, therefore, not desperation. Looking at and smiling at people is a hello with your eyes and nothing more. If someone doesn't want to talk and you accept that, then you can walk away with dignity.

What does desperation look like?

- Not accepting a no with grace.
- Making sales statements about how great you are or would be to date.
- Telling your personal information too soon.
- Overstaying your welcome and not creating a little mystery.
- Creating reasons for abuse or disrespect.



TAKE CAUTION!

Be Safe with Unknown People.

Time and attention are the currency of love. If you haven't sat across a table talking with someone for more than ten hours, about three dates, consider that you don't know them at all. You need that time face-to-face to begin to develop trust.

It takes about 10 hours for people to start feeling like casual friends, but that doesn't mean you share all your private details just yet. There are some very charismatic individuals out there who hold hurtful and harmful intentions. Not everyone is like that, but you must be cautious to avoid heartbreak or scams.

Be Ready to Take the Rejection

Talking to people you don't know comes with rejection. Some people see talking to strangers as a danger and will shut down the most innocent gestures. That's on them, not you.

Also, in the wild, it isn't easy to know who is single, if they are straight, or if they are mentally well. If they don't accept you or you them, it's ok. You can move on to the next person. The key here is to talk to so many people that the rejections are insignificant. We must encounter them to meet the fun people like us.

You must also be able to reject people who don't fit with you for any reason. You must be willing to say I don't think we align, and I'm continuing to expand my social circles. You can be friends or simply friendly with people who don't align. Know who will fit romantically with you, and don't lead anyone on.

Mastering Interpersonal Skills

Mastering interpersonal skills, such as empathy, active listening, expressing thoughts clearly, and diplomacy, is a game-changer for dating—and, like any skill, it takes practice. Without it, you risk coming across a little, well, unhinged. The goal is to interact easily and authentically, not to seem like you just crash-landed from another planet.

One of the biggest keys is reading people. Pay attention to body language, facial expressions, and tone—these subtle cues can tell you if someone is intrigued or inching toward the exit. Learn to distinguish between a warm invitation to connect and a gentle (or not-so-gentle) signal to give them space.

Want more time with someone? Asking for it requires a soft touch, not a sales pitch. Selling with words that explain why you are great to know is cheap. Showing your value is more difficult, but it is a better way to show that you are worth knowing.

CHAPTER 2

BUILDING A DATING MINDSET

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A dating mindset is a set of beliefs and attitudes about romance and relationships that shape how you feel and behave.

Your mindset is built over time and contributes to your success in attracting and maintaining romantic relationships. Often, our mindset begins with our family of origin and ends with our last partner. Some of our history is noteworthy, and some of it is downright regrettable. It's essential to cultivate healthy thoughts and behaviors moving forward, as we can easily adopt poor habits and behaviors.

Your self-talk is critical. Stop saying dating is hard, or you're too broken, or whatever saying you have for keeping you from meeting someone. Your brain will believe you. So! You can increase your motivation to interact with people. You can improve your resilience and openness to learning. I encourage you to have an affinity for learning and applying your lessons to your day-to-day life. If you maintain a fixed perspective, you will likely struggle in romance.

Take a moment and ask yourself why you want to date.

- Are you looking for a long-term committed partner?
- Are you simply interested in getting through the night?
- Are you trying to figure out who you are as a single person after a break-up?
- What do you have to give to a relationship?

There may be multiple answers to the question, but you must be clear about what you truly want. People who have recently divorced often try to figure things out for a while. Some people have no intention of getting married. Whatever you feel, you need to explore it and be willing to state it to people you meet. If you are ashamed of what you want, that is a message. Working to remove guilt or shame, or evolving through fear, is intentional growth. Your integrity will contribute significantly to your success, while a lack of integrity will ultimately haunt you.

You need to project your dating mindset everywhere you go.

Head this Direction

Your mindset should be open and discerning toward people. This is an "and" statement, so you need both to be successful. Essentially, project an easy-to-meet and hard-to-keep demeanor.

People are fascinating and odd. Even the most extreme individuals can become stories worth telling. When you meet someone new, look for what makes them interesting and what you have in common.

- Be playful. Flirt with confidence and dignity. Flirting, by definition, is simply being playful. It alone means nothing more than a fun banter of words. If you keep it out of the sexual rhetoric, you will always have plausible deniability and your dignity.
- Trust responsibly. Trust people to the degree the relationship has progressed, and don't trust them more than that. So, if you're on your third date, that's the level of trust they've earned. If it's been three months, it's a little more than that. Overinvesting can lead to heartbreak. Take your time.
- Be kind when rejecting others and strong when you are rejected. Get to know someone or move on. Hanging around with someone because you like the attention is not progressive. You will find yourself stuck when you spend energy on someone you don't have honest intentions. You're wasting energy on someone rather than using that energy to meet someone new. Meeting new people is your go-to action.

3

CHAPTER

SO... WHERE DO YOU
MEET SOMEONE?

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Finally, Where do I Meet Someone?

And the answer is-- out there in the world.

There is no magical place to go to find romance. The world is an opportunity. Significant relationships can develop in various settings, including the workplace, vacations, reunions, restaurants, and even blind dates. Bring your dating mindset wherever you go. Sometimes, your dating mindset needs to take a backseat, but it needs to be present more often than not.

There are three main pipelines for meeting people today:

- On-line Dating
- Social Circles
- Outreach Activities

If you can integrate all three into your life, you will have more opportunities to meet people. If you don't want to do something (like online dating), then you shouldn't do it. You won't come across as authentic, and people will notice.

Unless it's a hard "no," you go wherever you are invited or to meet whoever invites you.

Online Dating

Our modern-day matchmaking system is known as online dating. Instead of an old, wise elder setting up the introduction for you, a computer algorithm is doing it.

Meeting online is different from meeting people in the wild. You can never take someone's word if you just met them, regardless of how you met; they have to prove themselves. Online chatting requires a certain level of toughness. Many people have little integrity and hide behind a screen. Keep in mind that online can harbor bad actors, but there are also people you would never meet in the wild. There are good people there, but you must be discerning and patient.

To be successful online:

- Keep a good balance of apps and sites. You don't need to be on every site. Choose a paid site and a free site. The paid sites are a bit slower, but the people are more serious.
- Don't take people too seriously. Your online connection should last no more than two weeks before you meet in person. If they do not meet you, move on. Don't get angry; just move on. (Again, don't overinvest.)
- Take your profile seriously, but keep in mind that many people won't take the time to read it.
- Your pictures are essential. You need to tell a story with photos because people don't read until after you've attracted them with photos.
- Be active, don't wait for someone to come to you.
- Delete and block can be your friend.
- You'll likely have a date within a couple of weeks.



A COUPLE OF CAUTIONS FOR ONLINE DATING

- Catfishing is the first scam. It's when people pretend to be someone they are not to lure you or attract you. Scammers are very good at it. To determine if you have a catfisher, ask to video chat if you cannot meet within the two weeks of initially connecting.
- Do not give money to someone you are not married to. It's a simple rule to adopt. It shows standards and will deter some scammers. There are numerous approaches scammers use to obtain money. So if you have a rule that you don't give money, you're safe.
- Letting someone move in too quickly is giving them money. Even if you have money to give, please refrain from doing so.
- There is a lot of pressure to send sexy pictures. My best advice is not to give photos of your body to someone you have not known for a long time and are not in a committed relationship with. Sextortion is expensive and humiliating.
- Do not spend more than 35 minutes a day on a dating app. They can be addictive.

Social Circles

Birds of a feather, as they say, flock together. So, utilizing your social circles is a way to meet someone who will fit with your values and interests. You like the same people, so it's authentic. There is also accountability present in a personal introduction that is not typically present when meeting someone online or through outreach. Your entire social circle will know if everyone acts appropriately or not. It's likely your tribe will disrespect someone who doesn't meet some honorable characteristics.

Who is in Your Circle?

Friends, family, coworkers, and community connections represent the people with whom we spend our social time. While our family is likely the most casual, they can still provide you with an opportunity to meet someone. It doesn't need to be a direct setup. Go places and do things with your family and friends. Again, you can meet someone anywhere if your dating mindset is present.

Ask yourself: Is your circle helping or hindering your dating life? If you seem to meet people because your circle is out doing things and you are making connections, that's great. If your circle isn't engaging in activities or meeting people who don't connect with or value you, this may not be an excellent pipeline for you. Example: You want to settle down, but your circle of friends parties a lot. Your potential mates will not see you as stable. It's not helping. You may need to expand your circle of contacts, as socializing with new people can lead to new relationships.

About 40% of committed relationships start here, so don't discount this group. Let your people know you are open to meeting others.

Outreach Activities

Activities that take you out of your comfort zone are great ways to meet people. Active people are also those who possess a can-do mindset, as they are willing to take on tasks that they are not yet proficient in. Learning is an ideal trait in a partner. People who regularly learn new things tend to be less rigid in their ways and more secure overall. It contributes to willpower and consistency in behaviors.

Here are some ideas for outreach activities.

- Consider joining clubs: Clubs can be specific, such as a wine club, or general, like a Rotary club. This is a great way to meet people and make new friends. Clubs often host or participate in events, so there are even more people to consider.
- Attend groups: Connecting with people through classes, volunteer events, and interest-based groups provides a common ground for easy conversation. Be brave and ask open-ended questions.
- Attend festivals, community events, churches, and school functions, and have a great time. You don't need to swing from the lamp posts, but talk to strangers with a fun mindset.

Doing what you enjoy makes connections more natural and meaningful. You also appear more attractive when you're doing something you love.

People aren't clones, so enjoy the differences that can add value to your experiences. You may not form a romantic connection with everyone, but you're one step closer with each stranger you meet.

Pro Tip: Combine all three pipelines. If you're serious, aim to be social at least three times a week, with one of those occasions being on the weekend.



**I want to reiterate a couple of cautions.
It's that important to repeat it.**

No matter how you meet someone, some people will take advantage of you financially, sexually, spiritually, emotionally, and even socially. Awful people who intentionally make you feel fantastic, make promises, and then scam you. You can meet a bad actor on a dating app or at church. A predator is a predator. Scammers are counting on you falling in love quickly, tossing your wits out the door.

To stay safe, a reminder of a few rules

- Do not give money to someone you are not married to. No cash, no gift cards, no packages, or temporary stay at your home. No money. If you give in, you are encouraging them.
- Do not give pictures of your body to someone you are not in a long-term committed relationship with, or are married to. Sextortion is expensive and humiliating.
- Do not spend more than 35 minutes a day on a dating app.



CHAPTER

STILL STRUGGLING?
CLEAR THE BLOCKS

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Clear the Blocks

If you've put yourself out there—joined the apps, found a great wine club, said yes to setups, gone on some dates—and you're still not seeing results, it's time to take a break and pause to self-reflect.

We all have relationship baggage that keeps us stuck. Internal blocks can be sneaky and hard to spot on your own, so recognizing them is a powerful part of your growth.

Self-awareness is the first step in progress.

Start by reaching out to someone you can trust—a close friend who knows your patterns or anyone capable of challenging your blind spots, like a love coach who can propel you forward. Sometimes, we all need to pivot our behaviors, beliefs, and emotional walls. It's not about blame—it's about clarity.

Becoming who you are in love is a deliberate process. We build relationships; they don't simply appear.

Healing starts with self-awareness.

Ask yourself honestly:

- Do I believe I'm ready to give love?
- How about receiving love?
- Am I holding onto past hurts, disappointments, or outdated dating rules?
- Am I unknowingly self-sabotaging—ghosting potential matches, dismissing people too quickly, or avoiding vulnerability?
- Is chemistry more important than compatibility? How'd that happen?
- Am I acting with integrity when I meet people?

It's time to clear the dating blocks.

And please—stop repeating that "there are no good people to date." Your brain believes what you tell it. If you keep affirming that dating is hopeless, or all the good ones are taken, your subconscious will do its best to prove you right. Instead, flip that script.

Try this:

- Adopt a more abundant mindset. Say: "There are many people in the world I can date, and I'm becoming the person who attracts them."
- Broaden your circle. Attend events, try new hobbies, and say yes to invitations, even those that seem random. Talk to strangers. Get good at it. Sometimes, love is hiding just outside your comfort zone.
- Flirt like you're having fun. Because when you're relaxed and enjoying yourself, people feel that energy. You become magnetic—not because you're trying so hard, but because you're being authentic, and playfully yourself.

Dating isn't just about finding the right person. It's about becoming the version of you who's open, available, and ready for love. The rest follows.

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ARE YOU READY TO START DATING?

❤️ Meet Kari

Kari is a no-fluff Love Coach helping men and women rebuild confidence, shift their dating patterns, and attract the kind of connection they genuinely desire.

📞 Call/Text: 417.894.8275

🌐 Visit: hmkcoaching.com

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✨ Ready to shift your love story?

Kari's here when you are.