

FEMININE RADIANCE & COURAGE INSTITUTE



YOUR
**LOVE
PATTERN**
guide book

Escape your disruptive love pattern and learn the actions you can take TODAY to
stop meeting guys who are wrong for you.

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We know why you're here:

*"I took this quiz to learn which love pattern was causing
me to keep
ending up with the wrong men!
I'm ready to see my results and get into action!"*

WELCOME,

Idealist!

Right now you're here for a reason. You've felt a longing in your heart for the **love of your life** - for the man of your dreams who loves and adores you.

You're ready to leave the past behind and step into your new future where your soulmate shows up - and relatively soon, too!

Perhaps you've already sensed there are some patterns that keep repeating over and over in your relationships. And now you're ready to understand those patterns - how they are serving you and how they may be stopping you from having what you really want.

Since 2005 we've been helping wonderful women, just like you, stop wasting time in relationships with lazy, low-commitment, or overall mediocre men, so they can finally find a relationship with their soulmate ... and we're here to tell you: it's not too late!

We're deeply honored you are here today. And we CONGRATULATE you for taking your Quiz and being committed to discovering the truth about what may be holding you back from love- so you can move forward and find your dream man.

In these pages you'll find a summary of your current Love Pattern and the steps you can take to shift that pattern so you can finally have the relationship you're dreaming of ... you ready?

Please take your time and read every word. Give yourself the gift of being present to these pages and the processes laid out for you - finding your soulmate is just too important, isn't it?



What we're about to share with you could very well change your life overnight. Seriously. We've seen it too many times to doubt the power of what can occur when a woman discovers how her love patterns have been disrupting her love life, then makes a decision to reclaim her true self.

So, if you're **tired** of feeling fearful about dating and you're really, really done with attracting the same guy in a different body over and over again who makes you feel "not enough," is afraid of commitment, who hurts you, can't step up in his life, or just doesn't appreciate the wonderful woman that you are, then read on...

And if you're totally over seeing all your friends get married while you're spending yet another night alone and you're starting to sense some kind of block that is in the way of you finding your soulmate, but you can't seem to find what exactly it is so you remove it once and for all...

And, if you're readier than you've ever been to wake up every day in the safe, warm, committed and loving arms of your soulmate...

You are in the right place... and the first step starts here... with understanding your Love Pattern.

To your soulmate success,

Johnny & Dr. Lara ✨ ✨



Introduction to Love Patterns



We all have a Love Pattern.

It's the combination of all our life experiences - both positive and negative - that have impacted the way we choose men.

Often we adopt a particular Love Pattern as a coping mechanism to deal with difficult emotions that we want to compartmentalize in order to protect us from experiencing further pain.

The challenge we face is that, in many cases, our Love Pattern can be subconsciously keeping us from the life we really want. Re-creating the same heartbreaks and frustrations over and over. Different guy. Same disaster.

If you've found yourself wondering - after yet another relationship didn't work out - "WHY did I waste so much time on the WRONG guy?" or "WHY did this happen to me...AGAIN?" or, if you haven't had a decent relationship in a while "WHY can't I find a good guy, are all the good ones taken?"...insight into your Love Pattern will be eye opening.

Our goal is to help you shift your Love Pattern so that you can move toward the life and love you desire.

The 5 Love Patterns



DREAMER



DEVOTION



IDEALIST



PASSION



PROTECTIVE

After working with single, professional women for over 18 years, we've found 5 Love Patterns that people fall into. One of these tends to be your primary Love Pattern that will determine who you pick to be in a relationship with, and how you behave in that relationship, both in ways that help you...and in ways that don't help you.

By understanding your Love Pattern and how it operates in your life, you can learn how to work within the pattern and move closer to consciously attracting the right man for you, without the negatives of your Love Pattern disrupting your journey, and holding you back.

The IDEALIST Pattern

The Idealist Pattern is one based on perfectionistic tendencies. You want to be your best, and you want the people around you to be their best too. You got good grades in school, graduated from college on time, and are an invaluable employee at your job. In life, this has served you well—but in relationships? Not so much.

You have checklists for your checklists, may even have a spreadsheet for your dating prospects, and you read every blog, book, Ted talk and tweet on finding love you can. All because you want to KNOW. You feel that if you know enough, you can prevent problems. You can make your love life be the perfection you envision.

HOW DOES THE IDEALIST PATTERN DISRUPT YOUR LIFE?

The Idealist Pattern is about finding the perfect life—and then finding the perfect guy to complete that perfect life.

It's you always trying to make yourself perfect, reduce your perceived flaws so you can attract Mr. Perfect who will say the right things and sweep you off your feet. Then you'll never... ever, have to worry about anything. Ever. Again.

That isn't so bad, right? Well...

Surprisingly, this pattern is all about fear and control.



Maybe you feel like it's not fear, it's just about fixing what's wrong to make it right. The truth is, there's nothing wrong with you. Wanting to grow, learn and be the best version of yourself, should be based on love, not fear, and has to be done with caring and joy, right now, not someday in the future when you, your guy, and everything is "perfect".

Finding "the one" is about embracing who you are RIGHT NOW. This doesn't mean that you stop learning about yourself and about relationships. You just have to be mindful where this desire is coming from. And can you give up control by admitting that what you've been doing might not be really serving you, so you can discover the truth about finding lasting love? That easy, happy, surprisingly fun love that you've been missing out on for far too long.



WHEN IT COMES TO DATING...

If a guy doesn't match all your "must-haves", you might find yourself dismissing him right away because he couldn't be your Mr. Right (aka Mr. Perfect).

Or IF you find someone good enough to date at all, usually you haven't let go of your checklists and allowed yourself to fully enjoy the dating process.

It may seem counter-intuitive, but as you shift this pattern you'll realize that you are already everything the right man could want, which will allow you to finally relax, sit back, and start enjoying life, and begin to attract the right man for you.

YOU WANT TO EMBRACE YOUR IDEALISM - AND YET...

You also need to start balancing it with a practical dose of realism. In other words, you want to keep your eyes on the stars, while keeping your feet on the ground. You are not perfect, and neither are the men you're dating.

YOUR UNIQUE GIFT:

You're an idealist, that's a wonderful gift. And your perfectionism has served you well in life. Getting things done right, on time, and with excellence has helped you in college and on your career track or business. Striving for the ideal situation in all things has helped you to keep a beautiful home, nice clothes, a healthy body, and to stay in touch with dear friends and family over the years. You've worked hard to get where you are, and you deserve to be recognized for it. You should also be loved. You deserve that, too. Only... you worry that it's getting further away rather than closer, and as you squeeze tighter, it slips away. This is why you shouldn't rest on your laurels. If you're exhibiting the Idealist Pattern, and you're single and alone and don't want to be anymore, keep listening.

YOUR UNIQUE CHALLENGE:

When your idealism is applied to yourself or others, it can be the fuel that throws you for an anxious loop, overthinking and questioning your decisions at work, friendships and relationships.

It can create an invisible wall between you and the love you seek.

The line that determines whether or not your Idealist Pattern is serving you is drawn with how well you are able to function despite the loud conversation in your head. If the chatty dialogue is so obnoxious that it's hard for you to get anything done, then you have a case of paralyzing Idealism that simply is NOT helping you move forward in your love life.

However, if perfectionism and fear of failure is propelling you to chart a course for learning more about yourself, relationships, and men... it can become your superpower! Great news, right?

Okay, but how do I fix it?

Your Next Step...



You've learned which of the five disruptive love patterns you fall into, and how to avoid continuing to make the mistakes that could be keeping you from finding love.



You've also learned the advantages and unique gifts your love pattern brings, and how those can actually help you to find a relationship that makes you happy!

As you very well know, this Love Pattern Guide is just the beginning. So if you are at a place in your life where you are ready to explore receiving expert guidance so you can quickly break these patterns and find your soulmate FAST...

Then we are inviting a select amount of women to experience a FREE private session with us...

FREE LOVE BREAKTHROUGH CALL

LIMITED SPOTS AVAILABLE. SEE IF YOU QUALIFY.

This free 60–90 minutes Love Breakthrough Call is dedicated to you, a single professional woman, who has checked all the boxes of success in your life except finding true love. This is for you because finding your Mr Right is a high priority RIGHT NOW.

In this call:

- A Love Breakthrough coach will provide you a complete professional assessment of your past and present love life
- Your coach will assess how we can get you to where you want to be by this time next year, in the fastest way possible
- If you're a fit for our help, she may offer you our premium level program, True Love at Last, where you will work together to co-create a custom plan for you to find love ASAP

We have led thousands of women with different backgrounds, experiences, and walks of life to their soulmates (fast) and it all started with this call.

Ready to finally have the love & life of your dreams, Dreamer?

CLICK HERE IF YOU'RE READY

BE OUR NEXT SUCCESS STORY

*They started right where you are now
- along with thousands of others -
... are you next?*



We're committed to helping you...to restore your faith and hope, in yourself, in quality men, and in love. Healthy love. Real love. Forever love. The kind of love you deserve.

*To your soulmate success,
Johnny & Lara*

BOOK MY CALL NOW