

## Outline

### Extreme Dating Makeover

If your dating life is stalled, it may be time for an extreme makeover. But how do you make changes that will get you noticed and help you make the most of the dating process? Dr. Cloud has answers for you. He will explore topics like breaking the rules, deciding who makes the first move, and knowing when to go from casual to serious. We will take you through dating and courtship, from first date to first baby.

#### **Introduction:** The Steps

#1. Get Ready – Take Ownership of Dating

#2. Get Your Team Together

#3. Get in the Right Mindset

#4. Keep a Log

#5. Evaluate the Log

#6. Five a Week

#7. This is Not Politics

#8. Where is Your Libido?

#9. Be Yourself

#10. Have a Strategy

#11. Health, Not Hollywood

**Conclusion:** It's all about spiritual growth

**Discussion questions:**

1. How have you been “owning” or not owning your dating life?
2. Who is helping you?
3. What is your mindset?
4. What are your fears?
5. What is your strategy?
6. What are your growth steps?