

Dating Resolutions: Is there luck in your cards for 2008?

When you're single and looking for love, it's inevitable you'll make mistakes along the way. The main thing is to learn from them. At this time of year you can reflect on your dating successes (and failures) while looking forward to your sexiest year ever!

Here is a handy list of New Year's dating resolutions:

1) DON'T WAIT FOR THEM TO MAKE THE FIRST MOVE: If you've been single for a while you soon realize it's no good waiting for other singles to come up to you. So your first dating resolution for 2008 is to be brave and go up and talk to that hottie wherever they are. You'll never find the person of your dreams if you can't find the courage to speak to them. 2008 will be about YOU making the first move!

2) TRY SOMETHING NEW: Singles events are a great way to meet people. [Give speed dating a try](#) for 2008. You've been talking about it for months now... Don't let another invitation go by! Take up salsa dancing or a cooking class. This year make even more of an effort to do things outside of your comfort zone.

3) DON'T JUDGE ON FIRST IMPRESSIONS: Often people are too quick to make up their mind about a person. This year make a real effort to give all the singles you meet a proper chance - even if they don't initially seem to tick all your boxes. What's more, they could have some fabulous single friends.

4) THINK ABOUT BODY LANGUAGE: Sitting with your arms and legs folded gives off an impression that you aren't friendly or open minded. This year be aware of how you position your self when out on dates.

5) DON'T WORRY ABOUT BEING SINGLE: Of course we all want to meet the person of our dreams but desperation is not an attractive quality. We all know that great things happen when you least expect them, so in 2008 make the most of being free and single.

The tally for 2007: Some great dates but no true love. Fingers crossed for 2008!

2008's potential for love: Positive thinking and being excited about what - and who - the New Year brings.

About the Author

Justin Parfitt is the CEO and Founder of FastLife International, the world's largest speed dating and singles events service. Hosting events in 43 cities in 5 countries, including [Speed Dating in Toronto and Vancouver](#) and [Speed Dating Events in New York and Los Angeles](#)

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