Relationship Advice: How to Get Engaged at Any Age

By [Rachel Sparks](#)

On this week's Single in Stilettos [dating advice video](#), founder and [relationship expert](#) [Suzanne Oshima](#) talks to love and dating coach Jaki Sabourin about how to get engaged at any age. Watch the video above for their best relationship advice!

Relationship Advice to Help You Get Engaged at Any Age

Sabourin's four-step process will help you get that rock on your finger:

1. First, you need a vision: Without a vision, we have nothing

to strive for. "Get clear about what you want and *why* you want it," the dating coach says. Why you want something will help you have the strength to overcome obstacles when they come (because they will come).

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2. Next, you must believe in yourself: Without believing you can achieve your vision, how will it ever come true? Sabourin encourages you to start building your belief by saying your affirmations out loud — something like, "I have a man who loves and adores me." Say it again and again until you truly believe it.

3. Now is the time to take action: All of the dating advice in the world is useless without action. Where is the best action at? It's outside of your comfort zone — or the "known zone," as the relationship expert calls it. "We have to step out of our comfort zone and take more risks, so we can live a bigger life," she adds.

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4. Finally, consider your results: This is the time to evaluate what your vision, belief, and actions have created. If you don't like it, your vision, belief, and actions weren't strong enough. Develop a clear image of what you want, and start the process over again until you create the life you want.

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