

# 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).

**Related Link:** [Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit](#)

**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.

**Related Link:** [Relationship Advice: How to Emotionally Connect with a Man](#)

**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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