



Manifesting Love:

Your Guide to Empowered Dating in 2025

by Emma Mumford and Tinder

Manifesting, or the Law of Attraction, is the idea that your energy and intentions shape what you bring into your life. In essence, your thoughts, beliefs, and actions can create your reality. When it comes to dating, manifesting means clarifying what you want in a partner—such as their qualities, values, or energy—and aligning your mindset, behaviours and choices to attract meaningful connections that reflect what you're truly looking for.



Emma Mumford and Tinder's tips for manifesting love

Release the past – Dating starts with you, always. So to manifest the love you desire and build a healthy relationship, it's essential to not let past experiences or heartbreak hold you back from seeking the connections you want most. Remember, every journey is a lesson, so take some time to journal on what didn't work well in your previous relationships and turn these into positive intentions for the future.

Dream list – Never underestimate the power of the Law of Attraction and its principle that 'like attracts like.' To harness this, create a dream relationship list. Write down the qualities and characteristics you'd love in a partner, then focus on embodying those same traits yourself—becoming a vibrational match for the person you want to attract. Don't forget, your Tinder bio is a great tool to communicate your intentions openly. Use it to share your values and what you're looking for in a relationship—this will help you naturally align your energy with the person you're manifesting.

Create space in your life – To manifest love, it's important to make room for a relationship both physically and emotionally. This might involve dedicating quality time to yourself for self-love, or even creating physical space in your home to welcome someone new into your life. Equally important is also making emotional space and opening your heart to new possibilities.

Self-love & self-worth – The key to attracting lasting love is to become your own soulmate first. Being able to love and appreciate yourself, enables you to better embrace love from others. It's always worth reflecting on your relationship with yourself: do you spend quality time in your own company and truly enjoy it? To deepen your self-love and self-worth, repeat this affirmation daily: 'I am worthy and deserving of kind and nurturing love'.

Gratitude – Practicing gratitude can help you stay present and grounded in the joy that already exists in your life. While it's natural to sometimes feel a sense of lack or compare yourself to others when searching for love, remember you're an amazing person who is worthy of all the good things that will come your way in life. By cultivating a daily gratitude practice, you shift your focus to what you already have, creating space to attract even more reasons to be grateful. Take time each day to appreciate the wonderful things in your life right now.

Honour how you feel – Throughout the dating process, it's essential to stay true to your feelings and approach it from a place of alignment and authenticity. If you start to feel overwhelmed, give yourself permission to pause and reset. Dating is as much about self-discovery as it is about finding your person or people. Whenever you need it, take time to reflect on your relationship goals, non-negotiables, and core values, ensuring that you're dating in a way that aligns with your best self.

