

## **Discovering Your Attractive Self**

### **The Key To Attracting Women**

Before you can start turning on women you must learn how to turn on yourself. Which means you need to boost your confidence and find out why you would be attractive to others.

Now I know this may seem like a daunting task at the moment but you and I are going to do this together.

Everything you will enter into your portfolio will bring you 1 step closer to success, not only with women, but in your whole life.

This workbook will provide you with the facts you need to understand you can get every woman you want.

It's time to get to know yourself and discovering what "turns you on".

#### **There Are 6 Tasks For You To Complete:**

1. TASK 1: Who Are You & What Do You Want?
2. TASK 2: Defining Your Self Worth
3. TASK 3: Establishing and Defining Your Boundaries/Expectations
4. TASK 4: Understanding Your Passions
5. TASK 5: Clearing The Past
6. TASK 6: Believing You Are Sexy
7. Final Thoughts and Instruction

## Start Here:

### Instructions

This is your workbook. You can do whatever you like with it and you can take as long as you want to complete it.

Each one of the tasks I have outlined for you will assist you in building yourself up into the man women want.

You will be gaining facts about your wants, your beliefs and your fears. All of which will be essential for becoming the man women want.

If you choose to share the information with others then you are free to do so.

You can answer these questions in any manner you wish. Written form, typed, audio recording, and video recording. Up to you.

You are also free to share these answers with me and if you want you and I can do a session together to develop these goals.

\*\*To find out more about doing one on one sessions with me go here:

<http://www.winggirlmethod.com/offers/skype-coaching-sessions/>

### **Each task will include:**

- Task Outline – General instructions and direction
- Rules – To get you on the right track
- Why? – The reason why you are doing each task

## **Task 1: Who Are YOU & What Do YOU Want**

### **Task Outline**

List your current goals with women.

### **Rules**

Answer all questions below openly and honestly. No one is judging you on your responses. These questions will help you further develop and understand what it is you are trying to achieve with women.

Do not list qualities, for example tall, blonde etc. This task is to help you find out your overall goal with women.

### **Why?**

Before you can start “Doing” something you need to know what it is you are trying to do. Once your intentions are clear you can set your goals. You are biologically built to be a hunter, single focused and therefore we need to find you a focus.

I will assist you by informing you that your **UMBRELLA GOAL** should be to be the best version of yourself because that is what women find attractive.

Now it's up to you to dig down to find the specifics of goals you want with women. The following questions will assist in establishing your goals.

### **Answer The Following Questions:**

I have taken the time to break this down into several categories, please complete all sections.

#### **I. TYPE OF PERSON YOU ARE ATTRACTED TO**

Describe the type of person you want to meet. Close your eyes and when you have a clear picture, begin writing. I do not want you to skip any details because this is your description of an ideal partner.

#### **II. TYPE OF PERSON YOU ARE**

Describe who you are. Be honest as you list all your positive and negative traits. Make sure you describe what you think you look like. It is important to know yourself intimately so you can attract the type of partner you want.

### **III. DESCRIBE THE TYPE OF PERSON YOU ATTRACT**

Who do you seem to attract into your life? Good women? Bad women? Women who take advantage of you? Women who have issues/baggage? Do you notice a pattern? Is there a pattern?

### **IV. TYPE OF PERSON OTHERS THINK YOU ARE**

Ask five people of the opposite sex what type of image you project. Be sure to take detailed notes so you can get a complete picture of the image you project so you can compare it to what you think you project.

### **V. HOW YOU GO ABOUT MEETING OTHERS**

Make a list of all the ways and/or places you try to meet the opposite sex over the course of a one-month period. Using a scale of 1- 5 (1= poor, 5 = excellent), rate each way/place.

### **VI. YOUR DAILY ROUTINE**

Write in detail about your daily routine. In this routine do you see people you want to talk to? Write down a description of one of these people you want to meet. This will allow you to train your mind to let such a person come into your life.

### **VII. YOUR EXCUSES**

Write down all the excuses (or reasons) you use that prevents you from approaching the people you are interested in meeting.

### **VIII. YOUR DATING HABITS**

1. How many dates do you go on in a one-month period? How many of these are blind dates?
2. How do you feel about that number?

3. How many dates do you want to go on in a one-month period?
4. Do you use the Internet to date?
5. What % of the date time, do you talk about yourself vs. listening to the other person?
6. How many of the dates (or what %) do you exchange phone numbers? When do you typically ask for the phone number?
7. How quickly do you call after getting the phone number? How quickly do you call back?
8. After the first date, how long do you wait to ask for a second date?
9. What is the “perfect” (ideal) first date? Where would you like to go or be taken?
10. How often do you have “casual” sex?
11. How many dates do you go on before you have sex with that person?
12. What is the most bizarre place you have met someone that you dated? How many dates did you go on with this person?
13. Where would you like to meet more people?
14. Do you feel more comfortable meeting someone for the first time in a group setting or by yourself?

## **IX. YOUR IMAGE**

How you feel about yourself.

1. Do you consider yourself successful? What is your definition of “success?”
2. Do you consider yourself happy or fulfilled? If not, what is missing?
3. Do you like your wardrobe? What do you like/dislike about it?
4. Do you feel good about your body? Why or why not?

5. Do you like your hair? Why or why not?
6. Do you like your height? Why or why not?
7. Do you have good friends? Who is your best friend? Why is that person your best friend?
8. Who do you go to for relationship advice? How helpful have you found the advice to be?
9. If you could change one thing about you, what would it be?
10. Where do you like to be seen? Why?
11. Do you consider yourself approachable? Why or why not?
12. Do you consider yourself a generous person? Why or why not?
13. Do you think you are a good listener? Why or why not?
14. How quickly do you judge others?
15. How well do you take criticism?
16. Do you consider yourself romantic? Give an example of when you were romantic?
17. Do you think you are a good lover? Why or why not?
18. Do you continue to search even if you are dating someone you like?
19. How long has it been since your last relationship? Have you ever been married or lived with a partner?

## **X. YOU AND WOMEN**

1. Finish the following sentences:

*Women Are...*

*I Want A Woman Who....*

*The Type Of Man I Would Like To Be With Women Is...*

*I Want Women To....*

2. What Do You Want From A Woman?

3. What Are You Comfortable Giving To A Woman?

4. What Type Of Women Do You Want To Meet? (No answers about appearance allowed)

5. What Type Of Women Do You NOT Want To Meet? (No answers about appearance allowed)

6. What kind of relationship do you want?

7. Where Do You Currently Meet Women?

8. What Are You Doing To Meet Women?

## 9. What Could You Do To Get More/Better Results?

### Task 2: Defining Your Self Worth

#### **Task Outline**

List and describe 5 – 10 great things about you.

#### **Rules**

You can list anything and everything great about you. For a lot of people this is a difficult task because they feel like they are bragging or that they are egotistical. This is for you, not for anyone else. So start bragging!

#### **Why?**

This is meant to show you why you are special and why others would want to be with you.

I had this one client who I asked this question to and he responded “I am going to need to get back to you in 5 days. I really can’t think of a single reason why anyone would think I was great.”

First this broke my heart. Second it made me frustrated. Most of the great men in the world don’t know they are great so how is anyone else supposed to know it.

Those who brag about how great they are, in my opinion are insecure. On the flip side those who doubt themselves on a constant basis and don’t believe great things about are also insecure. But those who are self-assured and understand they are great and worthy of great things are attractive. Be attractive not a bragger or insecure.

The client also said to me that he believed confidence was only gained through being attractive, being physically fit and having money.

**NO!!!!** Never believe those things because at the end of the day they are not what women find attractive.



So he and I worked together to create a list of amazing qualities he did not even realize described him.

Here is how our conversation went:

Marni: The first thing we know about you is that you are proactive. You contacted me because you realized you wanted to make a change. That means you are 10 times braver than the majority of the world. So that's 1 thing!

X: That is very true. Wow I didn't realize that!

Marni: What do you do for a living?

X: I am an engineer and I develop Iphone applications for an international company.

Marni: So you are super intelligent, have a skill others do not have and have a large international company validating your intelligence by hiring you and trusting you to produce products that reflect them.

Are you living in the same city you were born?

X: No. I moved when I was in my 20's because I realized there were little opportunities for me.

Marni: So you are a risk taker who understands that he may need to adjust in order to survive and you are willing to take chances that could possibly fail.

We went on and on and you can see where I am going.

I want you to really evaluate yourself and give yourself the pat on the back that you deserve. If you find yourself getting uncomfortable with this exercise, walk away and come back to it when you are in a better space. This one may take time.

Once you have completed your list of 5 – 10 things I want you to type them out or write them down or record them on audio. Then listen or read over this list every night and every morning for the next 10 days.

At day 10 I want you to read this list to someone else that you are close to and ask them what they think and if they have anything to add.

### **Task 3: Establishing and Defining Boundaries/Expectations**

#### **Task Outline**

Make a list of your expectations and boundaries you want to have with women.

#### **Rules**

This exercise is meant to help you outline what you are willing and not willing to accept from a woman.

I am not asking for things like I expect a woman to cook me a meal a night or I expect her to have sex with me on a daily basis.

I am asking you to make a list of what behaviors you are willing to accept and not accept.

#### **Why?**

It is very important to understand your own boundaries. If you do not have boundaries you will continue to get walked all over by women. This is where the rumor about Nice Guys not being attractive got started. A whole bunch of nice guys with no boundaries got walked all over by a woman and decided that being nice was a bad thing.

The truth is that the women didn't like the fact that they were pushovers, wimps and would do anything they asked. They had no boundaries and expectations of behaviors they felt they deserved.

One important note is that once you establish boundaries they can always be adjusted through discussion and compromise. You do not need to be a jerk and stubborn but you need to be strong and hold onto what you believe.

I will get you started in case you are having troubles.

List of boundaries I WILL keep with women:

1. I will not allow a woman I am attracted to, to call me and whine about her boyfriend or ex-boyfriend

2. I do not want to be with a woman who treats others badly
3. I will not stay in a friendship with a woman that I am attracted to
4. I expect a woman to be on time for a date
5. I will not accept a woman flaking on me

You see where I am going with these. I don't want you to be too rigid and I understand that circumstance will come in to play quite often. But I want you to understand that you are allowed to have a backbone and you are allowed to tell a woman her behavior has disappointed you. If she is not able to alter the behavior then cut her loose.

Having boundaries is one of the sexiest qualities a man can possess!

#### **Task 4: Master of Passion**

##### **Task Outline**

List 2 things you are passionate about and discuss the reason why you are passionate about them. After you write this information down read it out loud. If possible record it then play it back to yourself.

Listen to the tone you use when you describe your passion and try to replicate this tone when you are in conversation with the next 10 people you talk to especially women.

##### **Rules**

You do not have to talk this passionately the entire time.

##### **Why?**

When you speak about your passions you project a tone and energy that all women are attracted.

It is an energy that people want to be around. It will get you excited and will get others excited as well.

## **Task 5: Clearing Your Past**

### **Task Outline**

Write a list of where you went wrong in the past with women. Then write a list of what you will do differently in the future.

### **Rules**

There are no rules to this section because I want you to go hog wild crazy and get all of the SH&T that may be bogging you down, out of your system. So let it all out.

### **Why?**

If you can't forget the past, how are you ever going to move forward?

You don't have to write about past relationships. This can simply be a space for you write down things you feel angry, sad or frustrated by.

### **For example:**

I'm a player and I would tell girls we were in a relationship when we really weren't.

Or, I'm a serial friend with girls I want to date and I don't state my intentions with them out of fear I'll lose them.

Or, I forgot to put effort into my marriage and did not appreciate my wife. I didn't realize this till it was too late.

### **Where I Made Mistakes With Women:**

### **What I Will Do Differently In The Future:**

## **Task 6: Believing You Are Sexy**

### **Task Outline**

Stand in front of the mirror and tell yourself that you are sexy. Say it 10 times every morning and evening before for 10 days.

Once the 10 days are up I would like you to go into the streets of whatever city you are in and ask women if they think you are sexy.

If yes, say thank you and ask them what it is about you that they think is sexy.

If no, then ask them why not.

Listen to the answers.

### **Rules**

Try saying I am sexy in various ways. When going out to the streets start off by asking women you are not attracted to then graduate to women you do find attractive.

### **Why?**

Why not? Kidding. As I said the goal of your personal profile for success with women is to learn how turn yourself on. If you don't think you are sexy how is anyone else?

I wanted to share an email I received from one of my past clients that I worked with a few months back. He did not believe he was sexy and therefore did not understand why women would ever want him:

*Hi Marni,*

*3 months ago I started going out with a girl who I had met 2 years ago. We are now officially in a relationship and are very happy!*

*I wanted to remind you of the one of your emails you had sent me when we were working together. You asked me "Do you feel sexy?" I thought about it for a while and then I came up with an answer, which was YES. I didn't realize until that moment that in fact I was and could be sexy. Not for women but to myself.*

*Since then I always get attention from girls. I am not super good looking but not ugly either.*

*I am so thankful to you for your support!*

X

It is so important for you to understand that you are sexy! Because you are!

**Remember: If You Can't Turn Yourself On, You Can't Turn Anyone Else On!**

Every one of these exercises will be further evidence that you are an attractive, sexy specimen of man.

### **Final Thoughts and Instruction**

Take your time with the exercises. No need to rush. The information you put into your personal profile is for the rest of your life so make sure your answers are well thought out and meaningful.

Just know that it takes 3 months to make habit and 1 year to make permanent change.

You are going to mess up, make errors and be rejected. It's going to happen. But with time, practice, patience and growth you will see change. Change in you and change in the way women respond to you.

Congrats on completing the workbook!

*Marni*

