

Time To Turn Yourself On - Workbook

Don't start getting dirty on me 😊 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 also 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 5 Tasks For You To Complete:

1. TASK 1: Setting Your Goals
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: Believing You Are Sexy
6. 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.

If you need my assistance you can write me at insider@winggirlmethod.com

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: Setting Your Goals

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:

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!

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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

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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 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

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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.

If you need any assistance with your personal portfolio for success send me an email insider@winggirlmethod.com and I will be happy to assist.

Once you have completed this workbook I want you to take a minute and think about what you have learned from it. Do you know yourself better? Are you more clear on your goals? Do you know what you want?

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Congrats on completing the workbook!

Marni

Email: insider@winggirlmethod.com