

GOYB (Get Off Your Butt) Exercises

Week 3

Week 3 is about opening up and sharing the new confident, leading man that you have learned to be, with the rest of the world. These exercises are going to help you approach as a selector instead of a possible selectee. Talk to a woman so that you get her to open up and share with you. And go from having empty conversation with women to ones that create connections that make women want to see you the next day.

The GOYB exercises are tools for your tool belt.

This week I have 10 GOYB exercises for you.

- 1. The Drilling Effect**
- 2. Mission Statements**
- 3. Check Out My Passions**
- 4. Pulling Conversation Out of Thin Air**
- 5. The REAL Compliment**
- 6. Announcing The Elephant**
- 7. Day In A Woman's Shoes**
- 8. The Flip Method**
- 9. The Instant Emotion Trigger**
- 10. Sharing With Marni**

These exercises are meant to be fun. Doesn't mean they're going to be easy ;-)
but they'll certainly be fun and I promise they will lead you towards winning with women.

A man women want, is a man that can push himself. Men who are stagnant are dull, unexciting. Men who strive for greatness and do the work are men that women want to be with. You're about to become one of those men!

I am here to assist you at any point and will help you navigate through these exercises. Ask me questions. Send me video's of yourself doing these exercises. Whatever you want, I'm here to help!



Email: insider@winggirlmethod.com

GOYB (Get Off Your Butt) Exercises

1. The Drilling Effect

I would like you to drill down your intention for approaching attractive women.

I can guess that right now your intention may be pretty large. Something like "That girl is hot. I want to approach her, create attraction, ask for her number and go on a date with her."

WAY TO BIG of an intention for someone you know nothing about.

You literally only know she has one skill set that she is literally wearing on her sleeve. Her looks.

If you approach a woman already knowing that you want her just because of how she looks, what does that say about your view of you? It says you have little self-respect and acknowledgment of your value.

It shows lack of respect for yourself because you already want her without knowing anything about her.

I want you to drill down your intentions!

Here's How To Do It:

I want you to drill back your intentions. Just like you are doing with the approach ladder, taking tiny steps. When you drill back intentions and break them down into little steps, it makes any action:

- Less scary, risky
- More successful
- Easier to complete

Think about what you really want from the interaction from a place that shows how much you respect yourself. What you want is to approach her and see if she's cool. Then after you decide she's cool, you can have a new intention.

NEW INTENTION: "She's cute. I want to go talk to her and see if she's cool".

Drill down intention so it's not so grand and overwhelming. This makes a goal more achievable and stops you from silently saying to a woman "like me, like me, like me".

It also helps you stay present in the interaction. If you are overly focused on achieving a future goal it will be difficult for you to be present. And if you are not present, you won't connect. No connection = no attraction.

This new, smaller intention, shows that you value yourself and that YOU can select who you want to let into your life.

Assignment: Write down the new intention and stick it in your back pocket. From now on, you will always have your intention in your back pocket and never get trapped in over thinking the process.

Then next time you see a woman you want to approach Pause, Remember your new intention, then say 3, 2, 1 GO!!! And approach.

2. The Mission Statement

Ever get stuck and don't know what to say to a woman after you have approached?

Trust me, I've been there and I know it can be very paralyzing. Which is why, I am always prepared with mission statements. Originally I had to actively create my mission statements for each day but now I naturally have my own every day.

Rules for creating new habits: It takes 1- 3 months to create a new habit. 1-Year to make it an automatic response.

When you first attempt to make change or alter a behavior you first must be active in implicating the rule. AWARE. Then after 1-3 months the habit is imbedded so that it becomes a subconscious rule. Automated, natural response.

We naturally always have mission statements that exist, but just aren't aware of them.

Mission Statements are conversation pieces that state you are on a mission to do X and want their help in making this decision.

Here's How To Do It:

Create 3 mission statements (have to be real ones) that you can have in your back pocket in case conversation hits a lull.

When the lull hits, pull one of the mission statements out to help get back into engaging conversation.

For example:

1. Sports: "Club/Team X is having a good season. Do you think they'll win the championship?"
2. Household: "I would like very much to have a pet. Cats and dogs are cool, but I'm wondering which one of the two is easier to care for."
3. Entertainment: "My friends and I want to go to the cinema tonight. We have the choice between movie A, B and C. Pick one out."
4. I am having a dinner party at my house and have no idea what I should make. I can go Indian, potluck, Italian, take out.

These are mission statements because they are identifying a mission you are on that requires a solution but first you must get input from

Then start injecting them into your daily interactions that you are doing through your approach ladder. Combine mission statements with OSA and you have gold ;-)

The reason why mission statements are so effective at engaging women/people in conversation, is because people love to help, especially women. Women LOVE to express their opinions and feel needed/intelligent.

NOTE: Remember to always listen and appreciate when a woman assists with your mission statement.

The best thing, about these mission statements, is that they build on themselves to create more conversation.

For example: If you ask Suzie in the morning to help you with your mission statement and then Haley in the evening. You will have Suzie's response to add to your mission statement. "So when I asked Suzie this morning she said..." This way your story/conversation continues to build.

Problems with things to say become a problem of the past! Just open your mouth and start sharing.

3. Check Out My Passions

Want to give me chills up and down my body in a matter of seconds? Then show me you are a passionate man!!!!

Passion says:

- You get excited about life and are not dull
- You have vision
- If you are that passionate about piano, I can't wait to get you to be that passionate about me
- Sees this passion? Wait till you see it in the bedroom, Grrrrr...

Here's What I Want You To Do:

1. Find a woman and approach her. Tell her you are doing an experiment, because you are.
2. Then start talking about something you are an expert in or that you really care about.

For example, if you love comic books, tell her about your favorite comic book characters or architecture, or video games, or art, or celebrity gossip.

Whatever you feel most comfortable talking about, and are the most passionate about. Talk about it and don't hold back. Tell her everything you love about it, why you love it, how it makes you feel.

3. Then notice. Notice her face and involvement when you are speaking. When you are at ease and are comfortable talking she will be at ease. She will lean in, make eye contact and hang onto your words.

She does this because you are projecting a character that she can connect to and wants to be around. A character that is passionate, confident and expressive. Very attractive!

TIP: When interacting with women, it will be the death of you to apply linear logic and consistency.

For women, emotions are everything.

Women absolutely crave men to come up to them and make them feel

something. Talking is just one mechanism to do that, so is picking her up and spinning her around, so is kissing her, so is the tone of your voice, so is what you wear and how you look (to a much lesser extent of course).

Feelings are everything.

If she FEELS that what you are saying is false, she will discard you immediately and put up her shield of protection.

Do this exercise with 3-5 women. I guarantee you will get a similar response. Keep in mind that if you are not at ease and comfortable with your conversation she will not have this response. That is why you must be sure to select a topic you know a lot about and have passion for.

The lessons learned from this experiment will alleviate the pressure to “say the right thing” because you will now know, there is no “right thing” just the RIGHT WAY.

4. Pulling Conversation Out of Thin Air – OSA

I have talked in great depth about OSA (observation, sharing and asking) but this exercise is going to show you how to fine-tune your observations and realize that there are conversation starters around you at all times.

Here's What I Want You To Do:

1. Get an egg timer and set it to 30 seconds
2. Start the egg timer and for 30 seconds, look around the room and say out loud the “things” you see around you. For example: Mug on table, picture of a girl in a dress on the wall, picture frame with picture of family in it on the shelf, lamp in corner etc...
3. STOP when timer goes off
4. Next set the timer to 60 seconds
5. Start the egg timer and for 60 seconds go back the items you observed and attach a story, opinion to each of them.
 - a. Make sure each story/opinion includes: a clear description and an active emotion (an active emotion is what the emotion that gets triggered in you

when you talk about the item. This is what women latch onto).

- b. For example: The mug on table. Description - My sister got that for me in Hawaii when she went there last summer with her husband.
- c. Active emotion- I have to admit it felt really nice that my sister thought of me while away on vacation. Use the magical word BECAUSE, because the word because triggers you to inject emotion into your conversation. Something that a woman can feel.

I want you to start looking at the world by constantly making observations and attaching stories to the observations. When you are anywhere, look around you and in your head start to make observations. Then make connections and start attaching your own experiences and opinions to what you see.

Example: When walking outside at lunch notice 10 things around you and figure out which story/experience in your life can be tied to that observation. Do that every day this week and try to increase the speed at which you do it each time, i.e. The bookstore across the street.

“I remember buying a copy of ‘Atlas Shrugged’ from that store as it was on a discount, now Ayn Rand is my favorite author.”

TOOL ATTACHMENT: Sign up for an improvisation class.

Improvisation classes help you learn to use your imagination and pull conversation out of thin air. BUT most importantly they teach you how to lead conversation so that you can pull others into your world.

When I was younger I signed up for an improvisation class and fell in love with it. It was fun, I pushed myself and I expanded my brain to a level where I am now able to create conversation at the drop of a dime.

These classes literally taught me how to pull conversation out of thin air at the drop of a dime.

I suggest signing up for a class. It's a great way to also meet new people and women! And it's freakin fun!!!

5. Announcing The Elephant

Announcing the elephant is when you literally say out loud what you are attempting to conceal or cover up. (Trying not to say)

So for example, whenever I go on stage to speak in front of an audience I say, "I'm so nervous". I typically say it because it's true but I also say it to get it out of my head so that I can focus on more important things.

This allows me to no longer focus on trying to cover up/conceal that I nervous. Instead, I call out the elephant then move on.

This helps me relax/focus and made the women feel more connected to me.

Here's What I Want You To Do:

If you approach a woman and forget what you want to say, you can look at her and confidently say with a smile "see what you did. You made me all nervous and I forgot what I wanted to say."

Gives you a few seconds to relax, breath and compose yourself.

Stop wasting your energy trying to conceal that you are nervous. Just announce it!

OR:

If you are on a date with a woman you can confidently look her in the eye and say "you know what. I'm a little nervous right now."

You Announce The Elephant and then move on! Just make sure you announce it confidently. (Smirk, eye contact, body language)

Announcing The Elephant can put you at ease instantly. It also can put a woman at ease.

So I want you to start Announcing The Elephant!!!!

Tell women what is going on in that head instead of trying to cover it up.

6. The “REAL” Compliment

From my experience, and the 1000's of interviews I have done with women from all over the world, I know that It's about where the compliment comes from, not about what's said.

So before complimenting, ask yourself these questions

- Am I complimenting to get something? – If your answer if YES, then don't compliment
- Am I complimenting to fill space so that there is no silence – If your answer if YES, then don't compliment
- Am I complimenting because I don't know what else to say – If your answer if YES, then don't compliment
- Am I complimenting so that I can stay in conversation-If your answer if YES, then don't compliment
 - Am I complimenting to make her like you more – If your answer if YES, then don't compliment

Compliments need to be real with women in order for them to have a real impact. If they are fluffy or dishonest, we will disregard them and they will have no effect. We can smell bullshit from a mile away.

Not sure if you saw my article on the magic word because, but words have no meaning to women if they don't have an emotion attached to them. Which means, a compliment must be deeper in order to get a response from a woman. She has to feel the compliment.

For example: You are beautiful

As nice as this compliment is, it means nothing. Here is the response this will get from a woman:

Female Response: great. You're the 5th guy to tell me that today. It's nice to hear but is that all you've got.

It's not really said that bitchy but I am trying to show you the effect it has, even if it is subconscious. Picture this response as a simple shrug and a smile, which means – These words have no emotional impact.

Here is a better way to compliment if you want to say you are beautiful:
I know most men can see you're a good looking woman, but I think your real beauty shows once you start to speak.

Now that statement shows a woman that you see her and you get her true beauty.

NOTE: Compliments still have to be sincere, even if they are said in this manner

Here's What I Want You To Do:

I have an exercise for you, so that you can truly understand how it feels to woman, to have an empty compliment thrown her way.

Ask a stranger to compliment you for 30 seconds straight. Preferably a man.

I know this seems tough but it's actually really fun.

After, I want you to tell me how it felt to have empty, meaningless compliments thrown at you by another person.

The answer is exactly how women feel when you compliment them for no reason!

I want you to try this experiment and tell me what you think, what you discovered and most importantly how you felt.

7. A Day In A Woman's Shoes

This exercise requires minimum effort and will create maximum results.

Ready?

I want you to know what it's like to walk in a woman's shoes.

No I'm not going to make you put on a pair of heels but I am going to show you what beautiful women experiences with men every day.

Douche bags, jerks, awkward and uncomfortable approaches, guys using/treating them as objects, staring at their boobs and not their face...

So here is your assignment so that you can see the tiny errors and mistakes you make that are silently killing your chances of attracting, dating and getting incredibly amazing and beautiful women.

Here's What I Want You To Do:

- Select a free online dating site like plentyofish.com or Okcupid.com
- Sign up for the site BUT not as a man, as a woman.
- Select a picture of an attractive, girl next-door type, of woman.
- Create a profile. Just jot a few things down. You can even copy and paste from another profile that you find.
- Then watch and learn. See how other men approach and attack. See how they pounce, the moves they use and how quickly you put up a shield.

The free online dating sites are going to kill me for telling you this but I strongly suggest you do the same exercise.

As soon as your exercise is complete, please take down the profile. I don't want to get in trouble :-)

BTW - This a great conversation piece if you are ever at a singles event ;-)

8. The Flip Method

Rejection sucks. It does. It sucks for men. It sucks for women (yes women get rejected too). Overall it sucks. BUT, it sucks less when you experience it more. Honestly, I know that seems counter intuitive but it's true.

I know from my own personal experience, that the more I put myself out there and feel the brunt of **rejection**, the less it affects me less.

I'm going to be gross for one second but I was listening to NPR yesterday and they were discussing torture victims. They said that those who experienced torture in their lives, no longer felt fear. It's as if they hit their tipping point after being tortured and developed the belief system that nothing could be worse, so why be fearful. This made them push forward even harder and with more confidence.

I talk to hundreds of guys every week, thousands every month and they all fear the same thing, **REJECTION!!!**

So instead of putting themselves out there to possibly be rejected, they don't do anything and get no results. In my opinion that's just silly. They are basically rejecting themselves, so that they won't experience being rejected by a woman.

Honestly there is nothing sexier than a man who is unaffected by my actions. Gives me chills just thinking about it. Why is this? Because it singles to me that this man can handle things.

Lesson: Rejection isn't the bad thing, it's the way you handle it that can make you feel so horrible.

Here's What I Want You To Do:

GO OUT AND GET REJECTED 10 TIMES!!!

I am being totally serious. Go out, take chances, approach super hot women YOU believe would never give you the time of day, say whatever you want to her and then get rejected and love it!!! Even smile or laugh to yourself after you get rejected and then walk away.

I want to hear about all your experiences, stories, success, failures so make sure to come back and write them below in the comments box.

The goal of this exercise is to have fun being rejected. This little psychological tweak will, improve your presence with women, help you stay grounded and teach you how to handle rejection with grace so that women find you attractive.

9. The Instant Emotion Trigger

I know I said there are no magic pills when it comes to women and attraction BUT if there was one little bit of magic I could give you, it would be the word BECAUSE.

Because, the word because automatically triggers you to inject emotion into a statement. And hopefully you know by now, that women respond to emotions. Not being emotional, but emotions.

Emotions help women feel you! When they can feel you they can connect to you.

Here's What I Want You To Do:

1. Start injecting emotion into your statements by using the word BECAUSE.
2. Look at the picture below and tell me what you think of it.
3. Add in the word BECAUSE. For example: That is an interesting picture of a coffee shop BECAUSE....
4. Email me [at insider@winggirlmethod.com](mailto:at_insider@winggirlmethod.com) and I will let you know what I think.



7. Sharing With Marni

At the end of each week, I want to hear from you.

Your final exercise is to email me and SHARE about this weeks exercises.

Send an email to insider@winggirlmethod.com with the subject line: **What I Think Week 3** and answer the following questions.

1. What you thought of the exercises.

2. Why you think what you think
3. Did the exercises help you?
4. Why you think they helped/did not help?
5. What you noticed about others?
6. How the exercises and peoples reactions made you feel.

Can't wait to hear how this week went!

Marni

Email: insider@winggirlmethod.com