

## **GOYB (Get Off Your Butt) Exercises**

### **Week 2**

As you know by now section 2 is all about getting off your butt and activating your social life. Your Get A Life & Get Out Workbook assists you with plotting out exactly how to do this.

Now, it's time to put everything to action. In this weeks GOYB Exercises, you are going to start experimenting with how you present yourself to the world. Not just women, but everyone.

Body language, voice tonality, eye contact, style!

**This week I have 4 GOYB exercises for you.**

- 1. Look At Me Fool**
- 2. The Silly Walk**
- 3. Voice Tonality**
- 4. Sharing With Marni**

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](mailto:insider@winggirlmethod.com)

## **GOYB (Get Off Your Butt) Exercises**

### **1. Look At Me Fool**

The Signs!!! Oh the Signs!!! I know that we all wish that people wore big signs on the top of their heads that state exactly what they are thinking at feeling at any given moment. But unfortunately they do not. Which is why we must rely on what we know best to make decisions, OURSELVES.

I believe that you only need 1 sign to tell you whether or not you should take action and it's the sign in your head that says "I want to take action".

So how you can you take action to get a woman's attention without relying on her to "tell you" whether or not you can approach.

EYE CONTACT!!!

This week I want you to explore with making eye contact. This exercise will help you learn the best way for YOU to make eye contact even before you get into a conversation.

#### **Here's What I Want You Do:**

Everyday when you are out, doing your approaches and noticing people around you. I want you to take notice of what happens when you make eye contact with people.

Here's a little insight into what I have taken notice of through doing this exercise myself.

I noticed, that I typically look away when I get caught making eye contact with another person. It doesn't matter if they are attractive, male or female. My automatic reaction is to look away.

I noticed that others do this themselves. This is mainly because being caught making eye contact for some reason, feels vulnerable.

You may notice something completely different than me but for each day of this week, go out and notice. Formulate your own theory on eye contact.

Then after noticing, I want you to make an active effort to hold eye contact with every person whose eye you catch, no matter what. THEN smirk.

**BONUS:** You can even wink if you are up for it.

What this does, is show that you are grounded and confident. Most people look away but a truly confident man can hold eye contact AND be comfortable with it.

The fact that you can hold eye contact actually hits a sensory nerve in the primal brain, which will make a woman pay more attention to you.

1. Notice
2. Create a Theory
3. Hold Eye Contact
4. Play around with it – smirk, wink etc..

## **2. The Silly Walk**

Remember the Groove Method from week 1? This is a little bit of an extension in getting more comfortable in your body.

Your body and body language are 1 of the first thing people see before and while they are interacting with you.

Some of the common poor behaviors I have noticed with men over the years, in terms of bad body language are:

### 1. Hands Flailing

Hands flailing around like one of those silly balloons that when they get caught in the wind grab attention from potential customers. Flailing signals nerves. And nerves signal, discomfort. If you're uncomfortable, she's going to be uncomfortable.

To combat the flailing arms, lock your hands in front of your body or put them casually in your pocket.

### 2. Close Encounter

I can't stand when guys stand too close for me. It feels attacking and aggressive. It's also very uncomfortable when a guy stands in front of me directly, face and body in line with mine.

To combat this, make sure you put a nice amount of distance between you and a woman or a person you are talking to. Think "If she had bad breath, could I smell it right now?" If yes, move back. If no, you're all good.

Stand at a 45-degree angle. Again, not face on, at an angle. Less aggressive and it says "I'm in, but not fully in just yet".

The Silly Walk is based on an exercise I did a few years back. It's a continuation of Look At Me because it's about first noticing and then deciding for yourself what works best for you.

### **Here's What I Want You Do:**

I would like you to take notice of different kinds of walks. What walk do you see as confident? What walks do you see as feminine? Calm? Powerful?

Then emulate these walks. Try out different styles of walks and take notice of:

1. How you feel when you walk a certain way
2. How people respond to you when you walk a certain
3. What is most comfortable to you?
4. Share it with me – take a video of you walking the way you have selected and send me the video.

**BONUS:** If you can do 1 day of doing the silly walk from Monty Python you get bonus cool fun points. Remember, everything in this program is research and for you. If you can't have fun with yourself, who can you have fun with?

### **3. Voice Tonality**

There are many men that I encounter that for some reason speak in a very monotone way. I'm not sure why this is but it makes it harder for me to FEEL them as a woman.

The primary source that women use to evaluate whether or not they are attracted to a man is their gut. Sounds gross I know, but it's true. Women feel you. They feel your character, your value and who you are as man within seconds of meeting you.

If you have a monotone voice tonality, it makes it was more challenging for a woman to feel you because your voice can reflect passion, confidence, leadership. All the characteristics we look for in a man we want to be with.

So let's start experimenting with you voice tonality. Break away from monotone and start becoming multi-tone. I made up that word I think ☺

### **Here's What I Want You Do:**

Very similar to The Silly Walk and Look At Me this exercise is about experimenting with what works for you. But it's also about pushing yourself to try new things to see if they fit.

1. Notice. Start taking notice of how you talk and how others talk. Are you loud? Soft? Monotone? Do they command attention?
2. Ask your friends what they think of your voice tonality
3. Then start experimenting with your voice.

Day 1: Talk really loudly - watch for reactions from others.

Day 2 - Talk really quietly - watch for reactions from others

Day 3 - Talk like a person who is drunk. Not meaning talking gibberish but over the top excitement. The world around you is so interesting and fascinating. Move your voice up and down.

Day 4 - Play around with your voice levels however you like. Up and down. High and low. Watch for reactions from others.

Day 5 - Record your voice doing all of the above and listen. Listen for authority. Listen for excitement. Listen to what you think best represents you and the man you want to be.

## **4. 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](mailto:insider@winggirlmethod.com) with the subject line: **What I Think Week 4** 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](mailto:insider@winggirlmethod.com)