

BLUEPRINT YOUR BREAKTHROUGH IN LOVE



BREAKTHROUGH WORKBOOK

INTRO: WHY YOU'RE HERE

Everyone who is at the top of their game uses a coach—from professional athletes to successful entrepreneurs. So first, congratulate yourself for being one of the elite daters who gets access to these expert insights on how to make dating both fun and rewarding.

You've accomplished the hardest part of the journey already just by showing up. Now, comes the fun part....

Take every failed relationship you've had up to this point, every friend or family member who put pressure on you to find a mate, everything you've learned about dating, take it and throw it all out the window. Today, we're starting fresh.

The next five hours of your life are going to put you on a new path to finding love. The definition of insanity is doing the same things over and over again and expecting different results each time, so stop the insanity and start dating differently. By turning the page you are beginning a new chapter in life and committing to yourself to FINALLY put your love life first.

**Welcome to the first day of the
rest of your love life!**

SESSION 1: WHY MIND OVER MATTER MATTERS IN DATING

POWER OF YOUR WORDS:

Create abundance through positive thinking

EXERCISE 1: LIMIT YOUR LIMITING BELIEFS

We all have “limiting beliefs”. These are patterns that have kept us tied to past patterns and behaviors. Every time you think, ‘Dating in this city is too hard’ or ‘I don’t think I will find someone who is right for me’ you are silently limiting yourself from meeting your mate.

THESE ARE LIMITING BELIEFS.

STEP 1

Write down all of the limiting beliefs that have crossed your mind recently.

1.

2.

3.

4.

SESSION 1: WHY MIND OVER MATTER MATTERS IN DATING

EXERCISE: LIMIT YOUR LIMITING BELIEFS

STEP 2

Replace each one of those limiting beliefs with a positive belief about them using as many *passion words as possible*. (i.e., *love, exciting, thrilling, perfect*)

Example: If you said, "Dating in this city is too hard" replace that statement with "I **LOVE** dating in this city."

1.

2.

3.

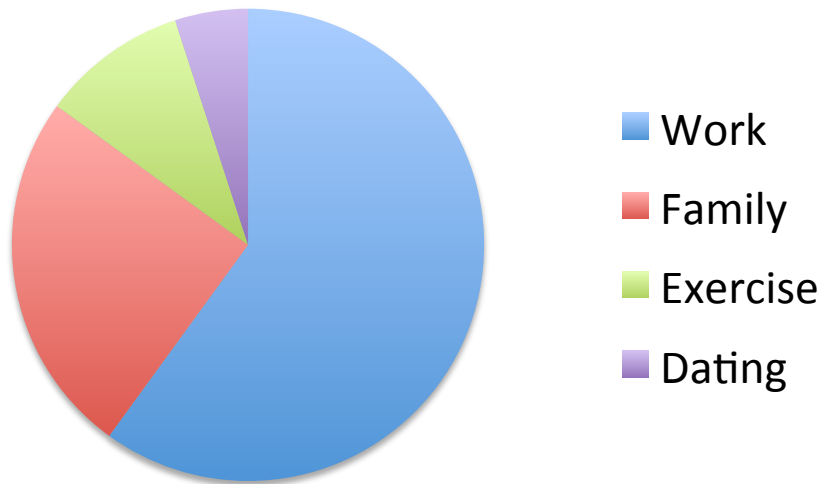
4.

YOUR PREDOMINANT THOUGHTS

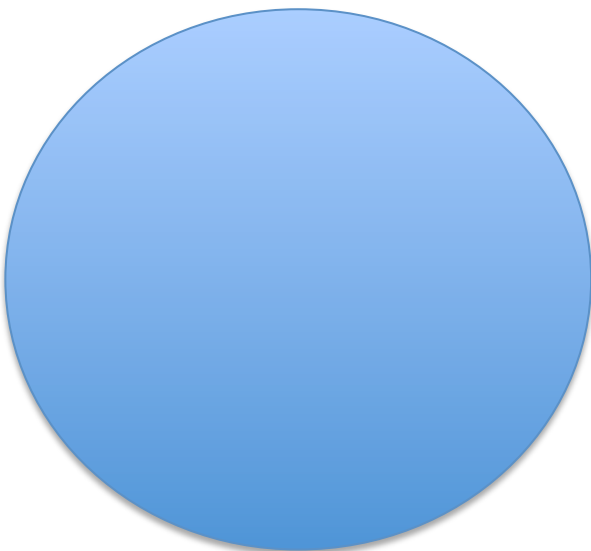
EXERCISE 2: SCHEDULE IN YOUR LOVE LIFE

As you saw in the “Messages from Water” experiment, the thoughts and activities that create your day create your world. In the circle below please create pie chart of how you spend your time and how you will adjust your life in the next 6-12 months to allow ample time for you to focus on dating.

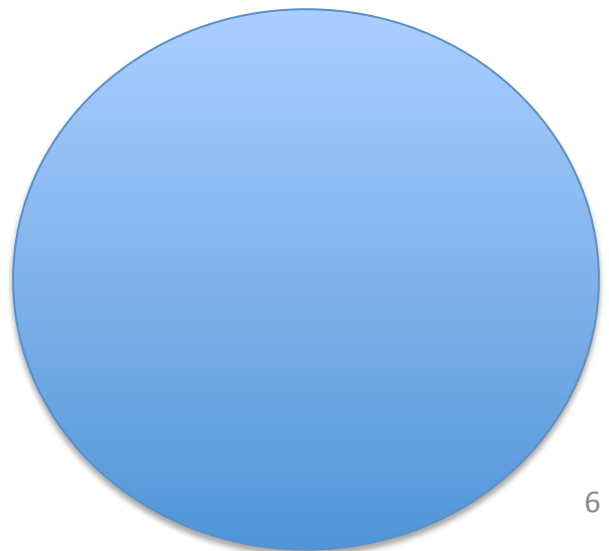
SAMPLE CHART



CURRENT PRIORITIES



REORGANIZED PRIORITIES



WHAT IS YOUR DATING STRATEGY?

EXERCISE 3: IDENTIFYING YOUR “PRODUCT YOU”

1. What are your best qualities; the ones you openly share when you're comfortable with someone?
2. What qualities do you *think* you present on a first date; how does someone perceive you? (i.e. talkative, funny, quirky, shy?)
3. Are there qualities you desire to show more of?
4. What would you want someone to say about you after a date?
5. What are your weaker qualities? What are you working to improve on?
6. What type of product would you liken your Product YOU to?
7. What kind of person do you think would be attracted to this product?

SEXUAL POLARITY

EXERCISE 4: FIND YOUR SEXUAL MAGNET

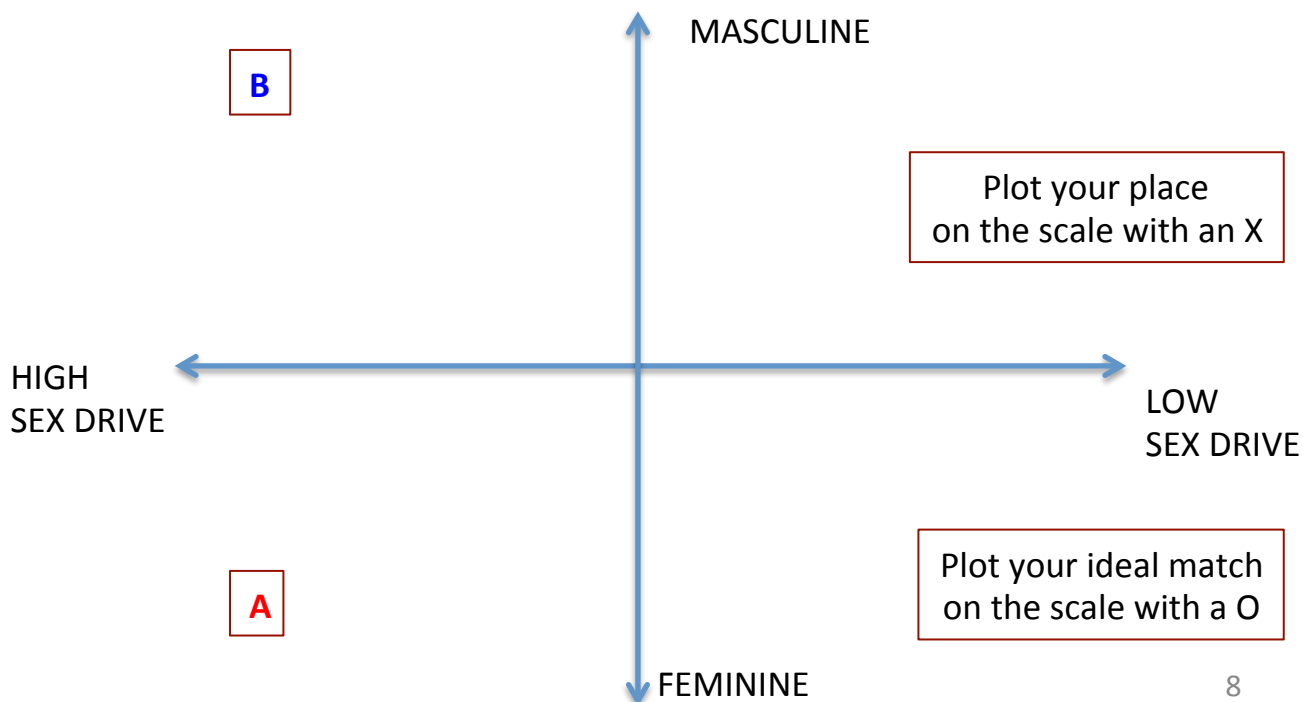
SEX DRIVE

Influenced by hormones, emotional state, and age, our sex drive fluctuates throughout our lifetime. While most people have a sex drive baseline, many relationships that seem well matched on several fronts have collapsed due to a large variation in libido. For example, if you have a very high sex drive but your partner is only interested in sex a couple of times per month, eventually either you are going to feel frustrated or your partner is going to feel stretched beyond their sexual comfort zone. That's why it's important to seek out someone who is around the same place on the X axis below. Plot out your sex drive on the X axis.

GENDER ENERGY

We are all a mix of masculine and feminine energy. It's important to note where you fall within the gender scale while seeking out your perfectly balanced partner. In spite of what you may have been told, it's not necessarily out of the ordinary for a woman to be closer to the middle of the scale or for a man to embody more feminine qualities. However, if you know your gender energy it's easier to know what type of person you need to balance you out. So while you're looking for a similar match in sex drive, for gender energy you're ideally looking for someone who is the same distance as you from the center of the chart.

EXAMPLE: **BRAD PITT** & **ANGELINA JOLIE**



YOUR IDEAL MATE

EXERCISE 5: CREATING YOUR PARTNER PITCH

STEP 1: Write the qualities you look for in your perfect partner

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

STEP 2: Cross out half of the less important qualities

STEP 3: Cut the list to a MAXIMUM of 5 important qualities

STEP 4: Now cut the list to your 3 essential must-haves

THIS IS THE CORE OF YOUR PARTNER PITCH

SET YOUR INTENTIONS

EXERCISE 6: WRITING YOUR DATING PLAN

If you think of all the working elements in your life and how much time you spend on each one you'll probably realize that while dating might get a huge chunk of your mental energy it may not be receiving much of your physical efforts. We believe that you to have the most satisfying dating experience possible, and to get results you have to date like it's your job—meaning make it your **#1 priority** right now.

Successful businesses don't simply launch and see what happen. They create a business plan. Therefore, as a product of the dating world, you too should create a business plan for your dating "career".

1. How many hours a week can you set aside for your dating career? What will you have to cut back on to put that extra time into dating?
2. How often are you in singles settings? How can you adapt your lifestyle to make more space for meeting singles?
3. How are you inspiring others to help in your search? How can you be clearer with your connectors circle so they can assist you in the future?

BUILD YOUR T.R.A.I.L. TO LOVE

TRACK—Record your dating habits

REVIEW—Assess your results

ADJUST—What needs to change?

IMPLEMENT—Apply your new approach

LEAP—Take a new risk each day

SESSION 2: SNEAKY SEDUCTION TECHNIQUES

EXERCISE 7: WHO AM I?

Ask your friends, co-workers, and strangers to name your best qualities.

Step 1: List 3 positive qualities you've heard most often

1. _____
2. _____
3. _____

These are your key attractors when you're in a dating situation and are the qualities you should lead with when flirting. If everyone identified your best quality as "being kind", you want to avoid the popular pickup artist technique of insulting a woman to get a her attention.

BUILD CONFIDENCE

EXERCISE 8: TELL YOUR STORY

On a separate paper, write down these 3 stories about your life.

THE FUNNIEST THING THAT EVER HAPPENED TO ME WAS...

THE STRANGEST THING THAT EVER HAPPENED TO ME WAS...

ONE THING THAT IS REALLY UNIQUE ABOUT MY LIFE IS...

STEP 2: Stand in front of the mirror and practice telling these stories. Notice your facial expressions, changes in tone, and gestures. Ask yourself, "How can I make this story more exciting, engaging, or enlightening?" Make adjustments and tell it several more times until you feel comfortable telling it to someone else.

STEP 3: Try the story out on a friend. See where they laugh, smile, and express emotion. If you don't get the intended response, repeat Step 2. Keep practicing until you feel confident with your storytelling and recognize how interesting your life truly is. Work one or more of these stories (or new ones that you discover) into any date.

SESSION 2: SNEAKY SEDUCTION TECHNIQUES

EXERCISE 9: GO AHEAD, MAKE SOMEONE'S DAY

Most people go through the world with their head down, completely unaware of their possible connections awaiting them at every turn. Your assignment is to spend ONE WEEK aiming to connect with everyone you encounter.

SMILE at the person across from you on the subway (male or female).

Strike up a CONVERSATION with the checker at the supermarket.

ASK that attractive stranger for the time.

Aim to make yourself as friendly and approachable as possible and see how the energy you receive back from others begins to shift. Are people noticing you more? Are you feeling more positive? Did any new dating prospects emerge from an unexpected place?

EXERCISE 10: MIRROR, MIRROR

When we make a connection with someone we subconsciously begin to mimic their movements (and visa versa). However, we can actually influence someone's feelings towards us by consciously mirroring them.

Practice this on your next date or even with your boss. Aim to match their vocal TONE and INFLECTION. If they lean in to make their point, you lean in as well. If they speak with their hands, you also become more ANIMATED and speak with your hands. You may notice that you are doing this already but as you aim to do this consciously you are likely to notice a shift in how interested they are in what you have to say and how you feel after leaving the date or the meeting.

SESSION 2: SNEAKY SEDUCTION TECHNIQUES

FLIRTING TIPS



BODY LANGUAGE FOR WOMEN

- ✓ Stand close
- ✓ Position your hips toward them
- ✓ Make eye contact & smile
- ✓ Give a curiosity comment (i.e. “You look like you’re coming from work.”)
 - ✓ Use the power of casual touch
- ✓ Circulate – do not close yourself off with girlfriends



BODY LANGUAGE FOR MEN

- ✓ Make an approach
- ✓ Use curiosity comment (i.e. “You look like you’re waiting for someone.”)
 - ✓ Look for friendly faces
 - ✓ Don’t be afraid to approach a group
 - ✓ Use a time limit if she seems focused on other things
- ✓ Try to enjoy the conversation—don’t dwell on the outcome
 - ✓ Lead with a compliment

SESSION 3: FORBIDDEN FACTS ABOUT ONLINE DATING

THE BIGGEST ONLINE DATING MISTAKES

WOMEN

WAIT & SEE ATTITUDE

Be proactive! Send 5 to 10 messages per week.
No winks!

SHORT TERM COMMITMENT

It takes 6 months on average to meet someone special

FANTASY RELATIONSHIPS

Get offline as soon as possible.
Reference Ideal Mate Checklist

MONKEY IN MIDDLE

Where does your profile lie amongst the others?

BURN OUT

MEN

COMPARE & CONTRAST

Be realistic about the woman you want. Send messages to the girl next door. Maxim babes come and go

INACTIVITY

Visibility shows interest

ONE IN THE BACK POCKET

Keeping your “options open” means you can’t commit

HODGEPODGE PROFILE

Your profile should be written with intention and your photos should be selected carefully

BURN OUT

SESSION 3: FORBIDDEN FACTS ABOUT ONLINE DATING

PHOTOS ARE THE MOST IMPORTANT PART OF YOUR PROFILE

**A picture speaks a thousand words.
What are yours saying about you?**

EXERCISE 11: YOUR VISUAL STORY

Take a look at all of your online dating photos. Each one should tell a different story. Your primary photo should use **COLOR** to draw the eye. The remaining photos should give **CONTEXT** to what you enjoy doing and what your life is about. While **CHARACTER** reveals a part of your personality. In the chart below catalog each of your profile photos and detail what part of your personal story they tell:

PHOTO #	STORY

Are any of your photos telling the same story? If so, eliminate duplicates from your profile. Is there a part of your character and personality that is missing? Add a photo in that demonstrates that.

SESSION 3: FORBIDDEN FACTS ABOUT ONLINE DATING

EXERCISE 12: DREAM USERNAME

Use this username creator to generate 4 interesting names that are unique to you

#1 Your Nickname + Your Favorite Activity (i.e. DaveyHiker)

#2 Adjective + Your Favorite TV Character (i.e. HappyFonz)

#3 Adjective + Your Profession (i.e. QuirkySalesman)

#4 Passion Word + Aesthetic Description of you (i.e. SpunkyBlond)

ELEMENTS OF A WELL-WRITTEN PROFILE

1. Storytelling—Show WHO you are through story rather than reading off a laundry list of WHAT you are
2. Readability—Check your grammar & spelling. It matters!
3. Clear Point Of View—Accentuate your positives. Stay away from anything negative.

PROFILE KICKSTARTERS

What's the most unusual thing about yourself?

What do you dream about? (other than a relationship)

Tell a personal story that always gets a laugh.

If you could be anywhere in the world, where would you be? 16

SESSION 4: TRICK THE EYE

A STYLIST'S SYSTEM TO DRESS FOR THE DATE

DIFFERENT BODY TYPES

PEAR

Larger lower half—
Draw attention to top
half with patterns

INVERTED TRIANGLE

Wide shoulders—
V-neck, low-cut blouses

APPLE

Larger mid-section—
Use belts to create
illusion of waist

HOURGLASS

Tiny waist—
Accentuate waistline

BANANA

Straight up and down—
A-line dresses
create curves



RECTANGLE

Bigger up top—
Draw attention
away from lower
half with prints

TRIANGLE

Larger lower half—
Bright up top, dark
on bottom

INVERTED TRIANGLE

Larger shoulders—
Fitted shirts

OVAL

Rounded middle—
Button-down shirts
distract the eye



SESSION 4: TRICK THE EYE

A STYLIST'S SYSTEM TO DRESS FOR THE DATE

WOMEN'S DATE LOOKS



A pair of heels you can walk in

Nice pressed jeans

A versatile black skirt

A cute clutch

Conversation piece clothing – jewelry especially

**A black shrug, blazer or jacket
(depending on body type)**

MEN'S DATE LOOKS

Nice, fitted pair of jeans

Tailored blazer

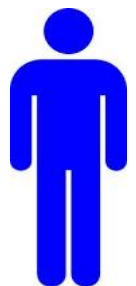
Button down shirt

-1 that tucks in

-1 that lays out

Shined shoes

A leather belt



SESSION 5: THE MIND-BLOWING MARRIAGE METHOD

6 TRAITS YOUR BEING JUDGED ON

Body language
Facial expression
Voice & tonality
Vocabulary
Looks
Sense of humor
Eye contact
Values

4 WAYS TO BUILD CHEMISTRY ON A DATE

Eye contact
Smiling
Mirroring
Touch

DATING BLUNDERS

Broken/chipped nails
Bad breath
Unkempt facial hair
Overdone makeup
Too much perfume/cologne
Food/lipstick in teeth
Holes/stains in clothing
Showing too much skin

****Give every outfit the “sit test”****

SESSION 5: THE MIND-BLOWING MARRIAGE METHOD

FIRST DATE RULES

Always meet there
Keep the date to 1 hour
Just do drinks
Men: Pick up the check
Make a clean exit

SECOND DATE RULES

Limit to 1-1.5 hours
Drinks also a great 2nd date
Consider an activity date (hike, play pool, etc)
Women: Offer to pay a portion

THIRD DATE + BEYOND RULES

Men: Don't accelerate physically too soon
Women: Don't play out the entire relationship in your head

EXERCISE 13: IDENTIFY YOUR DATE HOT SPOTS

Having a familiar place where your date can envision what the date experience will be like will increase your chances of success. Also, going somewhere that you have been to before will give you a sense of comfort and expertise when ordering. Plus, knowing a few choice locations can help you come up with a Plan B if you need to find an alternate spot.

What are your Top 3 Date Hot Spots?

- 1.
- 2.
- 3.

SESSION 5: THE MIND-BLOWING MARRIAGE METHOD

BAD DATE RED FLAGS

WOMEN

He retreats and becomes less talkative

His eyes wander—men are visual

He wants to split the check

He becomes too physically aggressive



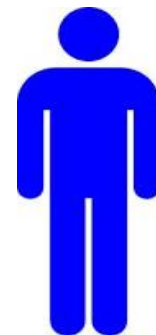
MEN

She becomes MORE talkative

Her body language closes off

She avoids eye contact

She goes to the bathroom more than once



SESSION 5: THE MIND-BLOWING MARRIAGE METHOD

WHAT'S YOUR LOVE PROCESSOR?

EXERCISE 14: 'HOW YOU LOVE' QUIZ

1. Which gift would you most like to receive from a mate?

- A.) A hug
- B.) Jewelry/valuables
- C.) A compliment
- D.) Their respect
- E.) Flowers/candy

2. What do you love most about being in a relationship?

- A.) Physical intimacy
- B.) Having someone attractive on your arm
- C.) Knowing that you're loved
- D.) Having a companion to do things with
- E.) Having some responsibilities taken off your plate

3. What went wrong in your last relationship?

- A.) We did not have enough sex/intimacy
- B.) We argued over money
- C.) S/he never told me he loved me
- D.) I didn't feel that important to him/her
- E.) S/he always seemed more focused on other people or work

If you answered mostly A's you are in the category of: Need to be **HELD**

If you answered mostly B's you are in the category of: Need to be **ADORNED**

If you answered mostly C's you are in the category of: Need to be **TOLD**

If you answered mostly D's you are in the category of: Need to be **FOLLOWED**

If you answered mostly E's you are in the category of: Need to be **LED**

You may be a mix of two types though usually one will feel like a larger priority to you. It's important that you communicate to your partner how you like to receive love and understand how they like to have love given to them.

SESSION 5: THE MIND-BLOWING MARRIAGE METHOD

RED FLAG DATES

Accepting these kind of dates can get your into trouble.
Here's what you're really saying:

The HANG-OUT DATE

Says: I'm okay just being friends

The LATE NIGHT DATE

Says: I'm up for just a booty call

The SAME DAY DATE

Says: I have nothing better to do

The TOO MUCH TOO SOON DATE

Says: I'm too available which wears out your welcome

TAPPING INTO EMOTION

WOMEN = 80% emotional

MEN = 60% emotional

TRIGGER EMOTIONS BY USING:

Humor

Compliments

Nostalgia

Storytelling

SESSION 5: THE MIND-BLOWING MARRIAGE METHOD

THE 3 TOP SECRETS OF HAPPILY MARRIED PEOPLE

- 1) Communication before explosion
- 2) Value partner's values
- 3) Accepting and welcoming change

PRACTICE FOR DATES

Flirting

Storytelling (avoid talk of exes, past dates, divorce)

Body Language & dress (take the "sit test")

Envisioning a positive experience



SECRETS FOR SUCCESS



WOMEN

Use your power of touch
Offer validation
Show positivity
Allow uniqueness to shine

MEN

Demonstrate values
Show leadership
Exude confidence
Aim to please

SESSION 5: THE MIND-BLOWING MARRIAGE METHOD

FINAL ADVICE

WOMEN



Do not seek validation in your relationship from other women

Know yourself and your need in a relationship

Be proactive: The days of a suitor knocking on your door are over

MEN



Do not keep your love life secret

Engage friends, family & co-workers to help with connections

Utilize all tools to find love: Matchmakers, online dating, speed dating, dating coaches, MeetUps, therapist, wingman

EXERCISE 15: DATING GOALS WORKSHEET

I would like to meet someone to

- Date casually
- Date seriously
- Co-habitate with
- Marry
- Have children
- Other (insert your goal here) _____

I expect this to happen in

- One month
- Three months
- Six months
- One year
- Other: _____

The top 3 things I will do to make this happen are:

1. _____
2. _____
3. _____

A benchmark improvement to let me know I am on the way to success will be

Within this time frame _____

SESSION 5: THE MIND-BLOWING MARRIAGE METHOD

YOUR HOMEWORK

- 1) Determine your IDEAL DATE
- 2) Discover the AUTHENTIC YOU and create a marketing strategy for your product
- 3) Create your DATING STRATEGY
- 4) Practice POSITIVE MANTRAS
- 5) Practice DATING BEHAVIORS
- 6) Develop a UNIQUE LOOK
- 7) Get a sponsor or NEUTRAL ADVOCATE
- 8) HAVE FUN!!