

How To Meet And Date More Women

A practical, no-nonsense approach to understanding the reality of modern dating and building genuine connections with women—from first approach to lasting relationships.



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The Mindset You Need to Succeed

When you start going out and meeting new girls, and trying to date them—whether to hook up or get into a relationship—you have to understand the reality of dating women. It has always been this way. Regardless of the times changing, people argue that social media and dating apps have made it harder, and to an extent, I agree with that, just because women have more options.

But that should be a reason for you as a man to level up—financially, physically, and in how you look. When it comes to dating women, regardless of how rich, good-looking, or in shape you are—and I say this from 30 years of life experience—I have never been as wealthy as I am now. I am currently in a wheelchair and extremely paralyzed. I was not as good-looking or as fit as I am now, and I still had girlfriends, dated girls, and been sexually active my entire life.

Most women, regardless of what you tell yourself, will not like you, will not be available, or may already be taken. Dating is a numbers game for men.

When you understand that, you know you just need to keep meeting more girls. The more girls you meet, the higher your chances of getting a date, getting laid, or finding a girlfriend.

But improving in any and all of these 3 areas will absolutely "lower" the numbers until you get a yes. AND you'll get access to a higher "tier" of beauty in a women. And you should be trying to become the richest, best looking and in shape man you can be REGAURDLESS of women because that is what a man is supposed to do. But if you're ok being a nobody... Then ignore this chapter.

That is all you need to know about the mindset going into this: you will be told no 90% of the time, and eventually, one girl will like you. That is really all you need to focus on.

Places to Meet Women

Now we will discuss the different places to meet women. If you have multiple ways to meet new women, you increase your chances of finding that one girl—or those few girls—who will date you, sleep with you, or eventually want to be in a relationship with you.

Online Options

The first place is online. There are dating apps and social media. I personally use Facebook, Facebook Dating, and Hinge. I am not a big fan of dating apps, and I have never been. In fact, the last girlfriend I had at the time of filming this, I met through Facebook by sending her a message. I think that Facebook Dating has girls who don't look as good compared to Hinge. Hinge, in my opinion, has the best-looking and perhaps highest-quality girls.

If you are a man with fuck you money, some people, like Myron Gaines, suggest sugar dating sites, where girls know the men have a lot of money. That is something to consider. By using Instagram, Facebook, Facebook Dating, Hinge, and possibly a sugar app, you increase the places you can meet girls.

📄 **On Facebook, I tend to only message girls who engage with me—if I like a picture, they like one back, or if they consistently watch ALL of my stories, I take a chance and reach out.** Girls who do not engage consistently or watch a few here and there usually lead nowhere.

Your Pictures Matter

When using online sites, especially dating apps, your pictures matter more than anything else. Avoid selfies. Ideally, use pictures taken of you professionally, though I have never paid for that. Literally just have a buddy do it.

Social Proof Works

One strategy is to have a picture of yourself with other girls; this shows you are wanted and good with women, which increases interest. So on Hinge I have one at the gym with two of the women I know.



In-Person Approaches

In person, timing matters. I prefer day game—meeting girls during the day. I am 30 years old and usually in bed by eight o'clock. I do not go out to bars, drink, or stay out late. Nighttime bars and clubs are often filled with women in groups, or they may use you for free drinks. Even if you get a number, if she has been drinking, she likely won't remember you the next day.

If you are younger and in college, nighttime outings can occasionally lead to one-night stands, but from my experience, the best results come from meeting girls during the day.

Where should you go?

You can meet women almost anywhere. The only place to avoid is your workplace, as that is a professional environment. I meet most of the girls I interact with at the gym because I want a girl with an amazing body. I'm not saying I purposely go out of my way to approach girls at the gym. but if I see one I want to talk to I will. I have had 3 complaints about something I said over the course of two years and im ALMOST certain its from a girl I thought I was cool with. but that is just a natural consequence of increasing your interactions. Output goes up and so do your rejections or girls that get "offended" by whatever you said to them. If a girl rejects you, move on—she is not the one for you.

Farmers Markets

Sunday mornings are perfect for casual conversations. Great place to practice saying hi to strangers.

Gyms

Meet health-conscious women with similar values. A lot of these girls WANT to be approached regardless of what you see online.

Grocery Stores

Natural setting for spontaneous interactions. I met a girl in the same aisle as me and got her number.

Malls & Parks

Daytime locations with relaxed atmospheres. You might cross paths with a chick in the same store as you.

Literally Anywhere

I'm serious. There is no "bad time" or place to meet women.

Go to places you enjoy. If you like dance classes, you might meet a girl there. Even if you get rejected, continue doing what you enjoy—do not stop going to dance because of her.

If you choose to meet women In person... Keep interactions during the day because girls are sober and more likely to be alone instead of in a group. And they will remember you.

Talking to New Women

Online Communication

When you match with girls online, it is important to understand that women get an extreme amount of attention from men. It is constant. I know a woman who works at my gym. We are on good terms, and she is very attractive. I asked her to show me her direct messages. She showed me, and she said she could keep scrolling endlessly. She receives around a hundred messages a day and does not know what to do with all of them.

If you meet a girl online, send a few messages back and forth. I still use the compliment approach + question. On Facebook, Instagram, or dating apps, most of the time she might reply once or twice and then disappear. This happens to me soooooo often bro what the fuck. A girl may be bored or using you for attention. Because of this, if you are talking to a girl online and the conversation seems to be going well, you should ask for her phone number as soon as possible.

The goal is to get off social media or dating apps ASAP. When you are texting one-on-one, she has far fewer people competing for her attention. Always ask for a woman's phone number as soon as you reasonably can.

There's been times where I was talking to a girl and the next day comes around and I read what she said and was like "fuck it, lets ask for the number" and got it. Literally ignored everything she said and went straight for the number.

Reading the Signs

You can usually tell by how she responds when you are talking.

Good signs:

- Emojis
- Laughter
- Multi-sentence replies
- Quick responses

Bad signs:

- Long delays between messages
- Low effort replies

If a day passes between each response, she is likely just bored. Recently I sent a girl a message and her response was "hahaha thanks!" so I just left that on read.

When you ask for a girl's number online, that is often when she will ignore you or say she "prefers to keep it on social media for now" If she disappears at that point, it simply means she is not interested. Or she's likely stringing you along and will disappear soon.

Cold Approach Strategy

Meeting women in person starts with getting their attention. This is simple. And i've broken it down into 5 steps.

01

Get Her Attention

Say "Hey, excuse me" clearly and confidently. Wave if needed. Make sure she hears you.

If she has headphones on, say it loud enough for her to hear you. Girls don't blast music loudly like us guys do.

The goal is simply to get her attention.

03

Give a Compliment

After you get her attention, give her a compliment. Some men argue you should never compliment women, but that is irrelevant. She has not heard it from you.

The compliment must be genuine. Say something you actually mean. When you speak sincerely, she will feel it.

Even if it's a "hey i know this is random but I wanted to let you know that you are seriously so stunning to look at"

- Compliments make people feel good. Even if she hears them often, if she finds you attractive and hears it from you, she will enjoy it. **Compliments also open the conversation in a simple, repeatable way.**

05 – Starting the Conversation

Ask for her name first. "Hey, by the way, what's your name?" Let her tell you. Shake her hand and say it is good to meet her. If she asks for your name in return, that is a positive sign.

After exchanging names, the conversation begins. Conversations start by asking questions. The easiest way is to use the environment. Here are some examples:

At the Grocery Store

Ask what she is shopping for or what brings her to the store.

At the Mall

Ask what she is looking for or where she has been shopping if she has a few bags.

At the Gym

Ask how long she has been working out or what she is training that day

Even if you already know the answer, it does not matter. You can also ask a fun or random question by saying "hey can I ask you a fun question?", then ask something light and engaging.

There is no single correct way to start a conversation.

Using the environment makes conversations natural. Wherever you are during the day, you can start a conversation by simply asking a relevant question. You can ask for her opinion on something. You can ask where shes from if she looks like shes not from your state. You can ask about something she has on.

02

Smile

When you approach her, smile. A smile immediately signals that you are friendly. Women want to feel safe in public, and a smile helps establish that right away.

04

Read Her Response

If she brushes the compliment off, ignores you, gives you a lame ass "thanks."

Bro just say you're welcome and leave that girl alone.

BUT... If she responds positively and says thank you in an upbeat tone with a smile, acknowledge it move on to step 05

The Conversation

By now, you should already be in a conversation with a girl. My best advice for talking to girls is to just talk to them like a normal person because that's what women are—they're normal people. Talk to them like you would talk to one of your friends. If you're not used to talking to attractive girls, you might think you need to talk to them differently, but that will turn them off. The more you talk to women, the less intimidating their beauty will feel over time.

Half of the time I talk I don't even think, I just speak. And that's probably why I got reported 3 times LOL.

Anyways...

What to Look For:



Body Direction

First, notice if she is facing you or turned away. If she is pointing her body toward you, that signals engagement. If she turns away, it may mean she's trying to leave or go back to what she was doing.



Self-Touching

Next, watch for self-touching or "preening." If she twirls her hair or touches her arms, that's a subconscious attraction signal. If she keeps objects like a purse close to herself, that's a protective gesture indicating disinterest. Physical touch from her, like lightly touching you, is an invitation that you can reciprocate.

Women are highly attuned to body language, so these nonverbal cues are very telling.

Consider the length of the conversation. Talking for 5–15 minutes with a stranger without either person ending it is a strong positive signal. Short conversations or early dismissals indicate disinterest.

Dismissals are: "well have a good day!" "enjoy your workout" For example.

When to Ask for Her Number

If she is facing you, making eye contact, being talkative, and asking you questions to learn about you, that's a strong indication she is interested. End the conversation naturally and ask: "Hey, you seem really cool. We should talk more—what's your number?" or "Hey, we should hang out sometime. What's your phone number?" The wording is flexible; the key is to ask confidently and directly.

REMEMBER: If you cant tell if she likes you or not, ask for her number. Or the answer is going to be no.

A LOT of women will give a number without intending to follow up. You'll quickly find out if she is truly interested by whether she responds or ignores you, engages for a little and then ignores you, or agrees to hang out and follows through. Women rarely reject men upfront.

And my brother in Christ remember this golden rule: Never double text.

Once You Have the Girl's Number

Now we're going to talk about what to pay attention to once you have a girl's number. There are a lot of "rules" online about texting girls—some say to only use the phone for setting dates, or wait several days after you get her number and then text her. Or wait at least a few hours to respond back to her (I used to say at least an hour) And women need time and space from you to miss you so that makes sense. However, at the end of the day what matters is understanding when a girl isn't genuinely interested so you can stop wasting your time.



When to Text Her

I recommend waiting a couple of hours after getting her number. Never text her immediately after you get the number. This could show her you were soooooo eager to get her number and that will turn a chick off.

So this could be after you get home from the gym or later that night when you check the apps again.



How Often to Text Her

Text back when you feel like it.

Try not to get into the habit of replying immediately every time she messages you. Like sure, sometimes that's cool.

But if you respond instantly EVERY TIME, she may think you're always available and not busy. And that will turn a girl off.

My phone is next to my right now and I'm not looking at it because I'm writing this for you.



When to Stop Texting Her

If she takes more than 24 hours to respond consistently, she's likely not interested.

If she cancels plans and doesn't offer an alternative day to meet, she's just playing phone tag.

Women who want to see you make it easy. They will give you a day. Or they will reschedule with you if they can't hangout.

My best advice is to ignore girls who are inconsistent or evasive—don't chase them.

From my experience, texting her after you get the number within 24 hours is perfectly fine. Waiting days, like some coaches recommend, isn't necessary.

When to Ask Her Out

Never ask a girl out immediately via text. Have some back-and-forth first to gauge her interest. Once you see she responds willingly and engages in conversation, ask:

- "Hey, when are you free to get together?"
- "We should hang out sometime. When's good for you?"
- "You and I should get together and have some fun, when are you free?"

If she gives you a day and time, that's a positive sign. If she gives vague answers or avoids committing, she's not interested.

DO NOT THINK you can raise her interest over time by texting her. You can't and you won't. She has to make that choice. And if she doesn't like you now, she likely won't later. Unless you become an absolute baller in life later on.

How Many Chances to Give a Girl

No matter what, you should only ask a girl to hang out two times maximum. One chance if she cancels without rescheduling, two chances if she genuinely can't meet due to scheduling conflicts. Beyond that, stop giving her attention. Tell her something like "ok no problem, if you want to hangout in the future, shoot me a text" and you will likely never hear from that girl.

No exceptions to this "rule." no matter how attractive she is. Giving her more chances turns it into a one-way street—you're giving her attention and validation, while getting nothing back in return.

Remember, your goal is to get a date, have sex, and/or a girlfriend. Texting and asking her out should always serve that goal—not her attention or ego.

The First Date

Now we get to the first date—this can either make or break a second date and everything moving forward. Before I go on just know that when you start living "in abundance" you'll go on dates with girls and never want to speak to them again unless they reach out. I really only ask girls out a second time if they really wow'd me or if I think I can hook up with them. But majority of the time I'm like "nah I'm good"

This is what girls do, and I'm at the point where I can do that too.

What Time Of Day?

Some coaches say you should only date at night because women know it's a "date," and that's true to an extent.

However, from experience... The time of day doesn't matter. Afternoon or evening, choose what works for your schedule. What matters is the interaction, not the clock.

Where Should You Go?

As the man, you set the frame. Take her somewhere you enjoy going.

If you invite her to a location you like, you'll have a good time regardless of whether she shows up or not. This keeps the energy positive and natural.

How Much Should You Spend?

First dates should be inexpensive. Coffee shops, parks, or drinks are ideal.

Avoid fancy dinners or gifts (never buy a girl a gift until you're official) —these can signal that you're leading with money rather than personality. Or that you're wayyy more into her.

Women who are genuinely interested will be there for you, not for the experience or free food.

Now look, if you're a baller and want to go to a sporting event or something dope like that and you can afford it no problem then do it! The rules change for the stupid rich dudes because of the status you have. (good for you big dog)

You have a Yacht? Status.

You get court side seats to a basketball game? Status.

You get Bottle service at a club? Status.

But for the average dude who doesn't have fuck you money. It is financially not responsible to lead with your wallet.

What Should You NOT Do on the Date?

The number one mistake men make is talking about themselves constantly—gloating about achievements, money, cars, or possessions. This is validation-seeking behavior and is highly unattractive. Instead:

Ask Her Questions

Ask her questions and get her talking about herself.

Listen To Her Carefully

Listen carefully, then ask follow-up questions based on what she says.

Keep The Focus on Her

If she asks you a question, answer briefly, then steer the conversation back to her.

Remember: The person asking questions leads the conversation. Keep the focus on her while subtly sharing relatable moments about yourself.

At The End Of The Date

Always aim to end the date with a kiss if the interaction is going well. A girl who likes you won't create barriers. If she gives a cheek or refuses to kiss, she's likely following rules or isn't genuinely interested. If you want to try a second date with her that's up to you. I usually don't. If you don't like her or whatever at least give her a hug goodbye.

The Three-Date Rule

Each date should progress. By the second date, there should be at minimum a kiss, and by the third, ideally, it should lead to intimacy if mutual attraction exists. If after three dates she hasn't allowed physical progression, stop pursuing her—she's not interested in a romantic or sexual connection. And you'll be wasting your resources on her.

When to Text After the Date

Wait 3–4 days before reaching out after the first date. This gives her space to think about you and miss you. If she's genuinely interested, she may text first. If not, text her and try to set up the next date. If she ignores you or avoids scheduling, move on.

Women need to like you more than you like them. You will fail if you do not adhere to this advice. I promise you.