

Month 1: Action Guide

Set aside 30-45 minutes to do these exercises.

You can also break them up over the next day and spend about 10 minutes on each exercise - but make sure you do them because your future depends on it.

For you to achieve the dating and sex life you want, you first need to **KNOW** what you want.

It's crazy how many guys don't take the time to do this and then wonder why they're not having success.

Imagine if you went to a travel agent and told them you want to go on holiday. However, when they ask where you want to go, you reply with 'I don't know'.

Maybe you respond with 'somewhere warm'... but even that won't get you to **EXACTLY** where you want to go.

The same applies to your dating and sex life.

That's why we're going to get really clear on what you want in a woman and in your life.

The first exercise is about crafting your vision. This is the starting point of creating a life of significance and is the emotional connection to a happy future.

Take a moment to imagine yourself 12 months in the future.

What will your life be like once you have the dating and sex life you want? Will you wake up next to a new woman every day? Will you have multiple fuck buddies coming over whenever you want? Will you have a girlfriend?

Be bold and courageous with your vision and create a life that inspires you.

Again, there are no wrong answers here. Let your mind flow freely and bring your vision to life.

You **MUST** be able to see yourself in your mind already living your vision and when you do - it **MUST** bring a smile to your face or create some type of positive emotion in your body.

No journey is easy, so you need to create a vision that you really want!

When writing your vision, write in the PRESENT tense as if you've already achieved these things.

Then bring that vision a little closer to 6 months. This vision will still be inspiring but a little more specific than the 12-month vision.

After that, you'll fill in the 12-week vision and be even more specific. The closer you bring the vision, the more specific it should be. Why? because the closer it is, the more control you have of creating it.

It must be meaningful **TO YOU**. This isn't about your parents, friends, or society. This is your life so make sure you define what you want.

Also, make your vision truly great. Dream big. Think big. Live big. Don't play small or fill in something that seems real but doesn't inspire you.

As I said, this is **YOUR LIFE** so let's make sure it's the best possible life you can live.

NOVA LIFE

Take a moment to imagine yourself in the future. What will your life be like once you have the dating and sex life you want? Will you wake up next to a new woman every day? Will you have multiple fuck buddies coming over whenever you want? Will you have a girlfriend? Be bold and courageous with your vision and create a life that inspires you. Again, there are no wrong answers here. Let your mind flow freely and bring your vision to life.

12 week vision

6 month vision

12 month vision

Now that you have your vision, summarize your 12-month goal in the 'My Goal' section on the next page and put the date one year from now.

The goal sentence has already been started for you and says 'I'm so happy and grateful now that I'. Continue the sentence by summarizing your 12 month goal. Again, this should be written in the POSITIVE and PRESENT TENSE.

If you can write this on a card or somewhere you will see this every day, even better.

Look at your goal every morning, throughout the day and night and repeat it (ideally out loud). When you do, make sure you really connect with those feelings.

DO NOT just repeat it passively. Make sure you are present and focussed on your vision when you are repeating your goal statement.

Next, write down WHY you want to achieve this goal by that specific date. This should be the motivating factor that pushes you through when times get tough...

Your WHY is the jet fuel that will make you achieve this goal.

Once you've done that, write down what will happen if you do not achieve this goal.

Will you continue to feel insecure? Will you feel you've wasted an entire year? Will you feel unworthy? Useless? There are very real consequences if you do not take action. **Make the pain real and write it down.**

Now that you know your goal, why you want it and the pain of NOT taking action...

What are 6 things you can start doing to move towards that goal? Write them down.

It can be as simple as approaching 3 women a day on the street, spending 20 minutes on dating apps every day, exercising 3 times a week etc.

Make sure it is something that will cause growth and push your comfort zone as we'll be working on this later.

Once you've listed all 6, circle the ONE thing you feel will cause the biggest growth.

Don't cheat yourself on this. Remember, this is YOUR life and you need to be the one to take action and change it.

NOVA LIFE

My Goal

By:

I'm so happy and grateful now that I

Why do you want this?

What will happen if you don't achieve this?

What can you do right now to move towards this goal?

■	_____
■	_____
■	_____

■	_____
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■	_____

This next exercise requires action and is **your mission for this month**.

Write down all the negative thoughts you have about why women won't like you.

Let your mind run free and do not limit yourself.

Once you've written as much as you can, go to an area where there are lots of women – for example, a shopping mall.

As you notice beautiful women, **THINK of approaching her...**

And write down the thoughts that come into your mind.

NOTE: It will usually be the second thought in your head. NOT the first.

The first thought will be 'she's hot'...

The second thought will often be some type of excuse like 'but there's too many people around'.

Note down that limiting thought that keeps you from approaching.

Remember, you do not need to approach but you do need to think about approaching her as this is what will bring out the negative thoughts we need to address.

Do this for about 20-30 women in a variety of different scenarios if possible. i.e. in a coffee shop, clothing store, shopping mall, BUSY street, quiet street etc.

Once you've done that, you will have a long list of 'excuses' and thoughts that come to mind with women. Great job! Many guys never even have the courage to do this.

These are the excuses that have been holding you back and we'll be working on these over the coming months.

Now that you've taken a deep dive into your mind (the most important factor for your success), let's get clear on who your dream girl is.

List out all the qualities you want your dream girl to have. List whatever you want and don't feel ashamed. If you want her to have big boobs, write it down. Does she have to love giving blowjobs? Write that down. Want her to come from a really good family? Put it all down.

Remember, this is YOUR dream girl so only YOU know the right answers.

Then write down at least 1 deal-breaker that you DO NOT want in a woman. For example, if you don't like smokers or a woman that wears fur, put it down. This will come in handy as you progress in your journey and qualify women because a real high-value man won't settle for anything less than the best. Once you've done that, think about your dream girl for a moment. Bring her to life in your mind and ask yourself...

What qualities does she want in a man?

Does she want him to be fit? smart? into comic books etc.

List all the qualities you can think of.

Once you've done this, choose 3 qualities from the DREAM MAN column that **you do not have OR need to work on.**

These should be qualities you CAN change. For example, if she wants someone that is 6"5 and you are 5"7, you cannot change that. However, if she wants someone in great shape and you currently don't exercise, then that is something you can change.

Number the 3 qualities in order of importance and next to it, write the action you will take to improve this quality. **You now have the top 3 qualities you need to work on to become more attractive for your dream girl.**

Start taking action on the 1st quality on the list only.

Well done. Just this exercise alone will give you more clarity than most other guys will ever have in dating 😊

NOVA LIFE

List out all the qualities you want your dream girl to have

What are the qualities your dream girl wants in HER dream man

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What 1 quality is a deal breaker?

Which 3 qualities will you start improving now?

Congratulations!

You're now further along than 99% of men.

Most guys never do this. They just want to know the secrets or take the shortcuts without ever working on themselves...

Which is why they never get the girl or life they want. But you took the time to do the above exercises right? If not, set aside some time to do it!

This is your life and if you cannot invest some time in doing this for yourself, you can't expect to make any lasting change.

ACTION STEPS:

Now that you've done the exercises for yourself...

You should have the 1 action step you can start right now to work towards your goal and 1 'dream guy' quality you will start improving now.

You don't need to give up everything else to work on these but put some type of plan in to start working on these over the next month.

Additionally, you should start implementing the suggestions in the 'how to feel more masculine' videos such as reducing porn, meditating, exercise, dancing, martial arts, and affirmations.

Small but consistent action results in great leaps.

Your action for the next month is:

- If you watch porn, reduce your watch time and do not use it when masturbating
- Listen to the affirmations daily
- Review your goal every morning, throughout the day, and night
- Go to an area where there are lots of women and write down the thoughts and excuses you have when thinking about approaching them
- Start working on the 1 action step towards your goal
- Start working on the 1 action step towards becoming the 'dream guy'
- Exercise 3 times a week (minimum 45 minutes each)

- Download the headspace app and follow the beginner meditation tracks
- Choose between dancing OR combat sports if you don't already do them. You don't need to do both and you don't need to start this month but decide which you it will be so you can start next month.

Next month, we'll start adding specific actions for you to develop masculine and seduction skills even more.