



Wing Girl Method Cheat Sheet

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The Wing Girl Method Cheat Sheet

"For success in real estate, I need to do ONE thing: BUY good property! For success with women, I need to do ONE thing: Approach and MEET women! Wow." – Edwin Client Dec 2010

I have put together a few Cheat Sheet Checklists for you to use during the beginning stages of interacting with women. Below you will find:

1. **General Checklist**
2. **Approaching Checklist**
3. **Arranging a Date Checklist**
4. **Date Checklist**
5. **After the Date Checklist**

Each checklist will walk you through key items to remember before making your next move!

Disclaimer: These tips/lines/routines are ONLY suggested guidelines. It is up to you to make your own official rules!

First, a Note on Confidence

I was watching a show on Navy SEALs last night, and they said, "One thing that all Navy SEALs have is confidence." So I took that apart to see how it might apply to NON-SEALs to help build confidence.

Q: Why do the SEALs have confidence?

A: They OVERCOME what they must to be successful. They thrive on OVERCOMING.

Q: How do SEALs gain or obtain confidence?

A: They "believe" they will OVERCOME all obstacles by the mindset of what they accomplished BECOMING a SEAL.

Q: How does a good **MAN** who wants to be successful with women compare to a SEAL?

A: In short, they **practice & learn** until they KNOW they can perform a task. They always “believe” they will overcome obstacles. They face fear and, in fact, they enjoy facing fear.

Again, same principle: **Fear must never go uncontested. Fear must be attacked, or it will become anxiety.**

SEALS DO fail! They just have the mindset that they cannot fail.

MEN who are successful with women do fail! They just have the mindset that they won't.

Always remember:

1. Attack fear: often, rapidly, & properly
2. Have the OVERWELMING belief that you will succeed at things you want to do

You can do this by using **The Replacement Method**.

The Replacement Method is the act of replacing past experiences with new ones. Fears are formed from past beliefs about an outcome.

By practicing, taking risks, and using the Cheat Sheets below, you will be having new experiences, some positive, some negative, that will replace the old experiences.

The amygdala (brain's fear center) only learns (calms) with direct exposure to the fear. So start putting yourself in situations where you will be exposed to fear and start applying The Replacement Method!

General Checklist

- ☐ Always enter the room with a smile, standing tall and confident
- ☐ Say “Hi!” to everyone to get your social muscles rolling
- ☐ Remember you are man, masculine. **Men go after what they want when they want it, ALWAYS.** As long as you are not being a jerk, a wimp, or hurtful of others, you are free to get what you want ALWAYS

- ☐ Remember, the only way to get what you want is by asking for it
- ☐ Breathe
- ☐ Respect yourself
- ☐ Make sure you are always put together
- ☐ Talk to everyone! Not just women
- ☐ Don't put women you have just met on pedestals
- ☐ Enjoy awkward silences and don't feel the need to fill them
- ☐ Remember that you are great and that women are lucky if you talk to them
- ☐ ALWAYS remember that you are in control and have OPTIONS
- ☐ You can reject, too
- ☐ Engage and disengage—you can always go back to a conversation, and it's actually sexy if you leave
- ☐ When talking to a woman you think is attractive, remind yourself that your intention is to learn more about her, NOT get her phone number. You don't know if you want her number YET
- ☐ Remind yourself why you are awesome
- ☐ Being TOO nice is a form of manipulation
- ☐ Don't sacrifice your self worth for a beautiful woman
- ☐ Always have an opinion
- ☐ Lead
- ☐ Talk 25% of the time – Lead the conversation, don't dominate it
- ☐ Be interested
- ☐ Ask open-ended questions
- ☐ Share yourself and your experiences with others
- ☐ Use the word BECAUSE in your conversations. It will help you remember to add an emotion to what you are talking about. For more on BECAUSE go to: <http://www.winggirlmethod.com/how-do-you-talk-to-women-and-make-them-feel-attracted-to-you/>
- ☐ Being an a**hole or jerk is also a form of manipulation
- ☐ The best way to meet women is by doing something better than meeting women
- ☐ Be a **leader**
- ☐ Be the **MAN**
- ☐ Have fun – If you are not having fun, it's not worth it

Approaching Checklist

- ☐ If a woman catches your eye, count to three and approach
- ☐ While walking over, think to yourself, "She's cute, I want to find out more about her and see if she actually is great." THAT'S your intention, NOT getting her phone number
- ☐ Say "Hi!" and introduce yourself
- ☐ Ask an open-ended question OR make an observation about the situation around you
- ☐ Don't treat her any differently than a random dude you are talking to. She's no one to you until she's someone to you. You decide
- ☐ Breathe
- ☐ You can break away at any moment
- ☐ Enjoy awkward silences and let HER fill them, not you
- ☐ Don't dilly dally or fill time with fluff, e.g. "So I was looking around the store. . . **or** "So, where do you live. . ." State what you want and ask for it. You can have conversation on your date about where she lives :) NO PICK UP LINES or cheesy openers
- ☐ Don't expect her to lead a conversation. She will not take over to make you comfortable
- ☐ Approach with purpose
- ☐ Don't just stand there waiting for her to pick up the slack on the conversation
- ☐ Make sure to have a connection point in your conversation
- ☐ Ask for her phone number, if that's what you want, but make sure you want it first
- ☐ Walk away. You can continue conversation on your date
- ☐ Be a **leader**
- ☐ Be the **MAN**
- ☐ Have fun

Arranging a Date Checklist

- ☐ Call when you are ready to call and know what you want
- ☐ Remember that you have a life, and that this women does not come first YET
- ☐ If you get VM, leave a short message and state what you want: "I want to take you out on X"
- ☐ If she answers, don't spend too much time on the phone UNLESS there is a strong connection. Even then, cut it short.
- ☐ Make sure you know **what you want** out of the conversation e.g. "ASK ON DATE"
- ☐ Say, "I want to take you out for a drink on X"
- ☐ Take the lead and plan a place to meet where you are comfortable and don't need to spend too much money. You don't know her yet, so save your cash for someone who matters and respects you
- ☐ Select a place for the date where you are comfortable
- ☐ For date ideas go to: <http://www.winggirlmethod.com/where-to-take-a-girl-on-a-date-first-date-ideas/>
- ☐ Be a **leader**
- ☐ Be the **MAN**
- ☐ Have fun

Date Checklist

- ☐ Text 30 minutes before the date and say, "I am running 10 minutes late, let me know if that's a problem." If she is going to bail, she will let you know then
- ☐ If she shows up, AMAZING. If she flakes, delete from phone

- ☐ On the date, don't swoon over her. Remember, women like nice men, but they don't like wimps who fawn all over them. Respect yourself and she will respect you
- ☐ Tell her how great she looks and then don't compliment again until you want to compliment on her brains or personality
- ☐ When you do compliment, make sure it is genuine. E.g.
 - To a 20-25: You are different than most girls I meet
 - To a 25-35 Women: I find it so sexy when a woman has passions in her life
 - To a 40+ Women: I always admire a woman with a good sense of fashion
- ☐ Make sure to incorporate touch within the first minute. Touch her for 1-3 seconds on: shoulder, small of back, lower back, side of upper arm, or leg if sitting. Any longer than 1-3 seconds is creepy. At least at first
- ☐ Treat conversation like a volleyball game. She tosses the ball to you, you toss it back to her
- ☐ Make sure she is talking and you are listening 75% of the time. To get the conversation started, I have put together a list of questions you can ask on dates that are fun, interesting, and NOT generic: <http://www.winggirlmethod.com/questions-to-ask-on-dates/>
- ☐ Make comments on things she said to show you were listening, and, if possible, add a little insight to her story, e.g. "It's great that you do charity work once a week. It's really amazing to me that there are still selfless people in this world. So where did you grow up..."
LEAD, don't dote!
- ☐ Talk about you on the date so she gets to know you: <http://www.winggirlmethod.com/what-do-women-want-to-talk-about/>
- ☐ Show your sense of humor: <http://www.winggirlmethod.com/learn-how-to-make-women-laugh>
- ☐ **Don't talk about exes, broken hearts, sad things.** You can touch on the topics, but don't go into detail. **QUICKEST WAY TO THE FRIEND ZONE!!!**

- ☐ Think about whether or not YOU like her
- ☐ **PAY FOR THE DATE.** Again, it doesn't have to be pricey, but never go Dutch
- ☐ When you exit the place where your date was, take her hand. LEAD
- ☐ If you want, you can turn towards her, brush her hair out of her face and give her a kiss, and then continue walking
- ☐ At the end of the date LEAD, GO AFTER WHAT YOU WANT, THE KISS. Give her a kiss on the lips and tell her that you will be talking soon. Say and do this ONLY if you like her and plan on seeing her again
- ☐ Be a **leader**
- ☐ Be the **MAN**
- ☐ Have fun

After the Date

- ☐ You can call her again whenever you want to call, but REMEMBER, you have a life and that you have known this woman for one day in your whole life. Your life is more important than hers. Respect yourself.
- ☐ Most likely, you will not feel LOVE right away, so pace yourself
- ☐ Other things must come before this woman
- ☐ Call her because you want to
- ☐ Don't call too much or text back right away
- ☐ Be careful of texting just to see if she likes you
- ☐ Have a purpose for reaching out
- ☐ Ask for another date and have something interesting planned that does not require too much effort but shows some thought
- ☐ Breathe

- ☐ Be a **leader**
- ☐ Be the **MAN**
- ☐ Have fun

Each of these checklists will assist you in maintaining your cool while going through these first few phases. Once you feel you have mastered this part, then you can move on to the next phase, DATING!

I am here to assist you in all phases. If you want further advice or have questions about your checklists, email me at marni@winggirlmethod.com. Have fun!