



Module 1 Exercise 4: I Want, I Want, I Want

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Module 1 Exercise 4: I Want, I Want, I Want...

Leaders will tell you what they want, when they want it, and exactly how. Followers assume you know what they want, sit around and WAIT for you to give them what they want, then get really pissed off when they don't get what they want and become bitter and cynical while they tell themselves, "I shouldn't have to tell you... you should just know!"

Who would want to live like that?

Well surprisingly, a lot of men actually do... and if you feel any sort of frustration over getting (or not getting) what you want, you may be guilty of this, as well.

When we were younger, our parents told us to "be polite" and "wait your turn" and "don't grab for things!" Well, I'm here to tell you the exact OPPOSITE.

I want you to become your five-year-old self again and get comfortable with telling people exactly what you want, without being afraid to come off as rude or disrespectful.

Being assertive in stating what you want isn't rude. DEMANDING that others GIVE YOU what you want is rude and disrespectful.

Simply stating your wants and needs shows that you respect yourself and are not afraid to be true to your own desires.

Whether or not people will give it to you is another story, but at the end of the day, it's owning who YOU are and being forthcoming and strong in who that man is.

Don't worry about people thinking you're rude, or harsh, or arrogant, or an asshole. They'll know you're not, and as long as you're not forcing others to do what you want them to do, you'll know you're not, either.

The only way to get what you want from a woman is by being direct and asking for what you want.

There have been plenty of times when I or a girlfriend of mine has complained about liking a guy and not knowing whether or not he's into us, only to discover YEARS LATER that he was, but he just didn't want to be "too forward."

Well, I'm telling you to BE forward, BE proactive, and BE assertive with any and EVERYTHING you want... because that's the only way you'll get it.

Here's how to do it:

So I WANT you (you see what I did there?) to get comfortable with saying what you want. But first, you have to get comfortable with using the EXACT words "I WANT."

For many people this phrase can be tough at first...mostly because they're not even sure what it IS that they want.

So again, I WANT you to use the words I WANT at LEAST five times per day.

Tell coworkers what you want to eat for lunch, or tell the cashier at the store that you want AAA batteries for your remote, or tell EVERYONE you come across that you want a chocolate milk and you want to know where you can find the closest one.

And if you don't know what you want, or find yourself NOT wanting anything at all, take a breath and just think about it.

Even if you can only come up with the fact that you want a fork and knife for your dinner...

Then say it out loud!

Women absolutely LOVE a man who knows what he wants and isn't afraid to say it. We love decision makers and we love leaders. We want to be with a man who knows what he wants...and goes after it.

NOTE: We do not want a man that says what he wants and then refuses to hear what WE want in return. They want a man with his own opinion and definitely not a "me, too!" man or pushover.

So...I WANT!!! I want you to push yourself to say "I want" throughout the day EVERY day.

This is such an important exercise for two reasons. One is for you to acknowledge what you want. The other reason is for others to hear what you want. The two together are very powerful, because it's one thing to HAVE the knowledge about something, it's another thing to DO something with that knowledge.

Do figure out what you want...and GO GET IT.