



Module 1 Exercise 9: Mr. Social

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Module 1 Exercise 9: Mr. Social

Once you know who you are, it's easier to go out into the world and attract the type of people you want to be around. You gain full control over having the things you want in your life, and more importantly, the people you enjoy most (especially women).

So now that you have a better understanding of who you are, let's take a look at who you HAVE in your life. . . and get more awesome amazing people into it.

Women are attracted to men who enjoy their lives. . . and they're especially attracted to men who have other people who enjoy being in their presence (it also helps convince her that you're not a serial killer).

The people in your social circle are your best cheerleaders and fans. They're the people who feel comfortable enough around you to be themselves, and the people who can vouch for how awesome you are.

Being self-assured is one thing, but having a full life is another, and having a full life comes with having a strong social circle.

I want you to spend the next couple days and weeks really activating your social life and creating a dynamic life that women want to be a part of.

Part of discovering who you are is finding out about what excites you and what you're passionate about, and the next step is finding people to share those passions and excitement with.

Being social can often be challenging because it requires effort and action AND putting yourself out there.

This can often be very challenging for a lot of guys. It requires knowing yourself better, and, in turn, getting to know other people based on the man you come to know yourself as.

Here's what I want you to do:

I want you to put aside at LEAST one night this week to be ACTIVELY social, which means getting out of your house and getting around other people to do something you thoroughly enjoy.

I understand that life can't always be fun, but if there is no fun in the mix, then you're just living life to work. And women do not want to share a life with someone that lives their life to work and can't see the fun side.

I suggest a minimum of two nights per week to dedicate to being social and one weekend day.

Now, grab a paper and pen and write down every hobby, group, activity, and thing you are interested in trying/doing. When you can't think of anymore, stop writing and leave the list alone. Some guys have trouble thinking of things they enjoy doing because they've never taken the time to find out. . .

And since this week is about getting to know yourself. . . I want you to FIND OUT if you don't already know.

So if you can't think of anything right now, think back to things you might've wanted to try in the past, or something that appealed to you when you saw someone else do it.

Get comfortable with trying new things that you would've never seen yourself doing before. I want you to expand your beliefs about yourself.

Just because you don't see yourself taking a white water rafting adventure or a tango class, that doesn't mean you won't enjoy it. PLUS, it's a great conversation starter. Remember, the more things you experience, the more you have to share, the more you can talk about and the more interesting you become. Get comfortable with being uncomfortable!

Still stuck? Ask three people in your life to tell you what they would like to do and then try those things if they pique your interest.