



Module 1 – Self-Awareness and Self-Assurance: Exercises

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Module 1 – Self-Awareness and Self-Assurance: Exercises

You can sit inside all day thinking about what kind of guy you are, OR you can actually go and find out.

The exercises in this module are designed to do just that: help you become more aware of the kind of guy you are right now... and help bring out the very best parts of who you are to attract and get any woman you want.

Again, take the time to really incorporate these exercises into your daily routine without breezing past them just to get it over with. The idea is to ENJOY finding out about yourself... to have FUN with yourself so that the women you want will have fun with you, as well.

Don't look through these and think, "Is this chick INSANE? There's too much!" The point is to take on each task one by one and day by day as you continue. Don't pick and choose which ones you think make sense or do away with ones that you think are too difficult. I promise you, they're in here because I KNOW you've got this.

Take at least a week to go through these, but don't spend more than three weeks on them. By three weeks' time, you should have all the exercises completed and incorporated into your everyday life.

So take a deep breath, relax, and HAVE FUN getting to know the absolutely awesome guy that you already ARE.