

ATTRACTION POINT

A woman with dark hair, wearing an orange sweater, is pointing her right index finger towards the word 'POINT' in the title. The background is a solid blue color.

WHAT ARE YOUR STANDARDS FOR HER?

My goal is to help you stop chasing and start choosing the women you want to date.

If right now you keep striking out with the women you like and fall into relationships, rather than choosing them, I'm here to teach you how to become a super attractive modern man who is in charge of his dating life.

Instead of spending your limited time, energy and motivation pursuing women where it's never going to come "right", I want to give you a dating strategy that allows you to have rewarding, fun dating experiences and eventually choose an amazing girlfriend for you.

So here's where most guys go wrong: they see a woman they're attracted to, and maybe she ticks a couple more boxes, smart, fun, and just your type. Within less than a minute they've decided they want to date her, and their mind flips to how to seduce/ attract/ win/ convince.

Do you see the problem here?

Most men do hardly any vetting on the woman and instead, jump into "performance mode" for how to impress her.

By having too low standards, you accidentally communicate to her that you're not a guy that has options. She doesn't want to date a player but she does want to date a guy who is confident with women, and whom other women would choose. That's why I've created this cheatsheet, to help you clearly define your standards, so that you only pursue women who are also investing in the relationship with you.

It's all about you starting to define what your standards are beyond her looks.

You're going to make less effort with her and get better results. It's all about you changing up your mindset and positioning yourself as a high-value man.

ATTRACTION

checklist

DATING APP

- Puts effort into her profile.
 - Replies to your messages quickly.
 - Offers more information than necessary.
 - Asks you questions.
- Warning this window of opportunity shuts so don't take too long asking her out!**

IN-PERSON

- Makes eye contact.
- Smiles at you.
- Stands still.
- Readily offers her name.
- May hang around hoping to speak to you.
- Makes herself visible.

BEHAVIOUR

- Shows accountability.
- If she cancels will offer you a clear alternative.
- Will give you time for a date.
- She may ask for more time to get to know you but will communicate her pace to you.

EFFORT

- She has time for your date.
- She seems happy to go on the date.
- She shows up for your date.
- She is reasonably punctual.
- She gives you the chance to impress her.

ADDITIONAL GREEN FLAGS

- Sharing information with you that highlights her achievements.
- Letting you know she lives with friends/ alone.
- Indicates when she has free time.
- Telling you why she's still single.

WHAT ARE YOU LOOKING FOR?

Get clear about what is on your list:

Make notes on what you're looking for in a woman under each of the following headings:

Note: The more specific the better - avoid open-ended traits and focus on specific examples.

i.e. instead of "someone independent" try, "someone who likes to make plans, has her own opinions, enjoys spending time with family on weekends".

THE SUPERFICIAL DATA
SHOULD VALUE LEAST AND ARE THE BEST VALUES TO
COMPROMISE ON.

PHYSICAL APPEARANCE

You know your type, but don't let it stop you from exploring others!

HOBBIES

Make a list of the places she likes to hang out! Whittle down where you should be spending your time to increase your chances to meet her!

ECONOMIC FACTORS

How financially independent would you like her to be?

"LET'S DO SOMETHING MORE ACTIVE -
HIKE AND THEN BRUNCH?"

INTERESTS

What activity could you suggest for a second or third date to check that you have compatible lifestyles?

HEALTH/FITNESS

Morning jog together or breakfast in bed? (Hint: these qualities are going to also help you select the *right* woman in the early stages of dating).

HOLIDAY PREFERENCES

Lounging on a beach or trekking through a jungle?

DOWNTIME

Where does she hang out on the weekend? What are her favourite TV shows?
Socialite or a homebody?

YOU'RE GETTING THE IDEA, RIGHT? SPECIFY, SPECIFY,
SPECIFY. KNOW WHAT YOU LIKE AND STAND BY
THAT.



LIFESTYLE DATA
IDENTIFY WHAT KIND OF PEOPLE YOU NATURALLY GRAVITATE
TOWARDS.

SOCIAL BACKGROUND

Keep an open mind, but is there a level of education or culture that would feel more familiar to you.

TIME TOGETHER

How much time would you ideally like to spend together if you were in a relationship? How much independence do you like?

COMMUNICATION

How often would you like to be in touch? How easy is it to speak to her and feel understood?

POLITICAL VIEWS

Are there any political views you feel strongly about that you'd like your partner to share?

VALUES

What values are really important to you in a person? How would you like her to treat other people?

"SO IMAGINE WE'VE KNOWN EACH OTHER FOR 2 YEARS ALREADY, WHAT AM I GOING TO DISLIKE ABOUT YOU?"

FAMILY VALUES

Do you want a family soon/ never/ maybe if you met the Perfect Woman? Dating Success has a lot to do with knowing what you want and being focused on that.

COMPROMISE

What areas can you compromise on?

"I GUESS COMPROMISE IS ESSENTIAL TO RELATIONSHIPS, BUT IT'S ALL ABOUT TO WHAT LEVEL YOU COMPROMISE..."

RELATIONSHIP CHOICES

What kind of relationship do you want? How far into dating are you looking for commitment? Do you think commitment is essential? Do you ever want to get married? How clear is she that she wants/does not want commitment?

FRIENDSHIP CIRCLES

How many nights a week do you like to hang out with your friends? What does catching up with friends mean to you? Work out what your friendship circles are like and what hers should be in compliment to yours.

IT'S GETTING MORE INTERESTING NOW, RIGHT? YOU NEED TO KNOW THAT YOUR CHOICES/ PREFERENCES ARE JUST AS VALID AS THE NEXT PERSON'S.



DEEP CONNECTORS:

THIS IS THE REAL DEAL, THE THOUGHTS, FEELINGS, AND BACKGROUND, THAT ARE LIKELY TO BE THE MOST IMPORTANT WHEN YOU'RE GENUINELY CONNECTING (OR NOT) WITH SOMEONE.

MOTIVATORS

Find out that you are both motivated by similar things, and you're likely to really hit it off. What are the 2 biggest motivating factors in your life?

SPIRITUAL/RELIGIOUS BELIEFS

Where do you stand on the religious spectrum? Someone who doesn't get your spiritual beliefs, who you can't talk to on that truly deep level, is never going to get the full picture of you.

HOPES/DREAMS

Where do you see yourself in 1, 5, or 10 years' time? Get to know where YOU'RE going first, what your dreams and passions are...then see if she'd be a great woman to bring along for the ride.

QUALITIES

I want you to cast your mind back through your best friends, closest family members, and people you've loved and work out what makes them so special.

Exercise: draw 3 circles on a piece of paper. In each circle write down the name of someone you love then aim to list at least 3 amazing qualities they have. Do any qualities come up more than once?



DO YOU SEE HOW ALL THESE DIFFERENT REACTIONS TO THE SAME SITUATION ARE INCREDIBLY TELLING ABOUT HER CHARACTER? THINK ABOUT WHAT YOUR RESPONSE WOULD BE. THEN (WHEN YOU'RE DATING) PAY ATTENTION TO HOW CLOSELY HER EXPECTATIONS/BEHAVIOUR MATCHES UP TO YOURS.

BELIEFS

We should all hold beliefs. Things that we'd get out of bed in the morning to scream and jump about. Things that make us feel passionate about certain topics. If you're drawing a blank for yourself on this section, this is something you need to discover. Beliefs are our deepest roots, pretty tough to sway or change; so look out for people in the world whom you're aligned with, who bring a huge smile to your face as you say, 'that's exactly what I've always thought!'

Write down 3 things you believe in, i.e. 'I believe you should always be kind to strangers.'

"WHAT'S ONE THING YOU'D LIKE PEOPLE TO INTUITIVELY KNOW ABOUT YOU?"

THROUGH COMPLETING THESE EXERCISES YOU'RE GOING TO BE A MILLION TIMES (OR THEREABOUTS) BETTER PLACED TO KNOW WHOM YOU'RE GOING TO CONNECT WITH BECAUSE YOU'RE GOING TO KNOW YOURSELF A TON BETTER. GUESS WHAT?

SELF-AWARENESS = SEXY.