The 5 Feminine Qualities High Value Men Find Irresistible

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Congratulations!

Congratulations for taking this important step in attracting and building an amazing relationship! Every idea that helps to expand your awareness of how men think and feel increases your attraction-factor, and your ability to create deep and meaningful connections.

In this book I’m going to help you identify and develop the 5 feminine qualities that you ALREADY HAVE that will not only attract a high-value man into your life, but will allow you to be more expressive, more intuitive and more relaxed in relationships.

After co-authoring my best-selling book, *Project Everlasting: Two Bachelors Discover the Secrets of America’s Greatest Marriages*, I decided I wanted to help women understand the hearts and minds of men, create major breakthroughs in love, and attract the relationship they want. I became a speaker, relationship coach, and certified LifeSuccess consultant, and have coached thousands of women since 2008, both one-on-one and through my highly successful *Cracking the Man Code* program.

One of the most common questions I hear from women is, “Why am I the one who has to do all the work in the relationship?”

Perhaps you, too, have wondered this same thing, especially if you’ve done a lot of reading on relationships or have attended seminars and workshops in the past to help improve your love life.

My answer is always the same. I’m here to help you change the only thing you can change: what you do with your heart and mind. It’s not in your power to change a man; he has to do his own work to change. And believe me, there’s a lot of work he needs to do as well.

However, we are here to focus on what is in your control. There are absolutely things in your control that can help transform your love life and attract better men.

That is what this book is all about. It’s about helping you maximize the qualities you already
possess, but may not be expressing fully or in the right way, in order to become irresistible to a high-quality man.

You may already know what kind of man and relationship you want in your life. **If you’re like most accomplished, smart women, you want a man who is also the driving force in his own life, who is moving forward, growing and accomplished.** He knows who he is and what he wants, and that includes knowing he wants an equally fabulous woman with whom to have a deep, connected and loving relationship. He is strong, emotionally intelligent, a great provider, yet not intimidated by your success.

You want a man who is decisive, who makes a plan. He’s a good communicator, so he lets you know what’s going on in his heart and doesn’t play games. You want a man who’s open and available for deep, transformative love.

He should be your rock when life gets tough. Not someone who will run and hide and lock you out, emotionally, when there’s a little work that needs to be done.

You want a man who is emotionally consistent, who doesn’t run hot and cold and keep you wondering. He protects your heart.

He’s the kind of man who will sweep you off your feet and make you feel adored. You will trust him implicitly because he will earn your trust with the way he talks, behaves and carries himself in the world.

He will be a source of strength when you need it, and a nurturing, protective place for you to turn when life gets hard.

He won’t be afraid of his feelings and he won’t be afraid to share all of himself with you.

**He will make you feel alive, sexy and loved for who you are, not what you do.**

All the qualities I’ve just described are very masculine qualities.
What you want is a man who fully embodies his masculine side.

You probably already know that both sexes have a little bit of both masculine and feminine energy. None of us are 100% one or the other. Some of us have more masculine traits and some have more feminine, regardless of gender.

Here’s a KEY POINT: In order to attract a man who has more masculine energy, you must fully embody your feminine energy.

This is what I call the Law of Polarity. Masculine attracts the feminine, and vice versa.

Problems start when you attract a man who is too much in his feminine energy, because you are too much in your masculine.

Feminine energy is about being more intuitive, sensual, and soft. It is about being joyfully receptive and inviting a man to lead as well as trusting him to do so. It is about being in touch with what you’re feeling and being able to relax into a state of flow.

Healthy feminine energy in a woman is NOT about being weak or a doormat. It’s NOT about being passive and silent or a pushover. It’s also not about being a victim.

Powerfully feminine women know who they are and what they want, and they’re not afraid to express it. They don’t try to control or change a man, especially if the man has qualities that aren’t appealing to begin with. They know how to set clear boundaries and they won’t let a man’s personal agenda influence what they know in their heart to be true.

Feminine qualities are powerful, strong and MANgetic!

**Unfortunately finding a man who embodies his masculine—a high-quality man—is a challenge for most accomplished women.**

Now that you’re settled in your career and feeling wiser, savvier and more in your power than ever before, you find that meeting men has become exponentially more difficult. For one thing, you have higher standards than you may have had when you were much younger. What you’re
finding is that most of the men your age are either already married, otherwise unavailable or “losers”.

They don’t know what they want in life. They are a little “lost” when it comes to knowing who they are and where they want to be, especially when it comes to relationships.

You either have a hard time finding a man who fits your standards, or you meet a man who seems promising at first but turns out to be more of a “project” than a high-quality man. You’re always the one taking the lead, setting the tone of the date, planning things, asking where this is going.

This is not a turn-on for you.

You may be confused because you may have an idea of what a “feminine” woman is supposed to be, but you’re not sure what that means exactly.

You may think it means you have to wear dresses and high heels all the time. You may think you have to dumb yourself down in order to not intimidate a man. You don’t want to have to be TOO accommodating and too demure, because you’re naturally opinionated and outspoken.

The fact is that a high-quality masculine man does NOT want a woman to act dumb, look like a bimbo and do whatever he wants her to do.

He wants a woman who is comfortable with who she is and can express her desires clearly and openly. He wants a woman who is comfortable in her sensuality, but doesn’t need to use sex to get what she wants. In fact, she has high standards and makes him EARN her trust. She’s smart, playful and above all else, FUN.

What a high-quality masculine man wants from a relationship is to get in touch with his playful, feminine side and have more fun. And the only way for him to do that is by falling in love with an accomplished, smart, “together” and FEMININE woman.

I have first-hand experience with this. Today I’m married to a woman I’m madly in love with, and we’re expecting our first child soon. But there was a time in my life when I was lonely, and not connecting with the kind of woman I wanted in my life.
I kept attracting great women, but there was something “off” about the relationship. I ended up losing interest after a while, and it wasn’t until much later I discovered what was happening. I had been too much in my feminine energy, and therefore I kept attracting masculine women (or at the least bringing out their masculine)!

No wonder it didn’t work. It wasn’t until I learned how to express my more masculine traits that I attracted what I really wanted all along – the strong, powerful feminine woman who would steal my heart and bring me unimaginable joy.

**So how to activate your feminine energy so you can attract a high-value masculine man?**

Below are 5 feminine qualities that a man finds absolutely irresistible in a woman.

I’m going to explain how you can express these qualities. I’ll give you examples of what to do and what to avoid. Along with these I’ve included an exercise and affirmation as a tool to help you integrate these qualities into your life.

This document is a great starting point, but really just scratches the surface. If you want to dive deep into how to understand men and attract the relationship you want, I’ve created a gift for you. It’s an hour-long webinar training where I share with you **The 3 Key Principles** that will help you understand your man and create a deeper and lasting connection.

**To learn more about this free webinar, click here or visit:**
Irresistible Feminine Quality #1: CONFIDENCE

Confidence is one of the most attractive feminine characteristics that appeal to high-quality men.

Having confidence in this sense means one simple but profound attitude:

**A confident woman comes from abundance rather than scarcity.**

When you’re in abundance, you know you’re desirable and you know you bring a lot to the table in a relationship. You know that you deserve a great man, and you won’t settle for a man who doesn’t fit your standards.

Because you have confidence in your ability to attract and keep a great man, you don’t second-guess everything he’s doing (nor yourself). You know that he’s got your best interests at heart, and if he doesn’t you trust your gut. You empower him to make sound decisions about your relationship instead of being suspicious of his intentions.

When you’re confident in your ability to attract a great man, and you’re confident that you in fact deserve a great guy, you won’t put up with bad behavior from a man.

You won’t put up with lateness, rudeness, sexism, or any other personality flaw that you wouldn’t tolerate from an acquaintance, friend, or co-worker.

You set boundaries and speak up when you feel uncertain about his behavior without fear of being rejected, because you know that there’s abundance of love available for you. He’s not the only man in the world for you. You know there is a quality man out there, and if he isn’t the right
one, then a much better man will show up. Plus, you tune into the abundance of love in your life already – from yourself, your friends, your family, and your faith.

Confidence in this sense doesn’t mean being conceited or brash, sashaying around like some sort of super model with a pouty face. High value men have no patience for women who act like that.

That’s the kind of attitude that will make him roll his eyes or think you’re “high maintenance”. It’s more of a sense of worth that you communicate with how you set boundaries, how you accept compliments and how you demonstrate your trust that he’ll say and do the right thing.

**Confidence DOs**

Do show that you are a high-value woman with standards by letting him *earn* time with you.

As a high-quality woman, your time is valuable. You value and respect your friendships and wouldn’t dream of blowing off long-set plans with your best gal pal to go have drinks with a man you barely know. Your weekends are precious time to decompress, take care of yourself and have fun, and you’re not going to waste a weekend doing something you don’t want to do with someone you’re not sure you like—yet.

If you’re just getting to know a man, say the first few dates, you may want to only agree to short & sweet dates on weekdays or evenings. How about coffee or lunch on a Wednesday? An after-work walk around the park on a Tuesday? You don’t know him very well yet, but seeing him in short spurts will let you take it slow so he can show you who he is.

If he calls you on a Friday afternoon to go out on a Saturday, and you’ve already made plans to see that new movie with Channing Tatum with your best bud, you let him know that *you’ve already made plans, but that you’d love to go out with him*. Is there another time next week, perhaps? You’re available Thursday and Friday evening.

Say he suggests a weekend excursion to the mountains but you’re uncomfortable with that because it’s just too soon for an overnight adventure, you might let him know that it *sounds lovely and very romantic, but you’d like to save that for another time when you’ve gotten to know each other better?*
Let him make positive deposits into your relationship bank account and earn time with you. Let him take you on casual, short dates. Is he fun, kind and generous? Does he treat you well? If so, then he gets to move into a social priority position with you. For example, you can agree to Friday or Saturday dates that are longer and more involved, if he’s turning out to be as high-quality as you expected. If you’re not sure that he’s for you, keep the dates short and out of the “prime time” of weekend evenings by letting him know that you’re enjoying getting to know him, and would love to see him, but you’re already busy Saturday night.

You may be thinking I don’t want to play games with him. Why not see him on a Friday night if I’m enjoying his company.

I’m not advising to play games, and by all means, feel free to hang out with him as much as you choose. It’s important to know that there’s a powerful principle at work here...

**Men value what they earn.**

If he feels like he is earning your favor and progressing the relationship forward, he will value the relationship and connection with you more than if he if you hand him the “Mr. Right” award before he’s really earned it.

**Confidence DON’Ts**

- Don’t berate yourself or deflect compliments (“I know I look terrible today.” “That’s nice of you to say, but I don’t believe it.”).

- Don’t accept dates at the last minute if he hasn’t earned his time with you.

- Don’t cancel plans with your friends and family to accommodate him, especially if you just started dating.

- Don’t put up with rude, obnoxious or annoying behavior. Let him know what you want or don’t want.
Don’t interrogate him about his activities when he’s not with you.

Don’t assume your relationship is exclusive. Ask him when the time is right and/or make an agreement.

Don’t be rushed into being intimate or sexual until you are ready. Allow him to set the emotional/commitment pace of the relationship. You set the sexual pace of the relationship.

Don’t assume he’s blowing you off, isn’t into you, or is seeing someone else and get angry. Assume everything is OK or ask him, “Is everything OK?”

Exercise — Must Haves & Deal Breakers

Confident women know what kind of men they want to attract, and they know immediately if a man is a good prospect or if he’s a dud.

They don’t waste a lot of time trying to change a man into someone he’ll never be. They are able to communicate what they want in a man early on, giving the man a chance to “step up” and be the best version of himself he’s capable of being.

This exercise will allow you to clarify your must-have’s and deal-breakers when it comes to men and relationships.

Think about what qualities are your 3 MUST-HAVES in a man. These are qualities that stand out above all others that you know would make you happy in a relationship. An example would be that he must be family oriented, or that he must be interested in personal development. Perhaps you have children and you really need a man who likes to be around children. What are your three must-haves?
Now consider your top three DEAL BREAKERS. What is it that would absolutely repel you or you’re not willing to allow into your life? An example might be a man who consistently breaks his agreements. Or it may be a man who smoke, or drinks excessively. What are your top three deal breakers?

1. ________________________________________________
2. ________________________________________________
3. ________________________________________________

Daily Confidence Affirmation

Repeat this affirmation to yourself daily...

*I’m a desirable and sexy woman who has an abundance of love in my life.*
Irresistible Feminine Quality #2:
CHARISMA

Let’s play a little game of pretend.

Pretend that you’re a successful, attractive, smart and powerful guy. You’ve got a great career and you like to learn new things and you’re often thinking, strategizing, and “in your head.” You’re looking for a woman you can really connect with. What kind of qualities would attract you in a woman?

Would it be someone who was accomplished in their field, who makes a great income, who is a whiz at calculus, or can recall the names of all the U.S. vice presidents of the last five decades? Would it be a woman who was a great leader at work and commanded a team of dozens of people, all who respected and admired her? Someone who’s read 500 non-fiction books and can recite quotes from most of them?

Maybe you think that’s what a high-quality man might want, or maybe you think that list is a little ridiculous. If you’re inclined toward the ridiculous, you’re right! It is ridiculous.

A high-quality masculine man isn’t looking for a woman who is a provider, who is powerful and accomplished and has a great resumé or a photographic memory.

A high-quality, masculine man is looking for someone who can bring him more aliveness and FUN into his life.

He’s looking for a partner who will take him OUT of his head and into his heart and soul and
body. He wants someone with whom he can laugh, relax and let loose. Someone, with whom, he feels great in her presence.

What I’ve seen in my coaching practice is that a lot of my clients, who are successful and accomplished women, mistakenly think that the qualities a man wants in a woman is exactly the same thing she’s looking for: someone who can provide, be decisive, ambitious, and accomplished. That’s maybe why, when on a date, they calculate and strategize exactly what to reveal about themselves, they are poised but controlled, and they don’t let a man see their softer, playful and more quirky side. They’re afraid of revealing their feelings about anything.

When I started dating my wife she was completely stiff on the first two dates. She wouldn’t open up, wouldn’t share things about her life. She stuck to the facts only, not really telling me how she felt about anything in her life. I was about to call it quits but decided to give it another chance and ask her out for the third time.

That day we went salsa dancing. She was a totally different woman! She was funny, and goofy, and she couldn’t dance salsa at all, which was what made it all funny and FUN. We were laughing and having so much fun, and I said to myself, “WOW! Who is this girl? Where has she been the whole time?”

Now, you might be thinking, “I’m not a naturally charismatic person. How can I have charisma?”

Here’s the good news – you ARE charismatic. It’s the parts of your personality you show to your friends and those who love you most.

Having charisma isn’t about being popular. It’s not about having huge social network and 100 close friends. You can be an introvert, very “bookish” and philosophical, but be charismatic. And guess what? You’ll attract exactly the kind of man who will love and appreciate the quirky, unique and bookish woman you are. You and he can laugh at how mathematical equations fit together, or don’t.

Charisma is not about pretending to be something you’re not. It’s about being exactly all of who you are! Are you chatty? Be chatty! Are you quiet and reserved and a great listener? Don’t talk
just to fill the silence. Were you a class clown in high school or love to make others laugh? Go ahead, crack a joke or be goofy. Don’t hide the person you are because you’re afraid the man you’re with won’t like you.

Let your playful side shine.

Maybe you think you lack charisma because you’re a naturally serious woman. Well, have you ever laughed? Of course you have! And if you’ve ever laughed, you have a sense of humor, and yes, you’re playful.

High-quality men love women you are playful!

Laughter and playfulness is a great metric of aliveness. When you laugh, and you’re playful, you communicate charisma and youth and fun and aliveness.

The exact qualities that a high-quality man is looking for in a partner. He wants a woman who will make his life more fun, more dynamic, more playful. He wants to get out of his head and into his heart.

✓ Charisma DOs

When you’re with a man, reveal something about yourself that you is authentically you. Something you would tell a best friend – something quirky, something weird, or embarrassing. I’m not talking about private matters that are probably best left to discuss with your doctor or therapist...

Maybe you really have a strange weakness for Oreo cookies after 5 pm. Or you’re secretly a Stark Trek fan. Or you have a reoccurring dream of auditioning for American Idol and you’re naked! Fears, quirky things you like, and embarrassing moments are great places to start. Whatever it is, be proud and let your dork flag fly!
Charisma DON’Ts

• Don’t be afraid to embarrass yourself or look silly.
• Don’t stick to “safe” topics because you don’t want to risk more “controversial” topics on dates.
• Don’t pretend to like sports/politics/literature/television just because he’s into it.
• Don’t be condescending of his interests.
• Don’t do things or say things because you think that’s what he expects or wants.
• Don’t follow a script on dates. Talk about (or do) whatever moves you in the moment!

Exercise — What Makes You Uniquely YOU?

What makes you uniquely you? What are the qualities that your friends like about you? How would your best friend describe you? Embrace all of who you are, no matter what impression you think it may make on a man. Chances are, he’s looking for someone with your exact charisma!

List the 3 things that inspire and motivate you:

1. ____________________________________________________________________________
2. ____________________________________________________________________________
3. ____________________________________________________________________________
List 3 hobbies or interests you enjoy above all others:

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

What are some words you’re friends use to describe you (funny, smart, witty, great listener…)?

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

Daily Charisma Affirmation

“I am amazing, I am unique, and I love myself just the way I am.”
Irresistible Feminine Quality #3: CELEBRATION

Have you ever had a man give you something or do something for you, and you said “thank you” but then turned around and gave him something even more special in return?

The moment that man handed you that gift box, or helped fix that annoying squeak in your car, or helped you with that pesky computer issue, you felt an imbalance.

Being grateful and happy about his gift to you seemed almost not enough reciprocity, right?

So the next day you ran out and bought a card or a special gift to let him know that you aren’t all about receiving and no giving.

After all, he just did something nice for you, so shouldn’t you do something in return? Isn’t that what he’s expecting?

As you’ve just read in the Law of Polarity, men aren’t looking for a provider, they are looking for a partner who will help him feel like the provider. A big part of a man feeling like a provider is being celebrated for what the action he’s taken. Men want to be celebrated for what they do, accomplish, achieve and provide...FOR YOU.

That means that what your man really wants in return is your happiness. He wants to see you happy and thrilled with what he’s done for you. He’s not expecting you to run out and buy him an even bigger gift or do him an even more value favor. He wants to see you happy. That’s it!
It may seem odd to you that you can just be happy, say “thank you”, give him a big hug, and bask in the knowledge that he’s done something for you that’s made your life better or easier.

It may not seem like enough, but it is. In fact, it’s a huge part of what we need as men to feel good around you.

Let me explain...

It all comes back to both research and ancient wisdom of how we’re wired as men. A measure of our manhood is the ability to provide for our family, and to those who matter to us. And whether or not we’re providing is measured by the level of satisfaction from the person to whom we’re providing.

If we are giving something that’s never acknowledged and all we hear is criticism, complaints or worse, our partner is unhappy and sulking, we feel like failures as men.

Pay attention to the little (and big) things your man is doing for you in an effort to get you to feel happy. It may not be exactly what you want. It may be something you don’t even realize is a gesture of love (he works late because he’s trying to provide). Tell him how it makes you feel when he goes out of his way for you. Let him know that your life is better, or easier, or happier, because of his thoughtfulness.

Be a celebrant rather than a celebrity. A celebrity says, “Look at me! I’m awesome!”

A celebrant says, “Look at you! You’re awesome!”

Give him a big hug and kiss when he offers to rub your back when you’ve had a hard day, or just acknowledge him by saying, “I love that you offered to take me to a fun dinner today of all days. It really took a load of my mind this evening not having to deal with groceries and dishes.”
Celebration DOs

There are three phrases that men love to hear because it makes them feel celebrated. These words let them know that they have the ability to make you happy. Say these phrases often when appropriate.

1. That’s brilliant!
2. You’re my hero.
3. You saved me.

Compliment his thinking and decision-making. He will feel good when he’s around you and he’ll do even more to please you and make you happy. Here are some examples:

“You know? That is a brilliant idea to check out that art festival this weekend. I’d love to go.”

“I was feeling so stressed today and you making dinner made my day! You’re my hero!”

“Thanks for that work tip the other day. You saved me!”

Celebration DON’Ts

• Don’t criticize.

• Don’t focus on what’s lacking, instead focus on what he provides that you like.

• Don’t complain about things you don’t want him to do. Instead, try to celebrate the things you do like, so he’ll do more of those things. (“I really like when you’re on time because I feel relaxed.” “It makes me happy when you call just to say hi.”)

• Don’t focus on things, for example, don’t say, “I like those flowers you gave me.” Instead, compliment his behavior and character by saying something like, “You are so thoughtful to bring me flowers. Plus my favorite flowers! I love them. Thank you!”
Don’t keep score of what you do for him versus what he does for you.

Don’t feel like you need to reciprocate with a gift for every gesture right away.

Exercise — Let Him Know How Much You’re Enjoying Yourself

The next time you’re out or spending time with your man, be sure to tune into your positive feelings about who he is as a man and what he’s doing.

Maybe you’re cooking dinner together, having a glass of wine, and sharing about your day. You notice that he’s listening intently as you’re telling a long story about a situation at work. You appreciate that he’s listening by saying something like, “Thank you so much for being present with me. I really needed to get that off my chest. You do a great job at making me feel loved and cared about.”

Or maybe there’s someone about his behavior that you notice is compassionate, caring, considerate and helpful. He makes date plans ahead of time. He offers to pick up food on the way home. He programs the coffee maker so you can have coffee already made when you wake up in the morning.

Whether it’s big or small, take a few minutes every day to let him know you enjoy what he’s doing.

“Wow, you made coffee? Thank you, babe. That is really thoughtful of you. I was running late and you totally saved me.”

Celebration Affirmation

“I am so happy and grateful for all the amazing things my man does for me in my life.”
Irresistible Feminine Quality #4: CONNECTEDNESS

You’re sitting down to a meal at a nice restaurant your man picked out. There’s a view of the beach from your table, and the sun is setting and creating a radiant show of oranges and reds across the horizon. Dolphins are frolicking in the surf. The air is filled with the rich aromas of buttery spices coming from the kitchen. Your man takes your hand and looks adoringly into your eyes...

But you’re still thinking about that presentation you gave at work today. You’re still slightly annoyed at your co-worker, who had asked really contentious questions and made you feel uneasy in front of your boss.

“What’s wrong?” your man asks, narrowing his eyebrows in concern.


He lets go of your hand and returns to his meal. His mood seems to shift and he’s more quiet the rest of the evening...

What happened in this scenario?

If you’re the woman described in the vignette, you’re not enjoying what’s happening around you and you’ve missed a possible romantic moment with your man.

You’re still wrapped up in what happened that day at work. You barely feel him reach for your hand and get almost frustrated that he asked you what was wrong. Everything around you is so
right, and yet you’re just not enjoying it because you’re NOT THERE.

Instead, you’re lost in thought, lost in what happened earlier and what might happen tomorrow. What you need is to be more present to what is.

What comes to mind when you hear someone say, “Be more present”?

Does it sound “airy-fairy” to you? Do you think of meditation cushions, patchouli incense and granola? Do you roll your eyes at the idea of “tuning into” your feelings or your body? Who has time for that, right?

Well, if you want to embody one of the sensual, attractive feminine qualities that high-quality men find magnetic, you must become more present.

Learning how to become more present to the moment doesn’t mean you have to grow your hair down to your butt or don hippy glasses. It just means becoming more connected to your joy and your sensuality, and taking in your surroundings.

It also means cultivating your intuition. All great geniuses operate from a high degree of connectedness to their intuition, so this is certainly not outside the realm of what it means to be successful in life.

Being more present and cultivating your intuition has a hidden benefit when it comes to relationships and dating. Men find a woman who appreciates the beauty of nature and the magnificence of life VERY attractive. They love being around you because it connects them to THEIR sensuality and intuition, too.

A present woman is tuned into her sense of aliveness. Joy and fun live in the present moment. So as you become more present you are able to bring your man into more of his joy and aliveness as well.

When he’s around you, he will feel like a better man, and he will be drawn to you.
Connectedness Dos

Take a moment every morning and every evening to find something to be grateful for.

When spending time with your man, do make it a point to notice and point out the magnificence of life or the joy you’re feeling.

Notice the sunset. Notice the wind on your face. Notice how good the meal is tasting. Notice how children are laughing and enjoying life in the playground on your walk in the neighborhood.

Comment on the beauty, joy, and gratitude in your life. “That sunset is so beautiful!” “Listen to those kids laugh, I love it!”

Connectedness DON’Ts

• Don’t read email, log into social media or text your friends while you’re on a date with your man.

• Don’t focus on negative feelings or events. Express what brings you joy, too.

• Don’t ruin the entire date with worry about what’s going to happen later today or tomorrow, or what happened yesterday. Be in the moment.

Exercise — Get Into Your Body

It’s often difficult for us to be present when we spend so much of our day in our heads. We are responding to emails, planning future events, analyzing data, daydreaming about the weekend, or solving problems at work. This is all very “heady” and leads us to be disconnected from our bodies and our feelings.

You don’t need to check into an Ashram or meditate for hours a day to get the benefits of a little
time being present and in tune with your body. All you need is a few minutes a day, preferably a couple of times a day but starting with once a day is fine.

When you are at home or even at work, stop what you’re doing, put down the phone or turn off the TV or take your hands off the keyboard of your computer.

1. Close your eyes. It will minimize your distractions.

2. Take three deep breaths, and as you exhale slowly, bring your attention to your breath.

3. Put your attention to how your body feels, starting with your head and all the way down to your feet. How does your head feel? Is there tension in your shoulders or upper back? Do you feel any aches and pains? Are there parts of your body that feel energized or tingly?

4. What is your emotional state of being right now? Do you feel sad, excited, irritated, ambivalent? Spend at least a minute or two tuning into your feelings.

5. Focus on something you are grateful for. Your health? Your friends? Your family? Your work? Your body?

6. Open your eyes and take in your surroundings. Look out the window. Listen to the sounds around you. How does the air feel and smell where you are?

7. Jot down what you are grateful for in a journal or in a notebook. The act of writing it down rewires your brain to pay more attention to what you just experienced. The more you do this, it will help you become more present throughout the day.

Connectedness Affirmation

“I am connected to the joy, beauty and love all around me.”
On our second date, I picked up my wife to take her to dinner. I was traveling when I met her, so I wasn’t in a town familiar to me. I was in her town. When she got in my car she asked, “Okay, so where are we going?”

I said, “Anywhere you want to go. Go ahead and pick the spot and I’ll take us there.”

She pause for a second, then replied, “Well, you invited ME out. So, where are we going?”

As we were sitting in my car in the driveway, I thought, I don’t know her very well and I certainly don’t know this town at all, so what am I going to do? I started to freak out, a little. Suddenly she turned to me and smiled.

“This is what I would love,” she said. “What I would love is for you to pick the place. I will tell you that I love sushi and I love Italian, Mat.”

I quickly used my phone to find a restaurant and it turned out to be a great pick. The food was fantastic and she was happy with my choice. Best of all, she celebrated me and let me know that she loved our time together!

I felt an expanded sense of satisfaction and accomplishment. I also felt my attraction for her increase. She had posed a challenge for me – and I had succeeded!

In essence my thought process was, “Can I achieve this goal of finding a good restaurant she’ll like in a town I’m not familiar with?” She challenged me to provide a great dinner for her.
I achieved the goal, and she appreciated and celebrated me for it. She was playful, she was in the moment, and after the challenge, I had won.

**Key Point: Every man wants to win.**

The way a feminine woman can challenge a man and give him an opportunity to win is by creating an opportunity for him to serve her.

In other words, she shares with him her blueprint for happiness. What can he do to make her happy. I know it sounds hokey, but when a man knows he’s made you happy – he feels more like a man in your presence.

What is your blueprint for happiness? Simple. It’s a sexy little four letter word called **W-A-N-T**. What do you want? Better yet, what would you LOVE?! What would make you really happy. When you know this and share this with your man, he hears this as his “mission”.

Men love nothing more than accomplishing a mission and being celebrated by his woman for it.

Similarly, there is nothing worse than a woman who has no opinion and doesn’t know what she wants. Men hate the phrase “I don’t care.”

When a man asks you what, don’t say “I don’t care.” The truth is you probably DO care to some degree. What you’re really saying is, I don’t want to have to decide. I trust you, and I WANT you to make the decision.”

On the flip side, women will make things too easy on the man and let him off the hook. She’ll pick the restaurant because she knows that he’s from out of town and won’t know where to go. She’ll make things so easy for him because she wants to be “nice” and “helpful”, that he has no sense of challenge and no mission to accomplish.
**Challenge Dos**

Do let your man know what you want, but leave him a little bit of a challenge to solve. Let him know what you want and express it in a way that creates an opening. Here are some examples:

“I would love to try a new Mexican restaurant this weekend.”

“I would love to be in a monogamous relationship and go deep with someone.”

“I would love to spend an entire weekend in nature, beginning with a great hike and spending the night in a cabin in the woods somewhere.”

“I would love to go somewhere and listen to some live music.”

**Challenge DON’Ts**

- Don’t plan your dates. Instead, challenge him to plan something but tell him what you’d love to experience.

- Don’t buy into the false belief that you’re making his life “easier” by taking care of everything for him.

- Don’t give ultimatums.

- Don’t throw out your boundaries to the curb in order to make your man happy or keep the peace in the relationship.

- Don’t always do things because you think it’s what HE wants.
Exercise — What do you want?

What are things you enjoy or that make you happy? Knowing what it is you want makes it easier to express it to your man. Challenge him by creating the opening for him to step into.

- Food that I love to eat:
- New activities I want to experience:
- Physical activities or sports I love to watch or participate in:
- Events/Museums/Concerts/Sites I want to see:
- Qualities of a relationship I love to experience:

Challenge Affirmation

“I know what I want and I help my man win.”
Remember, you already have every one of these feminine qualities inside of you. As you work with these qualities, develop them, and intentionally bring them forth you will naturally attract a high quality man and create a lasting and deep connection.

You man will say to his friends, “Wow there’s just something about this woman that’s different. She’s so authentic and I feel like I can really be myself around her.” You will become completely irresistible to your man, and best of all you will have deeper love and acceptance for yourself as well.

Whether you’re single and seeking, or in a committed relationship I want you to know that the best is yet to come. There is an amazing, deep, and meaningful relationship that has your name on it.

Believe it or not, this information really just scratches the surface of how we attract and build incredible relationships. It all begins with understanding your man, his mindset, and how he is wired up.

To help you in this process, I’ve recorded a complimentary webinar that will reveal the 3 secrets that men want in a relationship.


This webinar will go beyond what we’ve covered in this e-book, and take your understanding of men to a whole new level.

Also, if you’re interested in coaching or taking a program with me, there are plenty of ways that I can support you in having the relationship that you want.

Feel free to connect with me here: [www.CrackingTheManCode.com](http://www.CrackingTheManCode.com)
I commend you for investing in your understanding of men, love, and relationships.

Never forget that you are an amazing, unrepeatable, beautiful woman, with incredible gifts to offer. Your relationship is on its way!

This is YOUR time. This is your MOMENT.

Here’s to increasing the love in your life!

To Your Success,
Mat

P.S. If you haven’t seen this webinar, make sure to tune in. You’ll be sharing the insights with your girlfriends for sure! Go here to register: www.CrackingTheManCode.com/3LoveSecrets