

Exercise 3

Exercise 3.1

- Make a list of your positive strengths.
 - Go on www.hotornot.com and rate 20 guys per day in your country for the next week.
 - Practice body language and tonality in front of the mirror. Practice talking and walking super slow. I would recommend watching some Western film and imitating their moves.
 - Go out and make conscious eye contact with 10 women and 10 men. Smile at them when the eye contact is established. Do this every day for the next 30 days.
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