

# The *Feminine* ATTRACTION System

## Module 2, Video 1 - He Needs To Chase

*(This is a transcript of the full video lesson. This is not the FAS guide. Please refer to that document in the individual module page. Please excuse any grammar or mistakes.)*

Welcome to this module. All right, we are in the module where I am teaching you all about how to start with the first stage of the three stages of love. Remember, love is a recipe. If you don't know what I'm talking about, go back to the previous video lesson where I talked about the biology of love. In the biology of love, women have their little recipe, which is experiencing the two neurotransmitters of dopamine and oxytocin.

And for men, his love recipe is experiencing the transmitters of dopamine, testosterone, and vasopressin. There's other ones that people talk about. We talk about men experiencing oxytocin just like women, but it affects them very differently. We have norepinephrine, there's serotonin, there's endorphins, there's all these other ones. But in the biology of love, from like the stages of, from meeting you to getting you to commitment,

So this module, we're talking about stage one, which is physical attraction, and this is, as you can notice, the name of it is he needs to chase. This is the first stage of physical attraction, and he needs to come to you. I call them by these names. I'm naming them he needs to chase, he needs a challenge, he needs to give, because these are the things that I want you to keep top of mind that he needs to be doing. If he's doing these things, if he's experiencing these things with you,

then that means it's working. If he's coming after you, if he's chasing you, that means it's working. If he's feeling challenged by you, if you're not making it easy, it's working. If he has to give it to you, it's working. So that's why I called him by the three, that's why I'm naming these modules the three names, because I want these things to stay top of mind. I don't want you to focus on necessarily what you need to be doing, I want you to keep a watch on what he's doing. If he's doing those things, girl, you're in, okay, you're moving on to the next stages, okay?

So the first one, let's talk about what it means for him to chase. Why is it that when he's chasing, this means that he's in stage one? Well, I talked about this in the previous video. When a man sees something, remember the pursuit spot. I want you to think of the things that are going on in his brain at this point. When he sees something, he likes to remember his vision. Let's talk about his vision first. When he spots something that he's interested in, what is it in his brain?

# The *Feminine* ATTRACTION System

That and what is it about a man that makes him, the way that he views things different from a woman, right? How does his brain work and how does his vision work to spot things? What kind of a brain does he have? What kind of things does he spot? He spots things that are moving, right? So if you're sitting still, can he chase something that's sitting still? Can you run after something that's sitting still? No ma'am. If you're just sitting there saying, I'm gonna sit here and look pretty so he comes to me, nope, you need to be busy.

You need to be moving. Always be moving. If you want to attract a man to you, I want you guys to think of this stage. Even if you're in a relationship, let's say you're most women that are watching this that are buying the feminine attraction system because you're single. You're newly single. You're ready to start dating again. You just got over a long breakup. You're newly divorced. Whatever it is, you're back on the market and you want to or you know somebody that you know, you've seen a guy, you have a guy in your life that you like. He doesn't know yet.

because you're a lady and you're not going after him, right? And you are ready to do it the right way. You know, Annabelle, I want him to come to me. You need to be moving. Why? Men see things better that are moving. Guys don't, things that are just sitting still for some reason for the way God built men, they're not interested in things that are just sitting still. You look boring. Think about it that way. You look like you don't have anything going on.

Men want women that are happy, that have things going on, that have a life, and that are doing things that require them to be moving. So think about the fact that if you're just sitting there and just trying to get somebody to come to you, he's not really interested in that. He's looking at the women that are having fun. And by fun, I don't mean being a hoe bag or sleeping with a bunch of guys or just loud and obnoxious.

Will a loud obnoxious woman get a guy's attention? Yeah, she's not gonna keep it though. Because men don't want a loud and obnoxious woman. He doesn't look at her as somebody who's high value that he wants to keep. He wants someone valuable and he wants someone that is demure, respectable. He wants a woman that's next to him that he's proud of. He doesn't want the loud obnoxious person. But he does want someone that's moving around. Why are you moving around? Because you have a life. Because you have a life you love and you're busy and you're doing things.

So in order for him to see you and spot you first, you need to be moving. If you're not moving, ask yourself why. Why do you have a life where you're not doing things all the time? Why do you have a life where you're just home watching Netflix all the time? Where you're just on social media looking at everybody else living their life. Why do you have a career that you hate that doesn't make you excited and you're not joyful? Why do you have it when you're not moving around and doing things that make you excited, right?

# The *Feminine* ATTRACTION System

Why do you have a body or a lifestyle that is very sedentary and maybe if you are that way then you're probably overweight and you're not very happy with your body, you should be moving. Movement keeps you skinny. Movement gives you energy. Movement makes you happy. Movement gives you endorphins. Movement gives you serotonin. Movement means you probably have hobbies, you have things going on, you have plans, you have a schedule, you're travelling. Think about your life. Are you moving?

Am I moving out of, do I have a life where I'm constantly doing things, where I'm excited about my life, where I have plans? Do you not have plans? Are you not moving? This is the first thing that I need you to notice, that a man looks for a woman that is moving. That's what he sees. If you're not doing anything and he can't see you, if you're not in his line of sight.

He, you guys, a man doesn't just get dropped off at your door like an Amazon delivery. As much as we'd like to think that we pray, because I'm a woman of faith, I believe in Jesus, I love God. I don't, I'm not naive to think that a man's gonna know who I am if I'm never out doing things. One of the things that I do is I have a business that I love. I serve at my church. I love my children. I have a career where I'm,

having to put myself out there. I'm on social media. I'm on YouTube. I'm on Pinterest. I'm on TikTok. I'm on Instagram. I'm on every platform that I probably can be on because I want women to find me. So men are going to see me everywhere because I put myself out there and I'm doing stuff, right? So this is my form of movement. I'm moving everywhere. He's probably like, if a man Googles me, they're going to find me everywhere on a podcast, on YouTube, on Pinterest, on, I mean, everywhere. Spotify, you find me everywhere.

Right? Because I'm moving, because I'm doing things. Are you moving around? This is the first thing that you need to remember is you need to be moving for him to be attracted to you and see you. Remember, because that's how his eyes are. He doesn't see things that are, he doesn't, he's not attracted to and he's not, his vision isn't called to things that are sitting still. Okay? You need to be doing stuff. Think about even your Instagram story or your dating profile. Are your pictures in your profile?

or are your stories or your posts on your Instagram? Because let's be honest, we're in a modern world and we use social media a lot. The things that you're posting, do you look like you have an active lifestyle? Are you moving around a lot? It looks interesting, right? Or is every picture you sitting at your desk? Or is every picture you just at a dinner table or on the couch? Guys, men want to see that you're active, that you're doing things right. This makes you interested.

# The *Feminine* ATTRACTION System

This brings up curiosity in him. He's like, what are you doing? Look, wow, she's in Rome. She's at work. She's cooking. She's at church. She's with her friends. She's out to dinner. She goes to the gym. She takes walks. She's with her friends. She's, you know, reading books. She goes to the cafe. She's always out. She's always doing things. What this does is it creates a lot of curiosity. This is the main emotion that you're going to be focused on at this stage.

is creating curiosity, why? Curiosity makes him interested to know more. If you create curiosity in him, that means he doesn't understand what he sees, he doesn't have enough information, there's enough privacy where you're not giving away everything, there's a little modesty there where you're not like, today this is my whole schedule and at seven a I'm gonna go here, and you're not giving it all away, right? There needs to be some curiosity. But he does see you moving around, he doesn't know everything about you, but he knows enough to,

his interest because he sees you moving around and it creates interest and it creates attraction. Secondly, attraction, he's physically attracted to you. How do you make a man physically attracted to you? Listen, different men are attracted to different women. There is a man for every single woman. I don't care how tall you are, I don't care your skin colour, I don't care your ethnicity, your race, your age, your height, your body weight, your hair colour, the way you dress.

There is a man that loves you exactly like you are. There's a man waiting for a woman just like you, exactly the way you are. Why do I say this? A lot of women mould themselves to look like the woman that they think a man is gonna like. And here's the error in this faulty thinking. The problem with this is that you're gonna dress up.

and go to places and do things and say things and look a certain way that, and you're gonna attract a guy that wants this type of woman, let's say, and you're not that type of woman. And when he gets you, you're gonna realise he's attracted to this woman that I've acted like I am, and I'm actually not this woman, and there's gonna be a part of you that feels very insecure with him because deep down you know that you are not this woman. It is.

painfully important. It is so important that you are you, that you are yourself. Men want a woman that is proud of herself, that is comfortable in her own skin, that is confident about the life she has. It doesn't matter what life you have. Live it and be proud of it and show it and be okay with it and be proud of it. You may be watching this and you're like, I'm in such a transitory phase in my life.

# The *Feminine* ATTRACTION System

I'm still not, you know, I don't have the career that I want yet. I'm still in college. I'm in my internship job. I'm in a part of my job that I'm not, you know, isn't where I'm supposed to be. It's okay. Wherever you are, own it. Wherever you live, own it. However much you weigh right now, own it. However you dress, own it.

Own it. However your skin looks right now, own it. However old you are, own it. If you are divorced, own it. If you are 21, own it. If you're 53 and you're watching this, own it. Whatever religion you are, if you don't have a religion, whatever you are, own it. Why? Nobody likes a person that is insecure and ashamed of the life they have. There's nothing attractive about that, sweetie. A man does not want a woman that hates her life or is embarrassed of it.

If you're embarrassed of your life, I'm gonna be embarrassed of it. What screams to me is shame, is I don't like the life I have, and if you don't like your life, I sure as heck am not gonna like your life. So it's important that regardless of where you are in your life right now, that you own it and you share it proudly. And you can say, yeah, you know what, right now I'm in school, but I'm gonna be a doctor. I'm in law school, but I'm gonna be a lawyer.

I live in the hood right now, but I'm saving my money. I'm saving all my money because I want to buy a house or get a new apartment. I weigh this right now, but I'm like, I look at it. I go to the gym. I'm eating really healthy. I'm dropping 50, 80, 100 pounds. I'm going to have my dream body.

My skin isn't really good, but I'm working on it. I'm gonna get it really good, you know? I don't, you know, my credit's messed up right now, but I'm working on it. I'm paying all my bills on time. I'm making more money. I don't make a lot of money right now, but I'm gonna be a millionaire. Whatever you are doing in life, if you don't have the clothes that you want right now, wear what you have with pride. Have the career you have with genuine honesty and say, this is who I am. You know what, hold on one second. I need to plug in my charger.

I need to charge my laptop, I should say. That wasn't even a sentence. I need to plug in my charger. Does that make sense? I guess kind of it does. Wherever I am in my life right now, I own it. This is the transitory phase. And listen, most of us, you guys, if you're somebody who has a growth mindset like me, I'm always developing. I'm always evolving. I'm always growing. So no matter where somebody finds me in life, I'm always probably working on a really great goal. It doesn't mean that I don't love where I am right now.

I just know that I'm working on something new, but I still always love where I am. Why? Because I always measure who I am based on where I was before, not on if I'm there yet. This is a concept called The Gap and the Gain by Dr. Benjamin Hardy and Dan Sullivan. If you haven't read that book, run out and buy it. It's so good, The Gap and the Gain. It's about being happy, about where you are now, being content, because...

# The *Feminine* ATTRACTION System

You know that you're aiming towards something really big and something you're really excited about, even though you're not there yet. But you know how far you've come and you're excited about who the person you are now because you're a person in progress. You're a person that doesn't ever aim for perfection because there's no such thing, right? Only Jesus and God are perfect. But you're somebody who is proud of who you are. You need to be yourself because you want a man that is attracted to who you are.

not a fake version of you. If you get a guy based on a fake, fake, fake version of you, you will never believe that he loves you. You will always feel insecure. You will always feel fearful that he's gonna leave you for the girl that actually is that. And you will be needy. You will have a very needy energy and that is the least attractive thing to a man. A man likes a woman that is confident despite where she is.

You know why? Guys are really simple. Guys have these really, really healthy men, masculine men. They have this really beautiful confidence in themselves and they say, I may not be where I'm at yet, because I have goals, but who I am right now, I'm light years away from where I was before. I've done a lot of work and I'm excited about where I'm going and I want a woman that...

Even though I'm in this transition phase or I'm in a place, even though I'm not there yet, I have a vision and I know exactly what I'm doing to get there. I want a woman that accepts me for who I am right now. They're very, very honest and good men want a woman to accept them like that and they want a woman that feels the same way. They want a woman that's honest about who they are, who's really vulnerable and willing to be open about who she is, who even though she's not where she,

ultimately desires to be, she's making the best out of life right now and she's happy about it and she's joyful. She's not ashamed, she's not embarrassed. So this is a place in your life where you want a guy to be attracted to you for who you are. Remember, one of the things that I said in the beginning in module one is that a woman needs to be herself. And if you are not yourself and you are not loved for yourself, it makes you needy, fearful, and insecure. And these are the three main things that draw a guy away from you. He will run.

He will subconsciously not respect you and he won't be attracted to you. It makes someone really, really unattractive. Think about the men that you've met that have this very insecure, explain energy. Well, you know, I make a lot of money, but you know, or like they just explain themselves because they feel insecure and they have to like to make themselves better or you can tell they're like putting on a show. That energy is very unattractive.

# The *Feminine* ATTRACTION System

So the first one, you need to be moving, right? busy life and if you don't ask yourself why don't I have a life where I'm moving around and doing things? Am I depressed? Do I need therapy? Am I not confident in my old skin? Do I need to lose weight? Do I need to gain more energy? Do I need to make plans? Do I need to make more money so that I can make plans and have a life that I want? Do I need to just be more courageous so I'm doing things that create the life I want so I have things? Am I scared of people? Do I have healing that I need?

undergo so that I can be willing to go out and do things. Do I believe the world isn't safe? Again, you need more therapy than you need, right? You need to be moving. So a man wants a woman that's moving. Secondly, he wants a woman that is herself. He wants a woman that is happy and that owns who she is. He wants a woman that is happy and comfortable on her own skin. So that's what he's attracted to. Again, it's not just physical attraction, it's not just like the physical.

but he is physically attracted to a confident woman that's comfortable in her own skin, regardless of the stage she is in her life, but that she's confident about where she is, because she knows she's a work in progress, she's evolving, she's come a long way. You wanna give off that energy, okay? And this makes him curious about you, right? You're not out there telling everybody what you're doing, but he knows enough to be interested, to see you, see that you're happy. Wow, what is she doing? Why is she so happy? What's going on in her life that makes it?

makes you so excited and joyful and laughing and smiling and she's so welcoming and she's so happy with people. I want to know what she's doing. He needs to see you. You need to be moving. He needs to see the real you. And when he's interested, he will come over, okay? So remember, when he sees you with this vision and you're moving around, lights and he's interested and he's attracted because you're being confident and happy and just having a great time and you're very present and enjoying your life.

The pursuit spot lights up in his brain. It creates testosterone. He gets flooded with testosterone. It's like putting gasoline in his feet and he will come over if he wants to know more. When he wants to know more, testosterone makes him attracted and dopamine makes him attracted to you and it makes him come over to say, and he will send you a message. He will send you a DM. He will comment on your picture. He will talk to you at school, at work.

# The *Feminine* ATTRACTION System

Wherever you guys are, he'll come nearer to you. He will make a move. When a man is interested in you and he's attracted and there's desire and there's testosterone and dopamine in his body, he comes, he chases you. This is the biggest part that I want you to remember. You need to be moving, you need to be happy, you need to be joyful, and he will come to you. Women, do not go to him. This is the worst thing you could do. When you go to him,

You give up, remember I said you give up, you make him miss out on the pleasure of having the pleasure of the thrill of the chase. Men want to be, he wants to chase after you, he wants to hunt. He's not gonna kill you, you're not prey, he's not a predator, but he does want to pursue you. He wants to feel like he won you. And the first part of it is pursuing you, he wants to come after you. When I say chase, it just means pursue, it just means to him go after you, okay? So here's what you need to start thinking about.

testosterone's in his system, he's coming after you. If he's coming after you in any way, reaches out to you, DMs you, calls you, texts you, sends you a message, comments on your photo, likes your photo on a dating app, comes, talks to you, asks you out, he's coming towards you. This is what you want. This is attraction, physical attraction, okay? So if you look at the notes in this module, I split it up into main things.

in the notes in here, you'll notice that I split it up into cheat sheets, right? Each module has main things that you need to keep top of mind. And in each module, I want you to stay focused on what you need to be thinking about. So your mindset, okay? What feelings that you need to be feeling that will make you do the things that you need to be doing, the actions you need to be taking, right? Moving, being happy, being confident in your own skin. The thoughts that you need to be thinking. And I'm gonna explain each of these. The actions that you need to be doing, the words that you need to be saying to him, and then the main things that you need to be thinking in this module, okay? When you do this, he will do that. I wanna make it very easy here for you to keep in this section what you need to be doing so that he does this. So remember, in this physical attraction,

He needs curiosity. Curiosity needs to be boiling up in him. When there's curiosity and there's dopamine because there's interest and desire, his pursuit spotlights up and he doesn't know enough information, but he knows enough that he's like, who is this girl? Like why is she so happy? She's so fun. She loves her life. I want to know more. Boom, he comes over. He will chase you. Okay. These are the main things that you need to keep in mind at this stage. Curiosity, curiosity. Curiosity means he doesn't have all the information.



# The *Feminine* ATTRACTION System

There's gaps in his information, right? If there's curiosity, he needs to know more. When men want to know more, they're going to go to the source and investigate, right? He's going to do his little research. All right. So the physical attraction stage. Here's what I want you to keep on top of mind here. Live your life. You should have a life that you're living that you like, that you're interested in, that you get up in the morning and you're excited to live. If you don't, ask yourself why.

And this is probably the biggest reason why men aren't coming up to you and pursuing you. Are you sad? Do you not love your life? Are you not doing things? Are you not courageously taking action towards things, right? So remember this, you should be living your life. You should have plans, schedules, things to do, hobbies, interests, all these things, okay? You should be yourself. Again, don't be somebody else. Don't look like Kim Kardashian. Don't look like anyone.

Be yourself. I'm me. Listen, if you guys, it's funny, I was making a post today about filming today and I was talking about how I wear, I love blazers. I think I have a blazer in every single colour except purple. I need to get a purple blazer, because I love purple. And I am somebody who, if I could wear a t-shirt and a blazer and jeans every single day, I would be as happy as a clam. I want a guy who is attracted to somebody who wears blazers a lot, blazers all the time. Why? Because that's who I am.

And if he likes a woman who wears blazers, I'm your girl. If you're not attracted to me, then you're not gonna, and you probably don't like women who wear blazers, because that's what I always wear. You always see me on camera and I'm always wearing blazers. I wear blouses too, but I often wear blazers. I'm myself. I don't try to dress like anybody else. This is how I dress. I love casual, professional looking, right? Be yourself, display who you are.

Why? When you want somebody who is attracted to exactly who you are, not to Fulana, not to Maria, not to Sandra, not to Josie, not to Michelle, he needs to be attracted to you and whoever he sees and whatever you're being, whatever you're saying, whatever you're doing, whatever you're, however you look, whatever you're feeling, however you talk, those things.

If he comes over, he's attracted to whatever he's seeing. So make sure you're being you because he's attracted to you and doesn't feel like you have to be anybody else. There's a man, like I said, there's a man out there for every single woman. There's a man out there that loves exactly who you are. Do not compromise this. You need to be yourself. So you attract a man that wants you. Okay. dress how you want to dress, have the body that you want to have. Right? Again, even if you're a work in progress.

# The *Feminine* ATTRACTION System

But he could see that you're, you know, somehow I eventually mentioned that you're losing weight or you're on your way to your dream body or whatever. Or you have it now, right? You're very comfortable in your own skin. I'm very comfortable in my own skin. I love my body, right? Do you live where you want to live, right? Do you do what you want to be doing?

Do you have hobbies that you want to have? Do you have interests? Are you travelling? Are you doing the things that you're doing? Because this is where you're going to find, you're going to find somebody. A guy's going to spot you at, you know, at cooking class, at painting class.

at the baseball games, if you like baseball and sports, I don't, but a lot of you women do. Are you going to concerts? Are you travelling everywhere? Are you at business classes? Are you at networking events? Are you at coaching places? Do you go to church? You wanna be doing the things that you like because you're gonna find guys there that do the same things and our interests are gonna be one of the things that attract them to you. Because it's like, we have a lot of things in common, right? I like a woman that does these things too.

Again, the goal is to attract a man that wants you exactly as you are. He is attracted to a happy woman. This is probably the point that I, other than moving around and being confident in your own skin and being yourself, is to be happy. Why?

you're welcoming and you're, if you are doing what you love and you have a life you love, more than likely you're happy. If you're happy, you're welcoming, you're smiling, you're laughing, you're inviting, you are enjoying yourself where you are, you're focused on what you're doing. This makes somebody very attractive. This is a very, very attractive quality in a woman and a man. When I see a man, you know, working out or...

or in his business really doing what he loves. He's always busy. He's always doing things like, I don't care if it's sports games or eating really healthy. He's working on a really big goal for his business, whatever it is. I'm really attracted to that because I see that he's busy. He's creating a life he loves and he's happy. When you're doing things that are, when someone's happy, it makes you curious.

What kind of a life do you have? Okay. So here's what I want to know. I want you to see that when you are being yourself and you love yourself and you're moving around, okay, when you're happy, moving around, being yourself, what that does for him is you will, what you'll do is you will attract a man that wants whoever, like whoever you are at that time, okay? Secondly, the mindset that you need to be having at this stage. Think about it, these are the thoughts that you have.

# The *Feminine* ATTRACTION System

I love what I'm doing right now. Sorry, I'm reading my notes. I love what I'm doing right now. I'm present at this moment and I'm having a great time. I love others. I've created a life I love. I'm comfortable in my own skin. I'm good at doing this. I'm getting better at doing this. Whatever it is, even if I like, let's say I'm a coach, right? I create coaching programs. Something new I'm doing is creating my YouTube channel. I'm building my YouTube videos.

I've never done it, but I'm willing to do it and be messy at it because I want to do it. And I'm okay with people seeing me doing it messy, right? Another thing that I'm thinking of is that the world is safe. Okay. People, people are safe. I'm strong. I trust myself and I trust my intuition. And another thought that I'm having is when a man comes up to me and I'm happy doing things and he, let's say he comes up to me at the grocery store.

I because I believe the world is safe and I love people and I'm having a good time I'll be like, hi, you know, I'm not even I'm not focused on other people I'm just so focused on what I'm doing whether it's buying a head of cabbage and I'm trying to pick them out, you know, and he comes up to me I'll be happy right? I'm never gonna be scared. He might surprise me right? But I'm not like the scared little baby that thinks the world is unsafe. If you feel that way, think about it. Think about whether you...

Don't go places because you are scared of the world. This is not an attractive quality. There's things that need to be healed there, yeah? Therapy, coaching, again, really important things, right? But the mindset that I'm having when a man approaches me is, are you a friend or are you a foe? Meaning, I don't know you yet.

but I'm willing to, if I like who you are when you approach me, I'm willing to get to know you, okay? And I'm willing to see if I like you, and that's it, I'm just open, I'm flexible, I'm adaptive. I'm willing to just see who you are, but there's no pressure. I have no expectations at this stage. I don't know you yet. I don't know you enough to know, whatever man comes up to you and talks to you,

He's like the owner of a restaurant and knew that he was gonna hit on you and he's married with four kids. Don't have expectations. You're there doing whatever you're doing. You're so focused on your life that you love that if a man goes up to you, you're like, what a surprise. How fun. Who are you? Fun, I'll get to know you. But you don't have expectations and you don't have, you're not putting him on a pedestal and you're not like, so flattered. It's just, who are you? I'm having a good time. You're kind of interrupting me, but.

Okay, what's up? Why should I listen to you? And it's almost this energy of, I'm willing to talk to you, but who are you? I like what I see and I know so far. Let's say he's handsome and he's nice or whatever, right? He's thinking, sorry, this is the part where he's thinking. He sees you and he says, I like what I see so far. I wanna know more.

# The *Feminine* ATTRACTION System

let me see who she is because I wanna know if we're compatible, if we could get along, if we can get to know each other. That's it. Guys don't think 100 steps ahead. They're very, very present. And they just say, I wanna know a little bit more and I wanna see if we'd get along. And that's it. We're friends. We're friends at this stage. And that's all you need to be focused on in this stage is I love my life, I'm happy. If a man comes and talks to you, it's just, hey, what's up? Who are you?

Why should I talk to you? Are you nice? Do I want you in my life? Because listen, I've created a life that I love so much that I wanna know, I need to make sure that I like you and if I need to invest more time in you. In this stage, the mindset that I want you to remember here, right, is I'm having a great time, I love my life, I'm busy, I'm doing things, and if a man comes to you, it's like, great, who are you?

and are you nice, do I want you in my life, are you somebody worth getting to know? And it's almost this protective part, not in the sense where you don't like him and you're scared of him, but just who you are and why should I care, kind of a thing where he should feel like, dang, I have to kind of work for this. This is not gonna make it easy, remember. The next one is,

You're a challenge, right? You're not gonna just make it easy for him to just like, you're not this easy going, I'll go anywhere, you all go anywhere for you. I'm so flattered, my God, nobody ever talks to me like this is such a blessing. No, no, no. I have a really busy life unless you have something really beneficial for me because I have a great life that I've created. I don't let anybody mess it up. I'm open, I'm flexible, I'm not guarded and I'm not gonna cut you down and I'm not defensive.

But who are you and what are you offering me basically? He should come to you very much in a, I don't wanna say proposition way, but kind of, like my name is Michael, I saw you, you seem really nice, or hey, you guys are in class or you're at work, you guys, let's say you guys know each other in some way, right? But he now reaches out to you in some cool way, no pressure here, guys. We, you're not skipping, we're not skipping ahead.

One of the things that you'll see in the never to do list is don't rush things and don't skip steps and don't force outcomes. Those are the three big ones. The last one is not blaming, judging, criticising. You'll see what that one is. But here you are simply in a place of, you know, who are you? I'm willing to get to know you, but I don't know you yet, but...

Why should I care? My life is really great. We're friends and it's simply cool. Tell me why I should care. My life is great. You're not gonna mess it up. I'm not defensive around you, but I do, I'm curious why I should even care who you are. Show me what kind of thing. Who are you? Show me who you are. That I think is a very strong, confident,

# The *Feminine* ATTRACTION System

I have a wonderful life too, I have a wonderful life that I've created. I don't just let anybody in. You have to earn your way in. And that is a very feminine mindset. It isn't defensive. It isn't mean. It's not pejorative. It's not judgmental. It's not scary. It's not fearful. I'm having fun, but I don't just let anybody in my wonderful club. You kind of have to show me why I should care. And at first,

We're just friends. I need to know you from a platonic level and then maybe decide if there's something romantic, right? But at first, we're friends, we're friends, we're friends, we're friends. The next stage, I go into this very heavily, but in the beginning, it's why, who are you? And I'm open and I'm welcoming and I'm happy, but you're interrupting this amazing life and why should I, why should I like to pay attention? What do you have to offer? Yeah.

So it's a very confident place to be, but it is very, it's almost like a bit of scepticism and like not cynicism, but you're like, show me what you got. Yeah. Men like it. Men want to have to prove themselves. This is the challenge part that I've talked about that we're going to learn heavily about in the next module. He doesn't want someone that's just very easy to get. Why? When you show him who you are in your entire dating stages, all the entire, all the three stages,

The woman that you show him you are is the woman that he expects you to be and he believes that you will be later, okay? So if you are somebody who, when he meets you, you gave him your phone number so quickly and you're like, my God, yeah, like you're so nice, my God, I'm so excited that you came up to me, like nobody ever does this for me, like, yeah, let's go out, I'll pay, I'll pay, I'll drive. And you just like to make it so easy. He's gonna say, when we're married,

Guys don't think about this far out, but he's gonna think about this later. She was so quick to give me her phone number, so quick to just trust me, so quick to just be flattered and trust me so quickly. She gives it away so quickly. Like this is, she doesn't have a lot of boundaries. She doesn't respect herself a lot. Women who just like openly let anybody in means that they don't have a lot of boundaries.

and they're just flattered by anybody. And a man wants a woman that when he's not there, he can trust that she's going to protect herself and defend their relationship when he's not there. So think about when you are meeting him, this is the person that he's placing you in his mind that you're going to be later on. And if you're somebody who's very quick to trust, very quick to be flattered, very quick to just offer anything up, a man will have fun with you.

# The *Feminine* ATTRACTION System

He'll listen, you offer it up on a silver platter. Are you kidding? A guy's going to say yes to that. He'll have fun with you. He'll think of you as a good time. He's not going to think of you for a long time. A man that sees that wants a woman that's long term is a woman that respects herself, that has boundaries and that doesn't just trust anybody right away. It's somebody who has boundaries, standards, values and doesn't just give it away very easily. So you want to come off as, yeah, we can, but we're just friends. So don't think it's nothing more.

You're not gonna be saying this, but this is what you should be thinking. We're friends, I'm willing to get to know who you are, but that's it. You don't move on to the next stages and next levels in the game until I get to know you. You don't get there, no one gets that that easily. That's earned, you have to earn your way there. And that's the next step of emotional connection, okay? So at this stage, he's thinking, I'm interested, I like what I see and I know so far just what I've seen her, let's say he's seen you at church for months and months.

I wanna know, I'm curious about, I wanna know more, cause I don't know a lot. She hasn't given it all up and told me everything about herself just by me looking at her. And I wanna know if there's compatibility there. I wanna know what's in it for me, so I wanna get to know her. He'll come up to you. Again, you're happy, you're fine, you could be surprised about it, but you're not just gonna give away your trust and just everything right away. You're not rushing, you're not skipping steps, you're not assuming he wants to marry you. It's just the first step. He doesn't know you yet.

I tell my clients to assume that they're a psychopath until they've earned your trust. And I know that sounds extreme, but in my coaching program, a lot of the clients that I work with are used to just very easily giving away their trust or being way too defensive and not giving it away in extremes. And so I want you to have this kind of fun in the middle of you that seems nice, but until you prove that you're respectable, that you are somebody that I should.

care about that I like or anything, there's a wall here. You don't get to come close to me. There's privacy there. That's what you don't know a lot about. You're curious because I'm not letting you know a lot. Why? People don't get to know more until they get close, both physically and then with time and with trust. We'll talk about that a lot deeper in the next module. The next one, thoughts you should be having. I don't know you, but I might be willing to get to know you more.

My life is already amazing and I only let people in that are buyers. Okay, so let's talk about the buyers and the sellers. If you watched my video training on how women, one of the biggest mistakes that women make is that they are focused, they're selling themselves instead of being buyers. Buyers and sellers are different. Sellers get rejected, buyers do the rejecting. I'm gonna say that again. When you have the thing that people wanna buy,

# The *Feminine* ATTRACTION System

You people want, they're like, can I, they're like, my God, can I, can I buy it? Can I buy it? You get to say, Hey, no, I, I only want one person to buy me. I'm like this exclusive Chanel bag. I always use Chanel bags as examples. It's so funny. This is exclusive. I get to decide who's going to own her because she's beautiful and precious and not you. I want to make sure you can take care of her. I want to make sure you're qualified to buy this bag. Right. I tell my clients to look at it like you're, you're like you're at a bank.

and you're qualifying somebody for a loan. You want to let someone borrow money that you know they're qualified to pay it back. So you're looking at FICO scores, you're looking at consistency at their job, their income, their ability to pay it back, right? Their references, things like that. So you want to qualify them. So in the beginning, you're qualifying them to see if they're going to be somebody that you want to lend this to. You're the buyer, right? You get to reject them or not.

Sellers, people who are trying to sell themselves, do you want this? Do you want this? Do you want this? Do you want this? They always get rejected because they're out there pushing themselves on people. And it's this very needy frantic salesy energy. People don't like sales people. We like people that are just making it very easy to buy and say, yeah, this is it. These are great products. This is the great thing about this stuff. These are all the features. This is the kind of person that buys it. This is what your life will change if you have this. It's so beautiful. It's so wonderful.

This is a buyer. The buyer mentality I'm going to go into very, very deeply in the next module. But here, you have that buyers only want buyers to buy them. So think about it like this. If I'm high quality, I want to be with someone that's high quality. If I consider myself very valuable, I want somebody that considers themselves very valuable. I don't want to be with someone that's like,

a loser, right, that's insecure, that you don't feel safe with someone like that, right? When you're a buyer, when you're high value, you want a buyer, you want high value too. Most men have this very beautiful confidence about them. They think that they're amazing and they're gonna be amazing one day, so they want amazing women. I'm talking about healthy, masculine, emotionally available men. This is how they think, okay? And so, you want a man like that.

Right, you want someone that's very, very confident in himself, he understands his value. So you are, you're a buyer. Remember, you have a beautiful life, you're like, whoa, who are you? You're just coming up to me and I'm busy doing, living my life, what's up? Maybe I'll, so you're interested in me? Thank you, I appreciate that. Can I take you out to dinner? Maybe, and you're like checking him out, he seems nice, his energy's nice, he doesn't seem like a creep, right? You're precious, you're the prize.

# The *Feminine* ATTRACTION System

And again, it's not derogatory. It's a very beautiful, humble way of saying you have a beautiful life that you've created. You don't want just anybody in it because it's precious and you honour yourself and you have high values and standards and you have a vision and you know where you're going. You want to make sure you're with somebody that has the same ideas as you, right? So you're very particular about that. So you have a buyer mindset, okay?

Let's see, so you're thinking, who are you? Right? You're also thinking, are you safe? Are you sane? Are you supportive? These are thoughts you should have. Again, these are all in your notes. I don't trust you yet, right? Show me who you are. Why should I care who you are? How do you benefit me? Why will you benefit me? Are you going to break my life or are you going to benefit from it? Right? I already have a great life. This is an amazing, amazing life. Okay? And so when you come off that way,

He's also thinking, too, these are the thoughts he's thinking. Who are you? Why are you so happy? Like, a man is thinking, this woman is like, she has a great life. She's smiling all the time. She's just such good energy. He's thinking, what do you know that I don't know? This is the curious part of him. He's feeling like you're so happy. What are you doing in your life? What do you know? Do you have a secret that I don't know about? Like, I want to get to know you. There's curiosity in him, because you're not telling him too much. He just sees that you're happy.

He wants to know what's going on there, okay? He's also thinking, what kind of a life do you have that makes you so happy, right? I wanna know what it is. What do you think? What do you think, what's your mindset that makes you so happy and that makes you so excited about picking it out ahead of cabbage, right? And how do you spend your time? I'm curious, I see that you're doing this, what else do you do? What else do you have going on? He is curious. Again, you're giving him enough,

to know that you're happy and he wants to know a little bit more. Curiosity is the feeling that you want to have in him because curiosity makes him interested. It makes him create desire. Desire makes him get more dopamine. Dopamine makes him have testosterone. The pursuit spot, you're moving around. So he's following you around. The pursuit spot lights up. He's filled with testosterone. He comes over. He's like, I gotta know who this is. Like, who is this woman? Men who are masculine go after what they want.



# The *Feminine* ATTRACTION System

Men who do not go after what they want, they're not interested, they're not attracted, or they're not masculine men. You do not want a man who's not interested in you. You do not want a man who's not attracted to you. You do not want a man who's not masculine. Meaning, if he's not masculine, I mean, he's not emotionally available, he's not a good man, he doesn't have high values, he doesn't have a vision, he doesn't have goals in his life, he's not driven, he's not confident, he's not a protector, he's not a provider. You don't want a guy that's just like,

Well, if she comes up to me, then I'll take her because like, I mean, she just came to me. You're lazy, no effort. Who wants a lazy, no effort guy? I don't. I hope you don't either, girl. You deserve better, right? So you want him to be curious. When a man is curious and he's interested and there's attraction, pursuit spot lights up, you're moving around, he's coming towards you. Signs that he's interested, he's coming towards you. He's chasing you. Chasing, chasing, chasing. He needs to chase. This is the first and most important step in the process.

He needs to be pursuing you. That means he's interested. Actions that you need to be doing. These are the things that you need to be doing. Moving around. His vision is designed to see moving, right? Moving objects. You need to be doing things that you love, things that are making your life better. Work, play, hobbies. You're in service. You're running, you're...

You're doing your tours and your tasks, right? You have to go to the post office, right? You're at Target buying lotion and shaving cream. You're at a museum because you wanted to see this new art exhibit, you know? You're at church because you love praising God every week. You're in Bible study because you want to read the word.

You're in a new networking group for online entrepreneurs because you're a coach and that's where you want to meet other people that are doing the things that you're doing. You want to be surrounded by people with the same mindset, right? What are you doing in your life? Focus on your life. This is what you should be doing. In this stage, you should just be living your life. When a man wants to, he'll come to you. Focus on your life. You move around your life, okay? Your schedule, your priorities.

You should be smiling, you should be laughing, you should be present, you should be focused. Why are you doing things that are making you mad? Why are you doing things that aren't making you smile? Why are you doing things that you're not even focused on, you wish you could be somewhere else? This is proof that you have a life that you aren't liking. And if you have a life that you don't like, he is not gonna be interested in joining a life that you don't even like. This is so important.

# The *Feminine* ATTRACTION System

So, so important. So, why aren't you living a life and creating a life that you love? If you want to take a dance class, why aren't you taking it? If you want to be learning the guitar, why aren't you learning it? If you want to go to law school, why aren't you in law school? If you want to serve at your church, why aren't you serving? If you want to go take swimming lessons, why aren't you taking swimming lessons? If you want to learn baseball, why aren't you doing it?

Ask yourself these questions. When you are focused on yourself and building a life you want, you will be so attractive, you will be so happy, men will flock to you. One of the biggest reasons that you don't have a man interested in you, men aren't pursuing you, is because you aren't happy. One of the reasons that you're not happy is because you're not creating a life that you love. You're stuck at home all the time. Maybe you're in fear, in doubt, in security.

You are overweight, you don't have energy, you're always coping with food and it's making you gain weight so you have no confidence. Are you just overeating and just, you know, just let's think of the things that you're doing that don't make you attractive and happy and moving around. You're just stuck, sitting still, should be moving, okay? When you are, what happens when you're moving around living your life? He will come to you when he's interested because you're attractive, okay? Things you should be saying.

verbally and you know, like in your mind, right? I'm busy, but I could be free, right? He asked you out maybe, you know, I'm busy, but I can be free. I might be open to that, right? Time will tell. That sounds like fun.

These are things that you would be thinking that when you're busy doing something and somebody comes up to you out of nowhere and asks to get to know you more, somebody, or let's say you do know him and he wants to ask you out, the reason you're busy and you could be free and you might be open to that and time will tell is because you're not rushing, is because you have a busy schedule, it's because you have a life you love and you have things on your calendar because you have a life that you've created that you love.

And when he asks you, it might be that you're not available here. Like you have to check your, you literally have to check your calendar, right? This isn't fake. We're not, we're not, we're not faking our lives. One of the most important things that I teach my clients in my coaching program is do you have, do you have a life that you love? Are you creating a life that you're excited to wake up to every day? Right? I know I do. I, I wake up, I literally wake up every day excited to get out of bed.

I want to wake up at four in the morning. I have so much, so many fun things to do every day that I'm really excited about. And this is, I realise it's a blessing, it's a luxury, but this is, I created this. Life was not always like this for me. This is why I'm creating this program now. I

# The *Feminine* ATTRACTION System

want you to learn these things, right? And so because of this, because you don't know and you're busy and you might be open to that, you have to check your calendar.

This will create even more curiosity in him. It creates even more interest. Like, what does she do? What kind of a life does she have? She's so busy that when I asked her on Friday, you're like, I'm not available, but I can be available next Thursday. We don't cancel our plans for guys, right? And I say this in the most beautiful way, why? You've created a life you love. These are things that are on your calendar. You created them because you want them to happen. We don't stop our life for a man. Women do this all the time, and this is one of the biggest things that gets them in trouble.

if they stop living the life they love because somebody paid attention to them and they're so enamoured by it that they let their whole life go. I've done it. Many of you have done this before. We don't cancel our life just for a man. We make room for him and we'll say, you know, I'm not available this week, but I'm available, I'm not available for two weeks. Sorry, but that's when I'm available. And if a guy wants to know you and get to know you, he will wait.

and it just creates more curiosity, right? But you have to think about it. If you're not busy, why aren't you busy? Why don't you have things on your calendar, right? And we're not gonna lie and make things up, right? But you do wanna be living a life where you're busy and you have a lot of what I call oxytocin. This is one of the things I'll be talking about in the next module. You should have a life that's creating a lot of dopamine, oxytocin, serotonin, and endorphins. These are the four neurotransmitters that make you happy, that fill you up with joy.

If you don't have a life like this, you need to be creating it. Because this is what makes you happy and this is what makes you attractive to a man. It makes him interested, curious, it makes him come over. Okay? Because you're moving around. Next, the things that you want to keep top of mind. I'm the prize, right? I'm the buyer. I get to decide. I'm qualifying him, right? I'm not going to just jump at him. I get to decide. I'm the one determining if he's qualified to stay in my life or gain access to it.

right, to get to know more of you. He just saw you at the grocery store, at the post office, at Target, wherever. The other day I had a gentleman, I was buying some wine for Mother's Day, and I went to Target, and I was buying some, what's, mezcal, and Target now has alcohol behind a glass case, so there's a really handsome man standing in front of it looking, I think he was looking for the alcohol he was looking for, and I.

# The *Feminine* ATTRACTION System

stood up next to him and I walked in front of him. I said, excuse me, sorry. And walked in front of him and I stood next to him looking for the alcohol I was looking for. And he said, what are you looking for? And I said, I'm looking for some mezcal. And he's like, which one? I was like, you know what? I don't see it here. Like I thought that they sold mezcal here, but it's so weird I don't see it. And he's, he starts helping me look. He's like, I don't see any. I was like, I see tequila. It should be there. And we started talking and he was really, really, he's handsome. You know, I like the way he was dressed. It was like a Saturday afternoon.

such a cool guy. They didn't have mezcal because that particular Target didn't have it. And so I had to go to Total Wining and get it there. But I walked away, because then a woman had to come from Target and help us open the cabinet. And I walked away and he's like, have a good day, have a good day. And I walked away, I'm not going to be there and be like, so, no, I'm busy, I have things to do. I had plans that day, right? I had plans with a friend that evening so I could play music and do fun stuff. But I had plans, I had somewhere to be.

But he talked to me. He struck up a conversation. He found a reason to talk to me. We could have easily stood there, ringed the lady. He could have got us tequila. I got mine and we went to go. You know, we're ready to go. I asked him, I said, what are you buying? And he said, I'm getting this tequila. I was like, I love that one. It was a great brand. And it was the Reposado, the kind of brown tequila that I like. So we talked about it and he was really nice.

He probably had a girlfriend or something, because why wouldn't he have asked me for my number? I'm just kidding. I'm just joking. But I looked at his hand. He didn't have a ring, but he could have been engaged or whatever, but he was nice enough to strike up a conversation. So there are times where I'll strike a conversation with people, but I never do it in an attempt to try to get a guy's attention and try to get him to talk to me.

But I will make it easy and I'll smile. I always say good morning or good afternoon to people when I walk by them so that they can see that I'm friendly and that I'm welcoming. This is the next thing that I want to talk to you guys about so that they can come near and come talk to me. Men do not want to be rejected. Men do not want to fail. Rejection is a failure to them. And men do not want to be rejected. So they will come to you and they want to talk to a woman.

where there's at least almost a guarantee that they're gonna get a yes, that they're gonna get a win, that they will succeed, that they will win, that they don't fail. So some ways that you can let him know that you're open to come talk to you is make eye contact, okay? Look at him for more than just a quick glance, a couple seconds, okay? And then look away. Smiling, okay? Having your body language to where he can see it, where it's open and he can, and it's like a straight path to you or where he's near you, okay?

# The *Feminine* ATTRACTION System

smiling or talking and saying, you know, just like saying something to him, like, excuse me, or good morning or good afternoon or like the way he talked to me, right? Or I talked to him. It's very, he's the other. There's one time where I went to the grocery store and a gentleman, we both were, you know, like where they have fried chicken, like the rack where they have the rotisserie chickens.

Well, I got a couple pieces of wings, they had wings there, and he got three rotisserie chickens, I just grabbed three of them, he was this tall, handsome guy, I could tell he just left the gym or something, he was in workout clothes, and I remember thinking, dang, he wants that protein, right? So we both grabbed what we got, and then we both started walking together, we both walked to the same line, he walked in front of me, and I stood behind him, and I could just tell, he was like, put his phone away, I had my phone away, I make sure when I go places.

I don't have my phone out. I can make eye contact. This is another thing that I want to share with you is have your, if you're single and you want to meet people, do not have your phone out. Make sure you have it away. Don't have earpieces on. People will think that you're listening to something and they're not going to talk to you. They think that you're not available to talk to. So make sure you have your eye contact. You're looking at things. You're smiling. You look welcoming. Your energy feels good.

and he put his chicken up there and I put my chicken behind him. He put the separator and I could take it on looking at me. And I was like, we both had the same idea for dinner. And he's like, yeah, we did. And we had the gentleman in front of him checking out. This guy could not get his credit cards working. I don't know what it was, but this guy in front of me had so much time to talk to me. Never talked to me after that. I made it very easy for him. I was like, we both have the same idea for dinner. He's like, yeah, chicken, you know.

But he didn't talk to me. Again, I made it easy, but I was smiling, my phone was away, I was not talking to anybody else. And then I had an instance where I was at Total Wine and I was getting wine, and it was Veterans Day. And there was a long line, and there was, I was walking up, a handsome, handsome man in front of me. And then I was walking up, and this older,

older, older, older, I mean like in his 70s, 80s, gentleman was walking up. So we both walked up and he's like, go ahead. And I was like, nope. I was like, it's Veterans Day, come on. And he was wearing a Marine hat, like an old Navy or Marines hat. And I said, it's Veterans Day, of course you're gonna go in front of me. And he's like, thank you. I said, happy Veterans Day. Thanks for your service. And he's like, thank you. And then, so then this older gentleman is behind me. I didn't see him, but the older man in front of me, and then there's this handsome man in front of him.

# The *Feminine* ATTRACTION System

we're all looking at each other because the gentleman turned around, the handsome man turned around because he saw us talking and then the older man in front of me says, you better watch out for that guy in back of you. He bites. And I look and there's an older man. He's wearing the same hat that he's wearing. They probably know each other. It's veteran's day. And I said, you bite? I said, maybe you should go in front of me so that way you don't bite me.

and he starts laughing, the cute gentleman in front of him, right, the first guy, he's laughing, and we're just having this fun talk, and he's just like, he's like, what are you getting? And I was like, just a couple bottles of wine for, you know, to have for, I don't know, this is the time when I was drinking a lot, but I was like, a couple bottles of wine to have for the month or whatever, and he's like, it's good wine. And, but we were all talking, it was really fun, and that guy could have chimed in, you know, but I'm always willing to talk to people, I'm always happy, I'm always present.

Notice if you have a welcoming energy, if you're happy, if you're smiling, if you're on your phone and you're just like, if you're on the phone, no one's gonna talk to you. Men aren't gonna talk to you. And because they want, they almost want a little bit of security or like, okay, she's nice or she's not gonna reject me. She's not gonna be like, get out of here.

If you have a welcoming energy, if you're fun, or you're talking to other people, he'll say, she's talking to him. She'll probably talk to me. Yeah. And so I'm very playful. I'm not overly flirtatious whatsoever. I'm just very fun and happy. And this is a really great way to be so men can see that you're open and welcoming and they'll talk to you. Okay. Right. So they'll, they'll, he'll be interested in you and want to make the move. Okay.

What not to do? Do not go to him. Do not walk over to a guy and say, hey, how are you? Or what, like, no, no, no, no, no, no, no. He needs to come to you, always, right? Don't say too much. Don't just start blabbing about your trauma and your mom and your kids and your husband and yours, just a little bit of information. Make him curious. You don't want to give him everything. It leaves nothing to the imagination. He needs to be like, who is this woman? She only told me this, like that's it. Don't say a lot, okay?

Don't give him too much personal information. Again, I live here, I live over there, I'm going to work, I just came from, he doesn't need to know all that stuff. Let him not know, I don't know where she was going, where she was from, what she does for a living, I don't know, anything. And do not give him any compliments. I say this because a man should always be your desire for him, whether you like him or not, whether you're interested in him or not.

# The *Feminine* ATTRACTION System

should be a question. It should be a question in his mind. There should always be a curiosity for him. There should be anticipation there. If you tell him, I like you, you're so handsome, my God, your eyes, or you're so tall, you're dressed so nice, your car, your job, your money, what do you do? If you're giving him way too many compliments, there's too much confidence there. There's no curiosity, there's no anticipation. I got it in the bag. There's no thrill of the chase. Don't give him too much. Remember, men...

fall in love by giving. If you give way too much, even information, even compliments, especially information that you're interested in. If you give interest and you give information and you give compliments, there's no curiosity. There's no thrill or the chase.

Okay. All right. So I'm going to close this up right here and I'm going to come back and end this in a couple of minutes.