

The Inner
CIRCLE
Female pHd

INNER CIRCLE **APPROACH** **JOURNAL**



www.WingGirlMethod.com

INNER CIRCLE

APPROACH JOURNAL

I know you may be thinking “journaling is something 10 year old girls do”. But the reality is that journaling is one of the most powerful tools you will be using during the Inner Circle. Journaling helps you track and see what you are thinking, feeling and **DOING** during.

That’s why, during the duration of this course, I want you to keep a journal. You will need this journal for several of your GOYB exercises. But I also want you to do use it on a daily basis to journal about your progress AND your daily approaches.

Taking the time to write something down every time you take action will help you see how you are progressing and helps hold you accountable.

You are more than welcome to go and buy your own journal but we have also provided one. You can write into it online or you can print it out and write in it by hand. Up to you.

Here is how I want **you to use this journal...**

Objective: Your goal is to approach at least 1 - 3 people each day.

The journal should track each time you approach or see a woman you’d like to approach but don’t.

Write down the day, location, and as many details as possible (what is she holding, doing, wearing, etc.). If you do approach, include what went well and/or what could be improved.

Your entries will help you understand:

- Where you see women (even if you don't approach them), to illuminate where you should spend more time.
 - Come up with openers you could have used so you're prepared next time.
- The areas you're doing consistently well vs the areas you're falling short or not doing at all.
 - Set goals and an action plan to implement the areas you're struggling with
- What works and produces desired results, and what doesn't work.
 - Do more of what works!

The point is for you to see and take note of the effort you putting in and the work you are doing.

It will help you see your progress and coach yourself.

Now you may be wondering, why the heck does Marni want me to write down how I feel in the approach?

And the answer is, because knowing what you are feeling and learning identifying your feelings is what makes you a more authentic man. And being authentic is the core of charm.

This may seem backwards but the truth is that as a man, the more you are in touch with your feelings, the more authentic you can be with women.

Being aware of your feelings actually gives you more power. Suppressing your feelings is what leads to being perceived as “creepy”. Because women will feel your authentic internal state and react.

When you get more familiar with your feelings, you gain power over them! Below I have an emotional wheel with tons of emotions listed. I want you to use this wheel when you fill out the “feelings” section of this journal so you can clearly identify what you are feeling.

TRUST ME - this isn't me trying to turn you into an emotional sap. Its me trying to give you power within your emotions!

The more aware you are of what you are feeling, how you are feeling and where you are feeling it, the less you are in your head and more in your body.

Here is the emotional wheel. Review it and notice how many things you can feel. When you approach, go to this chart and see what you feel/experience and then label it.



You can download your journal below. Please save this file to your computer. Again, you can print it or you can write in it online. Up to you.

You can discuss this during your calls with the wing girls but it is mainly for you!

Entry #1

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #3

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #4

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #6

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #8

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #9

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #12

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #15

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #16

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #18

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #20

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #21

Date:

- Where Was The Approach:
- Who Did I Approach:
- What Happened:
- What Did I Learn:
- What Can I Do Better Next Time:
- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #23

Date:

- Where Was The Approach:
- Who Did I Approach:
- What Happened:
- What Did I Learn:
- What Can I Do Better Next Time:
- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #25

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #26

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #28

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #29

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #31

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #32

Date:

- Where Was The Approach:
- Who Did I Approach:
- What Happened:
- What Did I Learn:
- What Can I Do Better Next Time:
- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #34

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #35

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #36

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #37

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #39

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #40

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #41

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #42

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #43

Date:

- Where Was The Approach:
- Who Did I Approach:
- What Happened:
- What Did I Learn:
- What Can I Do Better Next Time:
- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #45

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #46

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #50

Date:

- Where Was The Approach:
- Who Did I Approach:
- What Happened:
- What Did I Learn:
- What Can I Do Better Next Time:
- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #51

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #52

Date:

- Where Was The Approach:
- Who Did I Approach:
- What Happened:
- What Did I Learn:
- What Can I Do Better Next Time:
- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #53

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #54

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #56

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #57

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #58

Date:

- Where Was The Approach:

- Who Did I Approach:

- What Happened:

- What Did I Learn:

- What Can I Do Better Next Time:

- What type of “energy” is she putting out and what “energy” are you putting out to her?

Entry #60

Date:

- Where Was The Approach:
- Who Did I Approach:
- What Happened:
- What Did I Learn:
- What Can I Do Better Next Time:
- What type of “energy” is she putting out and what “energy” are you putting out to her?