

# **GOYB**

# **(GET OFF YOUR BUTT)**

# **EXERCISES**



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## **WEEK 12**

Week 12's **GOYB** exercises are going to help you take things to the next level!

**This week, I have five GOYB exercises for you.**

- 1. Get Touchy**
- 2. I Want - Revisited**
- 3. What Animal Are You?**
- 4. Mr. FK (Mental Rehearsal For Touching)**
- 5. Sharing with Marni**

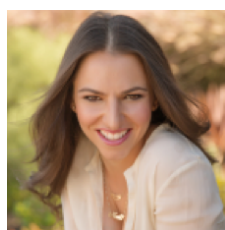
These exercises are meant to be fun. It doesn't mean they're going to be easy. ;-)

But they'll certainly be fun, and I promise they will lead you towards winning with women.

A man women want is a man that can push himself. Men who are stagnant are dull, unexciting. Men who strive for greatness and do the work are men that women want to be with. You're about to become one of those men!

I am here to assist you at any point and will help you navigate through these exercises. Ask me questions. Send me videos of yourself doing these exercises.

Whatever you want, I'm here to help!



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## **1. GET TOUCHY**

This is the **MOST** important, basic rule of all. Touch is the difference between friend-for-life and lover-every-night!

Touch is the silent way of telling a woman, “I’m not talking to you so that we can go shoe shopping tomorrow or so that you can cry on my shoulder about your ex-boyfriend. I’m touching you to let my intentions be known. I am not “friend” material.”

**RULE:** You must quickly establish yourself as a man who is comfortable with touch.

Here is the thing... the longer you wait to begin touching a woman, the more resistance you are going to face and the tougher it is going to be to make the transition from “friend” to “lover”.

In fact, you may never even get a chance to start touching because she might have already dismissed you as just another guy or a friend. You can’t blame women for this. They get hit on by so many guys that they have to make a decision pretty quickly whether or not they want to keep talking to you.

If she views you as friend, she is going to respond to you as a friend. **BUT** if you make her view you as a lover or a sexual option, she will start to view you that way.

That's why establishing touch early on in an interaction with a woman is key.

### **General Rules for Touching:**

- 1.** Make sure you touch a woman at least one time during a 2 - 3 minute conversation.
- 2.** Do not touch for longer than 2 - 3 seconds. Lingering touch is creepy.
- 3.** Do not over touch. If you touch too many times (more than 5 times in a 2 - 3 minute conversation), then you are an over-toucher, which says "friend".
- 4.** Areas to touch: small of back, shoulder, knee (if sitting), forearm.
- 5. NOTE:** If you are not comfortable touching, girls will not be comfortable being touched.
- 6.** Touching when you are giving a compliment just enhances the experience for a woman. This gives women a landing point.
- 7.** Most important rule: Pay attention to how a woman responds to your touch. The first time, she may tense up or freeze. That's normal. **BUT** if she does that the second time, hold off on all touching until the woman is more comfortable with you.

**Here's What I Want You to Do:**

Start touching women, people, everyone. Again, I don't want you becoming Pokey the Bear, but I want you to really get out there and work your touching muscle.

I would also like you to find three women (preferably friends) and ask them to assist you. Tell them you want to get good at touch but you have no idea what kind of touch is good and bad.

Then, ask them what they think. Ask where their sensitive spots are. Ask to tickle their arm and ask them if it feels good.

You are in research mode, so start researching.



**2. I WANT – REVISITED**

Remember the **I WANT** exercise from Week 1 that helped you get comfortable with asking for what you want?

Well we're about to take this exercise up a notch!

I Want – Revisited is about being specific and confident when asking for what you want with women.

I am sure there are women in your life that you are interested in right now. A woman at work who keeps making eye contact with you, but you're not sure what they mean. A "friend" of yours that you secretly want to see naked on a regular basis. A waitress at a place you frequent that you have wanted to ask out for some time but have never found the time.

You've got one of these, and I'm sure of it.

Remember what my private coaching client Jim learned about women:

"If I let a girl know my intentions, it won't be considered creepy if I make a move.

But if I approach her pretending to just be friendly (or asking the time, etc.) and then make a move, it's creepy."

Leaders tell you what they want. Followers assume you know and will give it to you automatically. Ask for what you want, not what you need, and you will have a better chance of getting it.

### **Here's How to Do It:**

So **I WANT** you, to get comfortable with saying what you want, but, first, you have to get comfortable with using the words I want.

For many people this phrase can be tough at first.

**I WANT** you to use the words I WANT five times per day.  
Tell coworkers what you want, people at stores, everyone.

And if you don't know what you want, take a breath and think about it.  
Then, say it out loud.

Women love decision makers. They love leaders, and they want to be with a man who knows what he wants and goes after it.

**NOTE:** They do not want a man that says what he wants and then refuses to hear what they want. They want a man with an opinion, not a pushover.

**I WANT!!!** I want you to continue pushing yourself to say I want. This is such an important exercise for two reasons. One reason is for you to acknowledge what you want. The other reason is for others to hear what you want. The two together are very powerful.

### **3. WHAT ANIMAL ARE YOU?**

In the bonus section there is an amazing (and short) mp3 that I want you to listen to called "Erika's Animal Persona". Erika is a woman I met, when I spoke at an event for women in NYC.

Erika informed me of a quick tool she provides women, on how to quickly find confidence in every situation.

She selects an animal for each woman and provides the attributes to each animal for quick recall. Before going out, or in a moment of doubt, you remember your animal persona and are able to quickly re-find your confidence and stable state.

### **Here's What I Want You to Do:**

- 1.** Listen to the audio.
- 2.** Select an animal out of the for she recommends for men (or select your own).
- 3.** Write down the animal on a piece of paper, as well as the attributes.
- 4.** Before you go out this week, practice owning your animal persona in the mirror. Let it get into your body, your mind and your face.
- 5.** Write it down on a piece of paper, so that if you need it when you are out you can use it!
- 6.** Have fun.
- 7. BONUS:** Share about this little tactic with a woman BUT tell her what animal you think she may be. Make sure that the animal and attributes you assign are strong, confident, and feminine. A weak animal will insult her.



## **4. MR. FK (MENTAL REHEARSAL FOR KISSING)**

This exercise comes in two parts. One part is a new rule that I want you to implement. The other part is mentally rehearsing the perfect kiss.

### **Here's What I Want You to Do:**

#### **PART 1: Just Go For It!**

I want you to block out all doubtful thoughts like, “What if she doesn’t want to kiss me?” or, “I want to be a gentleman and not make her do something she doesn’t want to do.” Those gentlemanly statements are simply excuses. The truth is that you don’t want to get rejected and look like a fool.

I hear ya! But if you have been doing this program and all the exercises, you know that a woman can never “really” reject you because rejection means nothing to you anymore. A woman can never truly reject you and you will **NEVER** look like a fool because you don’t need. You want, and you are okay with not getting.

#### **Tool Attachment:**

It’s time to instate a new rule.

**NEW RULE:** "When I decide that I want to kiss her, I touch her (let her know my intentions). Look her in the eye. Do the **triangle gaze**, giving her ample time to respond. Then, kiss her." Honestly I turn to mush even when I just type that. :-)

It's assertive, confident, and **GENTLEMANLY!!!**

She'll let you know if she does not want anything. Even if she turns her cheek, kiss her cheek then slowly move away and smirk at her.

Think to yourself in your mind, "I know you want me. I'll get you next time." Then, leave!

## **PART 2: REHEARSE IT MENTALLY**

Sometimes situations for practicing are not always at our fingertips. Good thing for us, we're human and have the amazing capability to use our imagination. We can literally practice in our minds.

I learned about the concept of Mentally Rehearsing from the book **Psycho Cybernetics**. A book used by top sales men and pro athletes around the world to practice and enhance a skill. Through the power of imagination you can practice even when you are at home by yourself. It's especially great for situations that you don't typically have on a regular basis. Like kissing, sex, touch etc...

I want you to mentally rehearse what it would look like to give the perfect kiss.

Then, write it out and rehearse it in your mind each night. You can even act it out in front of a mirror.

Provide yourself with many different scenarios so that you are calm and prepared for whatever situation comes your way.

For more information on the theory behind Mental Rehearsal, check **Psycho Cybernetics**. I strongly recommend it because it is a book that really helped me be proud of my self-image and helped me understand what confidence really means.

## **5. SHARING WITH MARNI**

At the end of each **GOYB** week, I want to hear from you. Your final exercise is to email me, and **SHARE** about this week's exercises.

Send an email to **insider@winggirlmethod.com** with the subject line: **What I Think - Week 12** and answer the following questions.

- 1.** What did you think of the exercises?
- 2.** Why do you think what you think?
- 3.** Did the exercises help you?
- 4.** Why do you think they helped/did not help?
- 5.** What did you notice about others?
- 6.** How did the exercises and people's reactions made you feel?

And we are done!!!! I had written this whole long motivational speech for you so you could go forth with extreme confidence. But then I realized something. If you've done the work in this program and really put it to practice, you no longer need that from me because you are now a man who is comfortable in his own skin who is confident in his choices, actions and words. ;-)

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I do want to say that it has been a pleasure to give you all of this information and I'm so proud of you for sticking with it and making your goals happen!



**Marni**  
***Your Personal Wing Girl***

**Questions, Concerns or Want To Share?**  
**Email me: [insider@winggirlmethod.com](mailto:insider@winggirlmethod.com)**