

IT'S TIME TO **TURN** **YOURSELF ON**

WORKBOOK



The Wing Girl Method

IT'S TIME TO **TURN** **YOURSELF ON** WORKBOOK

LET'S GET ONE THING STRAIGHT...

Don't start getting dirty on me - this isn't that kind of "turn on."

Before you can become magnetic to women, you've got to know how to turn yourself on.

That means looking within and realizing why you're already valuable, attractive, and desirable. This workbook is going to help you do exactly that.

Together, we're going to build a personalized, powerful profile of who you are and what you bring to the table.

Every task here is designed to boost your clarity, confidence, and connection - not just with women, but in every area of your life.

Let's do this.

HOW TO USE THIS WORKBOOK

There are 5 core tasks in this workbook:

- 1.** Setting Your Goals
- 2.** Defining Your Self-Worth
- 3.** Establishing Your Boundaries & Expectations
- 4.** Understanding Your Passions
- 5.** Believing You Are Sexy

There's also a **Final Reflection & Next Steps** section at the end.

Take your time. Be honest. There's no right or wrong - only real.

And real is always more attractive than polished or perfect.

You can write your answers, type them, record them, or even talk them out loud. You're free to share them or keep them private.

Need support? Email me any time:

insider@winggirlmethod.com

TASK 1: SETTING YOUR GOALS

TASK OUTLINE

List your current goals with women.

RULES

Answer openly and honestly. There's no judgment. These questions are about clarifying what you actually want - not what you think you're supposed to want.

Do not list physical traits like "tall," "blonde," or "athletic."

Focus on qualities, experiences, connection, and lifestyle alignment.

PURPOSE

Before you start "doing," you need to know what you're aiming for.

You're wired to be focused and driven - but right now, your energy may be scattered. This will help you narrow your focus.

Your big-picture goal should always be to become the best, clearest version of yourself. From there, we'll define what that version of you wants to experience with women.

GOAL CLARIFICATION QUESTIONS

1. Complete the following:

- *Women are...*

- *I want a woman who....*

- *The type of man I'd like to be with women is...*

- *I want women to feel/act this way around me...*

2. What do you want *from* a woman?

3. What are you comfortable *giving* to a woman?

4. What type of women do you want to meet? (Beyond looks)

5. What kind of women do you not want to meet?

6. What kind of relationship are you looking for?

7. Where do you currently meeting women?

8. What are you doing now to meet women?

9. What could you change or improve to get better results?

Take your time answering. The clearer your answers, the easier it becomes to lead in your dating life.

TASK 2: DEFINING YOUR SELF-WORTH

TASK OUTLINE

List and describe 5 - 10 great things about you.

RULES

Yes, you're allowed to brag here. This is for you - not for impressing anyone else.

Most men skip this part because they think it's arrogant. But here's the truth:
If you don't know what's great about you... how would anyone else?

PURPOSE

This task helps you identify the core qualities that make you valuable. Confidence doesn't come from what others think - it comes from knowing your worth.

DEFINING YOU (REAL EXAMPLE)

One client once said to me:

“I really can’t think of a single reason why someone would want me.”

That broke my heart. And it fired me up.

Because this guy had already:

- Moved across the country alone
- Built a career in tech
- Taken initiative to work with me
- Overcome major life setbacks
- And still got up every day wanting to grow

That’s sexy. That’s strength.

We unpacked all that together. And he started to see it.

Now it’s your turn. You’ve got strengths, talents, life experiences, and growth under your belt. List them. Own them.

If it feels hard - that’s okay. Walk away and come back later. But don’t skip it.

YOUR SELF-WORTH PRACTICE

Once you've listed 5 - 10 things you genuinely admire about yourself:

- 1.** Read or listen to that list every morning and every night for 10 days.
- 2.** On Day 10, read it to someone you trust - a friend, sibling, mentor.
Ask them if they'd add anything.

This is how we rewire your brain to believe the truth about you - not the insecure version you've been repeating for years.

Let's go.



**Questions, Concerns or Want To Share?
Email me: insider@winggirlmethod.com**

TASK 3: ESTABLISHING BOUNDARIES & EXPECTATIONS

TASK OUTLINE

Define your personal dating and relationship boundaries.

RULES

Be honest. Be clear. This is about your standards - not what you think women want to hear. It's okay to have expectations. That doesn't make you "too picky." It makes you intentional.

Don't list vague stuff like "I just want someone nice."

Be specific about your limits, deal-breakers, and emotional needs.

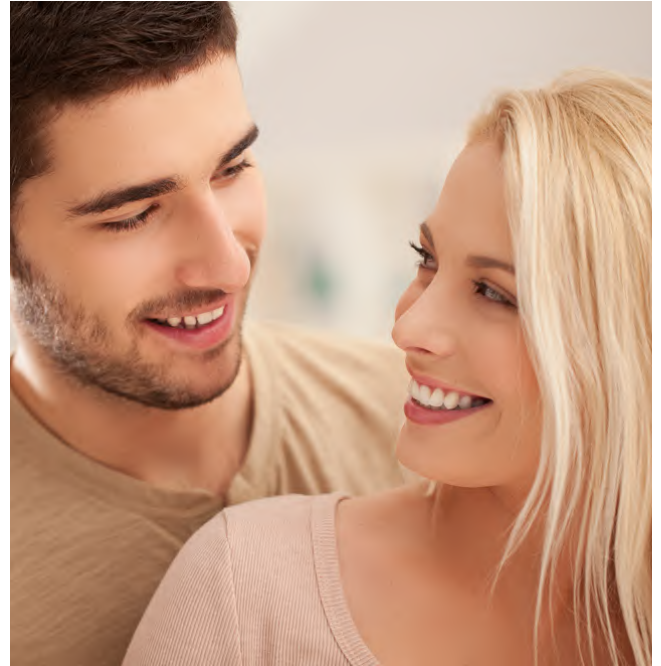
PURPOSE

Boundaries are attractive. They show confidence, self-respect, and emotional maturity. When you know what you will and won't tolerate, you stop chasing approval - and start choosing aligned connections.

CREATING **YOUR PERSONAL DATING CODE**

Let's define your internal "dating rule book."
Answer the following:

- 1.** What will you no longer tolerate from women?
- 2.** What are your relationship deal-breakers?
- 3.** What kind of behavior from a woman would make you walk away?
- 4.** What kind of behavior do you need from a woman to feel safe, respected, and inspired to open up?
- 5.** What are your **non-negotiables** for physical, emotional, and lifestyle compatibility?
- 6.** What are the **green flags** - things you know you're looking for in a healthy, fulfilling relationship?



These are *your rules*. Not mine. Not society's. Yours.
Write them clearly and revisit them often.

BONUS INSIGHT: BOUNDARIES = FREEDOM

Most guys think having boundaries will scare women off.

But here's the truth:

Strong, high-quality women **respect boundaries** - and are instantly turned off by guys who have none.

The moment you get clear on your expectations, you start attracting women who can meet you there - and repelling the ones who can't.

That's not rejection. That's alignment.

TASK 4: UNDERSTANDING YOUR PASSION

TASK OUTLINE

Identify what excites you, motivates you, and lights you up outside of dating.

RULES

Be honest and broad. This doesn't have to be hobbies or bucket-list items. It could be moments, conversations, causes, or values.

Ask yourself:

- What energizes me?
- What would I do with a free weekend?
- When do I feel most like myself?
- What do I talk about with passion?

PURPOSE

Attraction doesn't come from what you do - it comes from how lit up you are while doing it.

When you're turned on by your life, others feel that. It's electric.

This section is about reconnecting to that current.

Questions, Concerns or Want To Share?

Email me: insider@winggirlmethod.com

FIND YOUR FLOW

Write down at least 5 things that:

- Make you lose track of time
- Make you feel in flow
- Make you feel alive and engaged

Then answer:

- 1.** How often are you doing these things right now?
- 2.** How can you do more of them?
- 3.** Which ones could you share with others (or with a future partner)?
- 4.** What's one thing you used to love that you've let go of - and want to bring back?

You don't need to wait to feel passionate - you need to create space for passion to return.

TASK 5: BELIEVING YOU ARE SEXY

This one might feel weird.
But it's important.

TASK OUTLINE

Acknowledge the parts of you - physical, emotional, energetic - that make you sexy.

RULES

You don't need abs. You don't need a perfect voice. You don't need to be 25.

Sexy is about energy. Confidence. Presence.

It's how you speak. How you listen. How you carry yourself.

This is about identifying what already makes you magnetic - and allowing yourself to feel that.

YOUR SEXY AUDIT

Answer these questions:

- 1.** What parts of your body do you actually like?
- 2.** What energy do people compliment you on most?
- 3.** When was a time a woman responded strongly to you - and why?
- 4.** What's one thing about yourself that's underappreciated but incredibly attractive?
- 5.** What's your favorite way to flirt - and when does it feel natural?
- 6.** What are you learning to love about yourself?

REMEMBER: You don't have to be everyone's type.

You just have to own your energy and stop apologizing for who you are.

Questions, Concerns or Want To Share?

Email me: insider@winggirlmethod.com

WHY THE "DO YOU FIND ME SEXY?" EXERCISE WORKS

My goal for this exercise is not to embarrass you but empower you and I'm sure you are wondering what the heck will this exercise do for me and why should I do it?

Well - there 5 reasons:

1. IT EXPOSES THE FEAR OF REJECTION – AND DISMANTLES IT

Most men **assume** women don't see them as sexual or desirable - especially if they're not tall, rich, ripped, or smooth.

Asking directly brings that fear **into the light**, and often... it's **wrong**.

The truth is: women **do** find a wide range of men sexy - for reasons men often don't expect (confidence, intensity, presence, humor, grounded energy).

2. IT CREATES REAL– WORLD REFERENCE POINTS

Most guys are working with **false data**:

"If she didn't flirt back, she's not into me."

"I'm not her type, so I'll stay in the friend zone."

By getting honest, real-time responses - even if they're mixed - a man starts to replace assumptions with **actual feedback**.

This grounds his confidence in truth instead of insecurity.

Questions, Concerns or Want To Share?

Email me: insider@winggirlmethod.com

3. IT REFRAMES "SEXY" AS AN IDENTITY – NOT AN OUTCOME

When a man hears that he's sexy (or hears *why* he's not coming off that way), it becomes easier to shift:

"What would a sexy version of me say here?"

"What does it feel like when I own my desire *without* shame or fear?"

It moves sexiness from some "end goal" to something he **radiates**.

4. IT BUILDS EMOTIONAL RESILIENCE (A SCOTT GALLOWAY CORE PRINCIPLE)

Scott Galloway often talks about **exposing yourself to hard truths** as a way to grow. This exercise is a perfect example.

Even hearing "no" or "not really" builds **emotional calluses** - the kind that lead to strength, authenticity, and risk-taking.

And often, the man is shocked by the **yeses** he gets from women he never expected.

5. IT CHALLENGES "NICE GUY" ENERGY

Asking this question requires:

- Ownership of desire
- Comfort with tension
- Masculine vulnerability

It *automatically breaks the nice-guy pattern* of passively hoping women notice or give permission.

WHAT THIS EXERCISE CREATES:

- Real feedback
- A sense of **playfulness and power**
- More truthful, embodied confidence
- A reminder that **men are sexy when they own it** - not when they wait to be told

FINAL THOUGHTS + NEXT STEPS

You've completed the workbook - and if you were honest, you're already feeling more clarity, power, and direction.

This isn't about becoming someone new.

It's about **revealing the man who's already there** - by stripping away self-doubt and outdated stories.

Next step:

Revisit this workbook weekly for 30 days.

You'll be shocked at how your answers evolve as your confidence deepens.

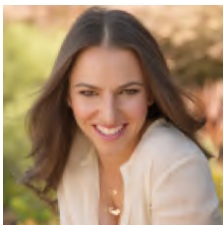
Want feedback or want to share what came up?

Email me at: insider@winggirlmethod.com

Subject: **My Workbook Reflection**

You're already turning yourself on.

Now let's show the world what that looks like.



Marni

Your Personal Wing Girl

insider@winggirlmethod.com