

**The Inner  
CIRCLE**  
Female pHd

# **GET A LIFE & GET OUT THERE**

## **WORKBOOK**



***The Wing Girl Method***

# **GET A LIFE & GET OUT THERE WORKBOOK**

There is nothing sexier to a woman than a man with a full life of his own. One that she can become a part of, or even mesh her life with.

Plus being social and being part of some community helps you be happier, live longer and enjoy your life.

That's why for this week, we are going to do a deep dive into your life and investigate the world you live in every day and see if we need to expand it, grow it or change it up.

Your day to day world is not only going to attract potential partners, it's also going to help you meet and connect with them as well.

If all you do each day is wake up, go to work and then go home, it's going to be pretty tough to meet women ;)

This part of the program can be very challenging but that's why the Wing Girls are here to help you.

We'll help you figure out where to go to meet women, what activities, communities and hobbies you can start to explore AND we'll make sure you actually go out and start expanding your world. A.K.A make you sign up for things and then make you go!!

What we're aiming to do is help you shake up your day to day and also get you back in the mix of things so you can: Have Fun, Feel Good About Yourself AND Meet Amazing Women.

Women do not want to share a life with someone that has nothing going on in their life. I'm not trying to turn you into Mr. Social and have you go out every night of the week.

What I'm trying to do is get you a life. A life that you enjoy. A life that reminds you that you are still young and alive. A life that helps you prioritize you and has you being less needy.

And I'm trying to get you to have fun!

### **Why Your Social Life Fuels Your Dating Success (And How to Build It)**

If you want a thriving dating life, you need a thriving personal life. Too many men make the mistake of thinking that dating exists in a vacuum—that if they just learn the right things to say or improve their confidence, the right woman will magically appear. But attraction doesn't work that way. The men who are most successful with women aren't just good at dating; they have full, engaging lives that naturally attract people to them.

A strong social life isn't just about meeting women—it's about building a fulfilling lifestyle. Studies show that men who have a sense of community not only feel happier and more connected, but they also live longer. Isolation is one of the biggest risks to long-term well-being.

Having close friends, social activities, and a network of people you can rely on isn't just good for your dating life; it's essential for a healthy, rewarding existence. And the best part? When you're out in the world, engaging with people and enjoying life, meeting high-quality women happens naturally.

Think about the kind of life you want to share with someone. If your world is small-work, home, repeat-you're not creating the kind of dynamic energy that draws women in. Women want to be part of a man's world, not his escape from boredom.

When you have hobbies, friendships, and a social network, you bring more excitement, confidence, and fulfillment into your relationships. It also prevents the common dating mistake of putting too much pressure on one woman to be your source of happiness.

Building a social life doesn't mean you have to become a party animal or do things that don't feel natural to you. It means making small, intentional changes to expand your world. Say yes to invitations. Join a group or activity that interests you. Strengthen friendships that have fallen by the wayside. The more engaged you are in your own life, the more naturally attractive you become.

Your dating life isn't separate from your personal life-it's a reflection of it. Build a life that excites you, and the right women will want to be part of it.

This workbook is going to help you get very clear on the social life you currently have and the social life you want. It's also going to help you plot of your path to actually getting that social life.

It's time to get active in activating your social life.

**START HERE:**

# 1. GET COMMITTED

**A.** How often are you **COMMITTING** to going out and getting into social environments?

**Your Answer:** I promise to commit \_\_\_\_\_ days a week to being social.

**B.** Which days of the week?

\_\_\_\_\_

I suggest a minimum of 2 nights per week to dedicate to being social and 1 weekend day.

For the next 4 weeks, while completing this system, it will be your responsibility to fill these times with social activities.

**RULE:** Every week should include 1 social activity.

If you are a single parent, then plan in advance and have 1 night where you have a social night every week so you can get a sitter or make arrangements. Even if that one night is spent just relaxing you will be getting something out of it.

**C.** What is your budget for being social?

I can spend \$\_\_\_\_\_/week on being social.

## **2. SOCIAL BRAIN DUMP**

**A.** It's time to do a social Brain Dump!

Grab a paper and pen and write down every hobby, group, activity and thing you are interested in trying/doing. If you have a wipe board even better.

When you can't think of anymore, stop writing and leave the list alone.

**B.** *Can't think of **anything** you want to do?*

**Suggestions:**

Running club, improvisation classes (Wing Girl Approved), Painting, Dancing, Volunteering, Reading, Cross Fit, Yoga, Adventure Sports.

**C. BONUS:** Select 1 activity that, in the past, would never appeal to you. Something that is totally out of your comfort zone and something you would typically not do. I want you to expand your beliefs about yourself.

Just because, at this time, you don't see yourself taking a white water rafting adventure or a tango class, doesn't mean you won't enjoy it. PLUS, it's a great conversation starter. Remember, the more things you experience, the more you have to share, the more you can talk about and the more interesting you become. Get comfortable with being uncomfortable!

Still stuck? Ask 3 people in your life to tell you what they would like to do and then try those things if they peak your interest.

**D. BONUS:** You can use your activity search as a question to ask women and/or start conversations. This is called a Mission Statement. Something you are working on right now. Your mission.

I will discuss this in greater detail on week 4 but for right now use your mission of searching for activities as a way to start conversations.

“I’m trying to find a new hobby because I want to challenge myself but nothing is popping out at me. What do you do to challenge yourself?”

### **3. SEARCH & SELECT**

Now that you have your list, you gotta find locations and spaces to start going. You’ll want to narrow down your list to your top 10 items and start searching for activities, groups, hobbies, things you want to do in and around your area. Spend -1hour max doing this.

#### **Search Sources, Tips and Tools:**

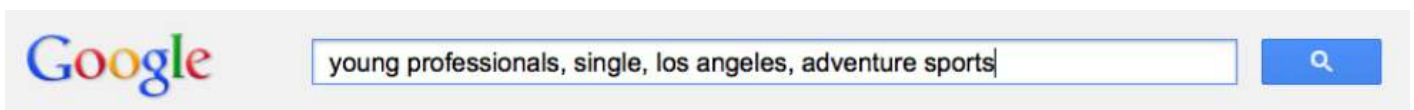
**A. Meetup.com** – Great source for founding activities and groups in and around your area. You can do a general search using your zip code OR you can narrow it down by activities. There are many other sites like this but you will need to search and see what is in your area.

That's what B is for....

**B. GTS** – Ever heard the term Google That S\*&T? Well it's commonly used when people ask question and the common response is GTS (Google That S\*&T). Everything can be found online.

You can find anything on Google but you want to be very clear on what you are searching for. *Example:*

If I am 37 year old, young professional wanting to interact with other singles who enjoy adventure sports in Los Angeles search:



TONS of stuff will come up. It's up to you to research and see what catches your eye.

You may not like every group that you find, but you never know till you get there. Try it, see if it's you. If not move on. If yes then amazing!

**C. Search Singles Activities** – You typically want to go where the singles are so what better place to go than single events: speed dating, mixers etc...

Remember that each person you meet does not have to be potential for dating; they could be a path to meeting another great person. Broaden your social circle.

**D.** Start Your Own Group - Not finding the group you want? Means other people may be having the same difficulty. Best way to step into a leadership role is to become the leader. Start a group and let people know about it.

**E.** Throw Your Own Events - I am pretty sure you have a pool of great people around you so step into a leader role and start throwing your own events and pull those people together. Dinner parties, pot lucks, poker nights, happy hours for the office, comedy nights, game nights.

**F.** Friends With Benefits - There is nothing wrong with asking for a little assistance sometimes. So start benefiting from your friendships and start asking them to hook you up. You are only 1 person and you have to cast a wide net.

Ask 5 friends you trust to introduce you, set you up with their single female friends.

Once you are done fully exploring all your options. Select the activities/events/groups select 10-4 that you will do/attend. Do not select ones that are the easiest, select the ones you really want to do.



## **4. MAP IT OUT**

Map out your social calendar.

Plug in dates and times of events for you to attend over the course of the 4 weeks. You will continue to use this calendar after the program is completed.

\*Select 1 day a week that sets aside 15 minutes to find new activities.

**\*\*Note:** You are NOT going to like every event you go to. In fact, expect to downright hate some. But each time you go out it adds a layer to your and your efforts. It also adds to your story about this time in your life.

You can use these stories of trial and error as great conversation at these events/places or on dates!!

## **5. GO TO THE EVENTS/PLACES :-)**

Now that you've found the events you have to go to them. As a rule, anything that is in your calendar you **MUST** do. All of us would rather sit at home and watch TV instead of go out and put ourselves in awkward situations.

## **6. GET INTERESTING**

This exercise of activating your social life is interesting on its own. As I said above, share your journey. It's interesting.

But also expand your mind in more ways that get you more engaged in the world so that you have more to talk about with others.

**1. Subscribe to a publication like The Week**, or you can get it for free at: <http://www.theweek.com>.

Magazine like the week pool together news from around the world and discuss many topics.

I like this because it gives little summaries about what is going on. Add this to your social calendar that each day you will go onto the site and read 3 stories on it. This is how you gather up information to share when you go to your social events.

Not sure what to say to people? Tell them about something you read and ask what they think about it. Listen to them. Let them know your listening and then let them know what you think.

I talk about this how to talk to people/women in greater detail later in the program. I'll introduce you to a system called OSA. Observation, Sharing, Ask!

**2. Watch Youtube.** I get all my “**learning education**” on YouTube. I’ve literally done a 2nd degree on there.

Each week, think of a topic that you’d like to know more about and then search for it. See what pops up and learn.

Just like I said above for reading about the world, you can do the same with what you’ve learned on YouTube.

For example, this week you want to learn about the most interesting pools ever built around the world. Talk about that!

Then next week learn about the tallest structures in the world. Be interested and curious about everything!

**3. Watch TV shows.** I know you didn’t think I would suggest this cause it sounds more like a hermit exercise but it’s not. Much of what gets discussed today has to do with the shows we all watch. “Did you watch nobody wants this on Netflix???”. Become a part of watching what others are watching and spread the word on new things to watch.

These are just some ideas but there are many more ways to get you involved in the world!!!

As I said before, the goal of this time is to expand your world.

If you have any trouble with any of the things in this workbook, tell us about it. You can email me or you can talk to your wing girls about it!!!

We are all here to help :)

And remember, have fun. Even though this will be tough and at times hard and discouraging, try to find the fun in it.



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