

# GOYB

# (GET OFF YOUR BUTT)

# EXERCISES



# **GOYB** **(GET OFF YOUR BUTT)** **EXERCISES**

## **WEEK 6**

As you know by now Weeks 5 and 6 are all about getting off your butt and activating your social life. Your Get A Life & Get Out There workbook assists you with plotting out exactly how to do this.

Now, it's time to put everything to action. In this week's **GOYB** exercises, you are going to start experimenting with how you present yourself to the world not just to women, but to everyone.

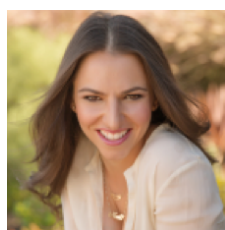
This includes body language, voice tonality, eye contact, and style!

**This week I have eight GOYB exercises for you:**

- 1. Look At Me Fool**
- 2. The Silly Walk**
- 3. Voice Tonality**
- 4. Seduce With Style**
- 5. Attending Events**
- 6. Juvenile Dysfunction**
- 7. The Shadow Game**
- 8. Sharing With Marni**

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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# **GOYB** **(GET OFF YOUR BUTT)** **EXERCISES**

## **1. LOOK AT ME, FOOL**

The Signs!!! Oh, the Signs!!! I know that we all wish that people wore big signs on the top of their heads that state exactly what they are thinking and feeling at any given moment. But, unfortunately, they do not. This is why we must rely on what we know best to make decisions, **OURSELVES**.

I believe that you only need one sign to tell you whether or not you should take action. And it's the sign in your head that says, "I want to take action".

So, how can you take action to get a woman's attention without relying on her to "tell you" whether or not you can approach.

### **EYE CONTACT!!!**

This week, I want you to explore making eye contact. This exercise will help you learn the best way for **YOU** to make eye contact even before you get into a conversation.

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

Every day, when you are out doing your approaches and noticing people around you, I want you to take notice of what happens when you make eye contact with people.

Here's a little insight into what I have noticed by doing this exercise myself.

I noticed that I typically look away when I get caught making eye contact with another person. It doesn't matter if they are attractive, male or female. My automatic reaction is to look away.

I noticed that others do this, too . This is mainly because getting caught making eye contact, for some reason, feels vulnerable.

You may notice something completely different than I did, but, for each day of this week, go out and notice. Formulate your own theory on eye contact.

Then, after noticing, I want you to make an active effort to hold eye contact with every person whose eye you catch, no matter what.

**THEN** smirk.

**BONUS:** You can even wink if you are up for it.

What this does is show that you are grounded and confident. Most people look away, but a truly confident man can hold eye contact **AND** be comfortable with it.

The fact that you can hold eye contact actually hits a sensory nerve in the primal brain, which will make a woman pay more attention to you.

1. Notice.
2. Create a theory.
3. Hold eye contact.
4. Play around with it (smirk, wink, etc.)

## **2. THE SILLY WALK**

Remember the Groove Method from Week 1? This is a little bit of an extension in getting more comfortable in your body.

Your body and body language are some of the first things people see before and while they are interacting with you.

Some common poor body language I have noticed with men over the years are:

### **1. HANDS FLAILING**

Hands flailing around like one of those silly balloons that grab the attention of potential customers. Flailing signals nerves. And nerves signal discomfort. If you're uncomfortable, she's going to be uncomfortable.

To combat the flailing arms, lock your hands in front of your body or put them casually in your pocket.

## **2. CLOSE ENCOUNTER**

I can't stand it when guys stand too close to me. It feels attacking and aggressive. It's also very uncomfortable when a guy stands in front of me directly, face and body in line with mine.



To combat this, make sure you put a nice amount of distance between you and a woman (or any person) you are talking to. Think, “If she had bad breath, could I smell it right now?” If yes, then move back. If no, you're all good.

Stand at a 45 - degree angle. Again, not face on-at an angle. It's less aggressive, and it says “I'm in, but not fully in just yet”.

*The Silly Walk* is based on an exercise I did a few years back. It's a continuation of *Look At Me, Fool* because it's about, first, noticing and, then, deciding what works best for you.

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

I would like you to take notice of different kinds of walks. What walks do you see as confident? What walks do you see as masculine? Calm? Powerful?

Then, emulate these walks. Try out different styles of walks and take notice of:

1. how you feel when you walk a certain way.
2. how people respond to you when you walk a certain way.
3. what is most comfortable to you.

Then...

4. Share it with me. Take a video of you walking the way you have selected, and send me the video.

**BONUS:** If you can do one day of doing the silly walk from Monty Python you get bonus cool fun points. Remember, everything in this program is research and for you. If you can't have fun with yourself, who can you have fun with?

### **3. VOICE TONALITY**

There are many men who I encounter that, for some reason, speak in a very monotone way. I'm not sure why this is, but it makes it harder for me, as a woman, to **FEEL** them.

The primary source that women use to evaluate whether or not they are attracted to a man is their gut. Sounds gross I know, but it's true. Women feel you. They feel your character, your value, and who you are as man within seconds of meeting you.

If you have a monotone voice tonality, it makes it more challenging for a woman to feel you. Your voice can reflect passion, confidence, leadership—all the characteristics we look for in a man we want to be with.

So let's start experimenting with your voice tonality. Break away from monotone and start becoming multi-tone. I made up that word I think.

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

Very similar to The Silly Walk and Look At Me, Fool, this exercise is about experimenting with what works for you. But it's also about pushing yourself to try new things and see if they fit.

- 1.** Notice. Start taking notice of how you talk and how others talk. Are you/they loud? Soft? Monotone? Do you/they command attention?
- 2.** Ask your friends what they think of your voice tonality.
- 3.** Then, start experimenting with your voice.



## **4. SEDUCE WITH STYLE**

I am not going to lie. Looks are important to women, just not as important as you think.

Women do not value looks the same way that men do. **BUT** when you feel better about your overall look, you increase your confidence, especially with women.

Putting your best self forward always increases your chances for success.

A hair cut, a shave, a few minor adjustments to the wardrobe—all of these things can give you a quick confidence boost, improve your look, and increase your success with women.

Style is an extension of you. It's, initially, how you can convey messages to others about who you are before you even open your mouth.

This is why I want to introduce you to Goldie, who is my Wing Girl and Stylist to the Stars. She is also a woman who is going to help you discover your style!

She is going to help you make your outside look as amazing as your inside.

## Here's What I Want You To Do:

Use the coupon below and send an email to [style@winggirlmethod.com](mailto:style@winggirlmethod.com) subject: **Seduce With Style**



### **FREE STYLE SESSION WITH ERIN**

**All Inner Circle Members Get A Free Style 30 Minute Consult With Celebrity Stylist Erin**

To schedule your Style Check follow the link below to select a day and time...

<http://erindelaroca.com/stylecheck.html>

And once your appointment is confirmed please email 5 full length photos/selfies that best represent your current style to [erin@erindelaroca.com](mailto:erin@erindelaroca.com)

### **Your Free Style Session Includes:**

- A Skype or phone session where you and Erin will find out who you are and decide what look is best suited for you
- An assessment of what you are doing right and wrong with your style and grooming
- A full description stating the concept of your new look and why Erin chose this look for you
- Step-by-step instructions on what to buy, where to buy it, and how to wear it correctly
- No sugarcoating, no fluff, just straight-to-the-point, productive USE-ABLE information that you can put into action straight away!

Erin will get in contact with you and schedule your call within 72 hours. You can use this service at any time during the 12 - week system.

## 5. ATTEND EVENTS

Since, last week, you created a full social calendar of events, activities, and things to attend and be social at, you will have ample opportunity to practice each of the above exercises.

### Here's How To Do It:

Attend these events. ;-)

## 6. JVM (JUVENILE DYSFUNCTION METHOD)

What ever happened to fun? For many men, it's hard to remember that... Dating is fun! Sex is fun! Interacting with people is fun! So it's time to bring the fun and start acting like the teenager you used to be.

I want you to have fun in your own world. The first half of this program is ALL about you-what you want, who you are, your life. This exercise will require you to put yourself out there and say to the world, "It's my world, and I want to have fun. I don't care what you think."

The interesting thing you will notice is that doing some of the things I am going to advise you to do will actually get the opposite reaction that you are expecting.

**NOTE:** As much as you like to think everyone is watching you, they're not. Sorry to say it, but they don't give a sh\*t about you. Their too busy caring about themselves. People walk around like zombies. It's time to wake them up and show them that you are different.

**Here's How To Do It:**

Do at least three of the following:

- Break out into dance in the middle of the street for 30 seconds, and then continue walking.
- Say something to someone random that makes no sense to them but only makes sense to you like, "I love it when bumble bees sing *Happy Birthday*. Makes me smile. Can I order a pizza please?"
- Start taking notice of how interesting the world around you is, and start saying the things you think in your head out loud. "That's pretty." "The coffee is hot." "You're pretty." No holding back. This is your world and you inviting people into it.
- Break into song on the subway or in an elevator.
- Come up with something silly and original that you have always wanted to do and **DO IT!**



## 7. THE SHADOW GAME

You can't let a woman's words rattle you. I know that your words, as a man, are real. They express what you feel, what you want, and what you don't want.

For women, words are simply words. They are just a verbal display of her emotions. What you really want to pay attention to is what is being said **BEHIND** the words. Women express with their emotions, not their words.

So, again, do not let a woman's words rattle you. The more unaffected and grounded you are, the more she feels safe, secure, and attracted to you.

### Here's How To Do It:

I have an exercise for you that will help you learn to stay grounded no matter what women throw at you. It's similar to what they do in martial arts so that you can stop reacting to danger and can calmly respond to it.

Remember the shadow game that you played when you were a kid? The one where another person would say something, and you would repeat whatever they said. It would be funny at first. And, then, the other person would get so frustrated and upset because you wouldn't stop it. Ahhh, childhood. Anyway.

For the next week I want you to play this game with people (Not women, people).

Everyone.) for at least 30 seconds, to the point where they kind of get annoyed, but they aren't at the point where they want to punch you. So if they say, "What are you doing?", you repeat back, "What are you doing?", with a smirk on your face.

Then, they say, "Seriously, stop it," and you repeat back, "Seriously stop it."

Got it?

**NOTE:** Do not do it in the whiny voice that I know I used to do it in when I was younger. This is emotional and wimpy. Be confident and comfortable with what you are saying.

**What this will do for you:**

- It will show you what it's like (how it feels) to be unaffected by someone else's emotions.
- If you can remain calm and not give in to them wanting you to stop, it will give you a glimpse of what being grounded feels like.
- It will be hilarious!!! If you can't have fun with yourself, you can't have fun.
- It will give you an experience to draw from the next time you encounter a woman who throws up her shield of protection

It's no secret that women like men with confidence who can lead. **BUT**, if they can also stay grounded. . . Oh, my!!!! That's a man I want.

## **8. SHARING WITH MARNI**

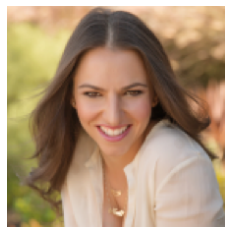
At the end of each GOYB week, I want to hear from you.

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 6 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?

Can't wait to hear how this week went!



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