Visualization Mastery for Dating Success Worksheet

This worksheet is a companion piece that's specifically designed to get you into a goal oriented mentality. It shows you where you are in your progress … and where you have to go to arrive at your final destination. Please print and fill out this sheet as you follow along with the program. Remember, your participation and commitment to this journey will be the deciding factor to your success. So don't skip this important step. When you do the work, you will see the results!

1) From Track 7 — Goal Mapping. What are your goals with women?

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2) From Track 7 — Goal Mapping. What does your ideal woman (or women) look like?

3) From Track 8 — Recall Visualization. What's the best experience you ever had with a girl? What is the peak moment?

4) From track 14 — The Heat Seeking Missile. Write out your ‘goal beyond the goal’ below (as a reminder, make a movie clip that’s about 10 seconds long of you CELEBRATING your goal being achieved):

5) The following space is for you to write out notes for your OWN VISUALIZATIONS. Remember, part of this program is taking our framework and plugging in your own visualizations. So get creative. There is no limit to create what you’d like to experience with women.

6) Below we want you to keep track of your SUCCESSES with women. We call this your “Win Cup.” It’s important to document when things *go right,* so you can look back on all your successes when you need a boost of motivation and so you can remind yourself how far you’ve come.