

GOYB (Get Off Your Butt) Exercises

Week 1

As I said in my introduction video, The Wing Girl Method system requires you to take action. Unlike other systems that provide you with tons of theory and reading material that keep you stuck in doors and secluded from the outside world. This system only works if you get off your butt and take action.

There is a myth about confident people. Many people believe that confident people walk through life without ever having doubt or fearing rejection. This is a false myth. The truth is that confident people just have a large tool belt filled that they can pull from at a moments notice. It makes their down moments not get too down and help them bounce back much easier.

The GOYB exercises are tools for your tool belt.

This week I have 6 GOYB exercises for you.

- 1. The Brain Dump**
- 2. Noticing Your Gremlin**
- 3. Re-Framing**
- 4. I Want...**
- 5. The Groove Method**
- 6. The Smirk**
- 7. Sharing With Marni**

These exercises are meant to be fun. 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 video's of yourself doing these exercises. Whatever you want, I'm here to help!



Email: insider@winggirlmethod.com

GOYB (Get Off Your Butt) Exercises

1. The Brain Dump

A brain dump is meant to release all of the ideas in your head that are floating around, trapped and expanding at a very fast rate.

I believe that floating thoughts can be your biggest enemy in life especially with women. Any idea that is stuck in your head that you don't allow out is simply a floating thought that will continue to grow and morph till you are in a negative tailspin.

If you can get your floating ideas out of your head by using your words or by getting them out on paper, they become real and then you actually deal with them. In your head they are safe but are hurting you. On paper you can rationalize them and address them.

A few years ago I started to get panic attacks. Which was strange, because at the time I didn't even realize I was panicked. Turns out I was and it was effecting everything in my life.

I did the exercise I am about to give you and it was the best exercise that I ever did. It allows all the floating thoughts in your head to step into reality for you to face and deal with head on. Scary but powerful.

Here's How To Do It:

Every morning, I would like you to give yourself 10-15 minutes of silence before you start your day.

Grab a pad of paper, journal etc.... up to you what you write in.

Then literally dump everything that is in your brain out on the paper. Not sure what to write or how to start. Start by saying "I never get what I want with women". Or "I don't think the women I want will want me back.". This will open the gates.

This information is just for you, so let it rip! Say everything you think, feel even if you know it may sound crazy.

Once you are done. Close the book and begin the day.

Next day, go back to the book at the start of the day and read what you wrote the day before. Do you believe it? Is it logical? Does it bring up more emotions? If so

write them down.

Brain dumping is meant to free your mind and assist you by teaching you how to coach yourself. Once you see those thoughts on paper, you can logically speak to yourself. It's also a great way to express yourself and free your brain of all of these horrible thoughts.

2. Noticing Your Gremlin

This one is based off of a book called taming your gremlin. Or something like that. It's about taking notice of the voices that are constantly replayed in your head "you're not good enough", "don't get angry, people won't like you", "that girl is too good for you".

Some people like to think these voices are bad voices but they are similar voices to the voice of your parents who simply want to protect you and make sure you never take risks that could possibly hurt you.

My guess is that you have a voice in your head saying "she's too pretty/hot/sexy/intelligent she would never be with you because she probably likes really hot/rich/fit guys". Or something very similar.

This is your gremlin talking.

Here's How To Do It:

Start noticing your gremlin.

What I want you to do is take a few days and ask your brain to show you what your gremlin looks like. I promise you if you give yourself that assignment you will either see it or hear your gremlin. Then once you NOTICE it and you know what it "looks" like you can make peace with it.

I don't want you to squash it or get mad at it. I want you to NOTICE it, then continue on your way. The point is that you become aware of this voice and acknowledge it rather than live in fear of it. So notice your gremlin, look at it and say "I see/hear you (smile) but I think I am going to move forward and take the chance".

Once you start NOTICING your gremlin, you can move forward freely!~

3. Re-Framing

Piggy backing on the Gremlin exercise, I want you to start taking notice of how you talk to yourself and about yourself. Are you a positive person or do you frame things negatively.

Remember, you train people how to treat you and see you. If you can't talk positive about yourself or to yourself, how is anyone else going to?

So REFRAME your thoughts and spoken word.

Here's How To Do It:

When you notice yourself saying something negative, STOP, breath and reframe what you have said to yourself or out loud. Just this simple action of noticing will help you tremendously.

If you are in conversation with someone and you say something negative, STOP, breath and then say, let me rephrase that and then say it in a more positive way.

WARNING: At first this will definitely feel strange. Most things feel strange before they become a habit.

Slowly these negative thoughts will start to decrease and you will start speaking more positively which will make people like you more.

TOOL ATTACHMENT: The Barbra Streisand

I call this one the Barbra Streisand. You can give it whatever name you like but that's my name ;-)

It's a tool to stop negative/damaging thoughts in their tracks.

1. Select 3 songs that motivate you or even ones that you just really like a.k.a make you happy.
2. Whenever you start to think negatively, pick 1 of the songs and start singing it in your head. Or you can even sing it out loud.

3. This will stop your negative thoughts dead in their track. After they are stopped, re-frame.

4. I WANT....

Leaders tell you what they want. Followers assume you know and will give it to you automatically. When we were younger, we were told time and time again by our parents to be polite, say please or don't just grab what you want. I'm here to tell you the opposite. It's time to start becoming your 5-year-old self again and get comfortable with telling people what you want.

Don't worry about people thinking your rude, or harsh, or arrogant or an asshole. They know you are not and you know you are not. The one thing they don't know is what you want because you never ask for it.

The only way to get what you want from a woman, is by being direct and asking for what you want.

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 5 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 2 reasons. 1 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

5. The Groove Method

I want you to *get really comfortable with being uncomfortable* to a point where you literally say, “screw it! I don’t care. I’m just having fun.”.

I’m sure you experienced this feeling before, because I know I have and I still do. It usually happens when I am in the car alone and I start singing to the radio at the top of my lungs. Then suddenly I have a flash of reality come in. People can see me. I tense up and I have two choices:

1. I can pretend I was not singing and fidget with something to cover it up
2. I can say “fuck it and keep singing my heart out cause I’m having fun”.

That little moment of doubt is what I want you to focus on for this exercise. That moment where you say to yourself this is awkward, they can see me and I know their judging. But usually they can’t see you and their not even watching you. It’s you judging you, not anyone else.

It’s time to get comfortable with being uncomfortable.

Getting comfortable with being uncomfortable. If you can't be comfortable with being uncomfortable with yourself, how are you ever going to over come discomfort with others, women.

There are two places you can do this assignment:

- At home alone
- In the car

At home – move the furniture and crank up that music. It’s time to have a solo dance party. I did this when I was recovering from my stroke. My stroke left half of my body weaker than the other. So when I danced, one side was slower than the left. This stopped me from dancing for a long time, cause I felt embarrassed.

So one night, I turned off the music and said to myself, I’m just going to let myself go and dance for me.

Immediately, I felt that uncomfortable ping, then I looked in the mirror, smiled and

continued pushing myself. I danced for 3 hours that night.

I want you do the same. Push past that discomfort point and say screw it!

Here's How To Do It:

Dance with yourself and throw your body into the dance. Push past the discomfort, laugh at yourself and learn to enjoy being uncomfortable and then moving past it. This is an awesome one!!

In the car – Sing your heart out and enjoy it! If someone looks at you, look back at them and show them how much fun you are having. Trust me, they'll wish they were in your shoes. Someone who is so free and happy is always attractive.

Both, you have to push past the discomfort and say fuck it!

Liberating.

6. The Smirk

The first step to being attractive to women is very simple: you just need to smile more.

I'm not talking cheesy smile, big smile. I'm talking sexy smile, The smile that says something behind it. George Clooney is the KING of this type of smile. This is the smile that gets you dates, sex and overall attention from women.

Flashing a smirk, when you see a cute woman walking past, lets her know that you're interested in getting to know her better. It also says, "I'm confident and I've got things to smile about".

A smirk is the universal signal for 'I'm a confident person but there's something interesting about that I don't tell everyone.'

So you should get into the habit of smirking. Smirk at beautiful women in the mall, at an art class, at the gym, at work, in a coffee shop, in a bar, and start engaging them in conversations, getting numbers and dates!

Here's How To Do It:

1. Make a video of you smiling/smirking in several different ways and watch it. If you can't make a video, sit in front of the mirror and watch yourself. What do you think? Does it seem insincere? Ask a few friends what they think?

2. Grab a few men's magazines and study the pictures of the guy's smiling/smirking. And try a few of the smiles out yourself. Show them to others, record yourself. Preferably women. It's a great conversation starter "You gotta help me work on my smile/smirk. I have 4 I want to try out on you. Tell me what you think."

- Tip: Google George Clooney. He is an amazing smirker.

3. Own the smirk and continue practicing it every night. Each time you brush your teeth, smile at yourself.

4. Let the world see your smirk. Smirk at 10 people each day and take notice of how they react.

I guarantee this 1 small change will alter more than just the way you smile. It will alter the way you carry yourself and the way that women view you.

Tool Attachment: The Rubber Band

I get that smirking is not an automatic reflex for everyone. But like other skills or reflex we don't have naturally, we can do a little work and train ourselves to do it.

For example, I used to have a habit that when I would be really interested in what people were saying to me, I would furrow my brow. I didn't realize that I did this and didn't realize that my furrowed brow sent a message to people that I was judging them, or communicated to them that I didn't like them. So, I worked on it and made a conscious effort to not furrow my brow.

Now I couldn't remember, right off the bat, not to furrow my brow: as frowning had been a habit of mine for years. So I used a little trick to remind me to soften my brow and keep smiling!

Back when I wanted to get over my approach anxiety, I used to wear a rubber band around my wrist that I would snap to remind me to not be afraid and get back into my body.

Now that my approach anxiety is gone, I used the rubber band on my wrist as a reminder to ease up that brow and smirk. It took a few weeks of me snapping my wristband to remember what to do, but soon my frown pretty much vanished.

I soon noticed that people seemed more relaxed around me, and responded more warmly to me. This is because I was giving out signals that I was approachable, and that I was appreciating what they were saying.

Smirks are great communicators, and do a lot of the hard work of approaching a woman for you.

If you have trouble remembering to smile, or have a natural 'frown face' when you meet new people; you need to work out your own technique to get smirking.

You can borrow my technique if you like and get a rubber band and put it on your wrist.

When you notice you are not smirking, snap your band and start smirking.

You can also use this rubber band in week 4, Approaching.

Smirking may not seem natural now, but just like any new skill, you can learn to incorporate it more often.

Once your natural instinct is to smirk when you see a woman that you like, you'll start getting a lot more smiles back from women and (hopefully) a lot more great interactions, numbers and dates with the women you want.

You will have mastered the first step to becoming a more attractive man.

7. Sharing With Marni

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

Your final exercise is to email me and SHARE about this weeks exercises.

Send an email to insider@winggirlmethod.com with the subject line: **What I Think Week 1** and answer the following questions.

1. What you thought of the exercises.
2. Why you think what you think
3. Did the exercises help you?
4. Why you think they helped/did not help?

5. What you noticed about others?

6. How the exercises and peoples reactions made you feel.

Can't wait to hear how this week went!

Marni

Email: insider@winggirlmethod.com