



125

MAGIC BELIEFS

that
make Men **CHASE, LOVE**
and
WORSHIP
You



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125 Magic Beliefs That Make Men Chase, Love and Worship You

By Anna Kovach

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Introduction

Welcome to *125 Magic Beliefs that Make Men Chase, Love and Worship You*. I'm pleased you are reading this book, because it purposefully dispels the myth of the princess being rescued by a knight in shining armour - that stuff isn't real life!

This guide is about YOU and your self-worth and your confidence. These affirmations and the supporting guidance are going to help you understand yourself in a new and more resourceful way, while giving you valuable insights into the psychology a man enlists in finding a life partner.

Men are not used to experiencing a woman who respects herself, loves herself and is confident in who she is, and yet a quality guy is drawn to these attributes as they are magnetic. This guide has been designed for you to help you understand and translate what men are thinking, what he is expecting a woman to do, and how you should behave instead.

You are going to discover with these affirmations and the supporting guidance how remaining independent and being in control of you will earn a man's respect, and have him trying to give you the world because he won't want to live without you.

You will find on every page an affirmation, and with that you have been given some guidance and journal prompts to get you started. Those prompts can cause you to really delve deep into your thoughts. You can write upon past experiences, the

lessons you have learned along the way and how you can do things differently in the future to help you achieve your goals and outcomes.

There is space on each page to allow the words to spill out of your mind and onto paper, free flow - there's no need to edit anything, as this work is for you and only you will see it.

You don't have to use the journal prompts; you may have thoughts of your own that you want to get down on paper. You may not. There is no right or wrong here.

So if you are ready, grab a pen and a glass of water (or maybe a cocktail), sit back, and let's begin!

Here is to your success.

Your sister and relationship astrologer,

Anna Kovach

125 Magic Beliefs

I am a confident woman

Being truly confident is a state of mind and a way of being that develops over time. Confidence comes from you believing in yourself, and knowing that you can provide for yourself, rely on yourself and love yourself, regardless of what's going on around you. The truth is that everyone has the potential to boost their levels of confidence and increase that feeling of self-worth. Some women are born with natural confidence and some or not. But it's possible to train yourself to be a confident woman, and you can learn how to love yourself more than ever before.

Along with using this program, what else could you start doing to boost your confidence?

I believe in me

When you believe in yourself then you will notice that other people start to believe in you too. It is very difficult for any man to fall in love with a woman who doesn't respect herself or who doesn't love herself. It's time now for you to start believing in YOU. To silence that voice in your head that tries to tell you that you aren't good enough. Tell it to Shut Up! You have to discover a way to stop that negative self-talk, and start using positive self-talk instead. And of course, a great way to start to do that is by using affirmations.

But beyond that, you must start policing what you are saying to yourself. It's time to step up and stop focusing on your imperfections, and instead begin to fully focus on all the amazing things that make you, you. You are unique and personality is so sexy.

What could you start saying to yourself to increase your self-belief?

What do you need to stop saying to yourself that is damaging your self-belief?

When I look pretty, I feel pretty

From today, dress every day as if you are going to bump into Mr. Right. Why? Because you never know when or where Mr. Right might appear in your reality. In the business world, they always talk about how to “dress for success.” Well, the same philosophy applies to the business of getting the guy. That means that every day, make the effort and dress to impress, but be true to yourself too. Choose clothes and a look which make you feel confident, self-assured and beautiful.

Men are notoriously visual creatures and they notice when you are doing the best you can with what you have to work with. When you look pretty, you feel pretty, and men can see that.

What outfits do you have in your wardrobe that make you feel good?

Is it time to review your clothes and make some new purchases?

I am marriage material

Now, to become marriage material, there is something that you need to do. Well, actually, it's something that you must not do - and that's to give him everything he wants too soon. Don't do it! Hold back a little bit. You'll know if he's thinking that you are marriage material because of his actions. He'll start doing things like introducing you to his friends, and he'll take you out on real dates. He'll call or message you throughout the day to let you know you are on his mind.

This is the man who will reassure you, and you'll never have doubt in your mind. He will see it as his job to make you happy and you'll never wonder when your next date will be as he'll be two paces ahead of the game.

How can you show self-control?

How can you demonstrate that you are marriage material?

I am mysteriously alluring and fascinating

In the beginning, there's no need to share every single detail of your life. Some things are best left to be talked about with your best friend, your lawyer or your therapist. What counts in the beginning is you presenting yourself in the most becoming light so you shine like a star. If you reveal too much, too soon, you remove that element of womanly mystery.

There's no need to lie, but take things slowly. Let him fall in love with the wonderful woman that you are without a heap of issues. Over time, you can gently and incrementally reveal any difficulties. Men are trying to figure out if you have a hidden agenda on the first few dates. So, sidestep talking about your plans for marriage, children, and all the things you are looking for in a man.

How can you remain alluring and fascinating on a first date?

I take things slowly, with a laid-back attitude

In the beginning, adopt a laid-back attitude and just take things slowly. Sometimes it is really nice and uplifting to get a text from a guy immediately after a date and for him to say how much he enjoyed it. Remember though, like you, he had a life before meeting you and that may keep him busy. Like you, he probably has friends, family, a job and hobbies. That means that in the beginning you may not be his number one priority, but don't take that personally. Take a laid-back approach. Remember - the hard to get girl is super busy anyway!

Take some time to reflect upon how you can adopt a laid-back attitude.

Imagine just being ok with taking things slowly and make some journal notes here.

Independence is the key to my happiness

An independent woman will not be heard complaining about her life. She won't be a victim to her circumstances and she certainly won't be moaning about how a man has taken advantage of her. An independent woman understands that life isn't always perfect; she is a survivor, though, and she has a strong mindset to back it up. When it comes to the basics, an independent woman will not compromise on the fundamentals like being heard, feeling safe and being valued.

An independent woman appreciates that to challenge a man she must use her mind, not her body. An independent woman doesn't need saving, she's not an attention seeker, and neither is she a drama queen. She doesn't cave in if she gets a knockback; she picks herself up, dusts off her crown and moves forward with dignity.

An independent woman knows that the most important thing is to carry on doing her own thing. The things that bring her happiness are the things she will continue to do.

What brings you happiness?

What do you value about your life?

In what areas of your life do you demonstrate independence?

I am a woman with goals and plans

Men gravitate towards a woman who has goals and plans, a woman who is driven and who knows what she wants. A woman who doesn't appear to need a man takes the pressure off him. He likes to know that you are confident enough to handle everyday issues.

Men are attracted to an independent woman who is striving for what she wants and who has a plan of action to make her vision a reality. A good man also has drive, goals, and an action plan to manifest his dreams and desires. He would like a partner he can trust to support him in achieving his goals too.

Contemplate what's next in your life.

What are your plans?

What are your goals?

Where are you heading?

I embrace my femininity

Never confuse masculinity with independence or independence with masculinity. Men are attracted to a woman who is compassionate, and who is capable of being light-hearted and full of fun. Being feminine is a fundamental state of mind that will keep your man right by your side. So, you can play up your femininity. He'll love it!

You can enhance your femininity in all aspects of your life. In the office, if you wear a dark suit then add a splash of color with a pair of high heels or a piece of jewelery, a neck scarf or a blouse. Or change it up entirely by wearing a skirt or dress. Plus, you can enhance your beauty with a hint of make-up or a splash of perfume.

Reflect upon how you can play up your femininity.

True love waits

The truth is that women and men want pretty much the same combination of things. That is, romance, love, companionship and sex. But not always in the same order or at the same time!

It's all about having trust in one another, because if you ask anyone who has a successful marriage, they will tell you that it is trust that is the bond that keeps the marriage together.

Think about a friend that you've had for a long time - I'm sure in that friendship there is respect and mutual trust. There is a certain openness that exists between best friends. You know that your best friend is someone you can confidently confide in and they won't judge you.

So when it comes to dating, trust is developed over time and then true love blossoms.

How can you cultivate trust within a relationship?

How can you learn to trust yourself?

I respect myself too much to have sex on the first date. I can control myself and maintain my power

The debate has gone on for centuries about how long you should wait before you have sex. A hundred years ago, if a woman had sex before marriage she was considered to be “ruined”. These days, women wonder if they should stick to the three-month rule or the three-date rule. A quality man will wait and be understanding. If he’s not willing to wait and is not understanding then CUT HIM LOOSE!

He might want sex on the first date, but if you do have sex on the first date it will probably end up a deal-breaker because he’ll think you have no self-respect, no self-control, no restraint and no willpower!

I know every situation is different and the debate will rage on about when is the right time to have sex. But let me say this - it has been PROVEN time and time again that a woman who puts off having sex for as long as she can ends up with the 3 carat diamond ring, and her man adores her because true love waits.

How do you respect yourself?

How do you demonstrate your self-respect to others?

A man will value me when I value myself

It is your goal to discover happiness and passion in a loving relationship. In doing that, you should become aware of how a man's mind works and always expect and aspire to get what is best for you as a woman. A man will always want sex – BUT, what they need to feel to fall in love is a sense of deep emotional attraction and connection.

If a woman is suffering with having low self-esteem, then chances are she'll think the only thing she has to offer is sex. Then she's in a situation where it's just sex and she feels hurt, used and unloved. Please understand that you bring more to a relationship than just your body! If you want a man to value you, then you must value yourself.

The very best relationships are the ones where both partners give and receive love, and it is of equal benefit to both people.

Reflect upon how you can increase your self-esteem.

Journal about when you value yourself and when do you not value yourself.

What changes do you need to make to increase your self-worth?

I act like a lady and think like a man

Possibly one of the biggest misunderstandings that women have about men and is that a man has to accept her the way she is. Well, the truth is, they don't! Ouch! So, ladies, I want you to remember that men like shiny and bright. It's quite possible that if you stop making an effort, you could lose him.

Remember to play on your femininity - a touch of make-up, high heels, a splash of perfume. A man loves a feminine lady because he then feels you are a catch, and he'll treat you that way - like a prize. Having a woman who is a bit above his league, walking hand in hand with him, makes him feel great. He wants to be proud of the woman in his life.

Contemplate how you can put a little bit of effort into your appearance.

I let him chase me

Men like to do the chasing. So let him seek you out and let him come to you. And if he sends you a friends request on social media, for goodness sake wait more than thirty seconds to accept it! Don't be seen to be too keen.

The fact of the matter is that men love to hunt. It's just part of who they are. They thrive on the thrill of the chase and it's what they yearn for. So do the right thing and let him chase you; let him be the hunter. It fulfils a prehistoric need within him!

Here's another tip for you - reduce the amount of information that you send out to the world. He won't have a reason to call you if he finds your Twitter account and you are tweeting every half an hour about what's happening in your day. If your About Me page is fully complete and set to public, he will just be able to read up about you and have no reason to pick up the phone. It's too much information, too soon.

Are you a woman who thinks posts don't make a difference?

How can you post in such a way as to reflect that you are indeed a fascinating woman who is smart and totally awesome?

The smartest way to leave a man hungry for more is to give him less to work with

It really is true! The smartest way to leave a man hungry for more is to give him less to work with. Make sure you have your own interests, your own hobbies and solid work ethics, plus anything else which you believe defines you, and make that the source of how you present yourself to the world.

This is important, because how you present yourself to the world is exactly how the world will perceive you.

Independent women who have that strong sense of who they are don't feel the urge to be posting on social media every moment of the day to feel important or to prove that they have an amazing life! For goodness sake, keep it real. Less is more.

Contemplate how you present yourself to the world.

How do you think the world perceives you?

Are you trying to prove that you have an amazing life or do you know for yourself that you are amazing?

I have the power of choice because I keep my options open to ensure I get what I want

Be smart when you are dating and don't put all your eggs in one basket. Yes, your goal is to find Mr. Right, but be flexible in your approach, because all too often women fall in love too soon and become exclusive too soon while waiting from him to commit - only to find he doesn't. Ouch!

Keep your options open and accept dates from other guys. Get out there and meet people. In fact, you need to get out there to have a chance at finding love, and by meeting different guys you have the power of choice - that will ensure you get what you want.

How can you get out there to meet new guys?

How does the idea of having the power of choice sit with you?

Have there been times in the past where you felt your choice was limited?

If there was, what can you do differently now to open up the possibilities?

I charm and disarm my way to his heart

There are women out there who are foolish and play at being hard to get. Then there are the real women who are hard to get. You want to be in the latter category, because the ones who are playing or pretending are fake, and it takes a huge amount of effort to divert yourself away from your true self.

To do that involves deception, manipulation and scheming to encourage the man to chase after you. In the long run it's a recipe for disaster and a waste of time if you want a long-term relationship. Everyone's true colors show through eventually! When a man senses that a woman isn't genuine he soon loses interest and moves on.

The real woman who is hard to get is this way because she is busy enjoying her own life. She has plenty to do and she barely notices that a man has her on this radar. It's important to maintain your life, your friendships, your hobbies and everything you love doing. Treat having a man as a bonus to your already fabulous life.

A man will become smitten with a woman who is genuinely happy, self-assured, confident and who knows she can hold her own without having a man around.

How do you show up in the world of dating?

Do you feel the need to plan and scheme to get a man?

What do you love about your life?

What are the things that are already present in your reality that bring you happiness?

My sense of humour seals the deal

A sense of humour is so important! For a woman it's probably one of the main characteristics that she looks for in a man. Men, too, are attracted to a woman with a good sense of humour; someone that isn't uptight.

Never confuse funny and silly though, because silly women are just silly! They rarely end up as marriage material.

You can turn embarrassing moments into wonderful stories if you are happy to laugh at yourself, and others will find them amusing too. A man that can have a laugh with you will create a positive memory of that interaction and that's a big plus point! If you can have a laugh it demonstrates to him that you know how to have fun.

What personal stories could you share on a night out?

What makes you laugh?

Do you find it easy to laugh and have fun?

I am comfortable in my own skin

If you are happy in who you are and you are comfortable in your own skin, then you won't need to have a man around. That is a very attractive quality to a guy....for him to know that you are in charge of your own happiness.

Men need some "me" time too once in a while, and if he wants to go off and pursue his hobby for the day he'll feel more at ease if he isn't worrying about how you will feel about it.

Many women give up on their goals and dreams, especially when they start dating or get into a relationship, and that is a big mistake.

You must discover what your passion is.

What is it that makes you matter?

What makes you feel important?

What gives you your own sense of identity?

I have a get up and go mindset

If you think that men are turned off by a woman who is ambitious then think again! Men love a woman who has drive and motivation; it's a big turn-on for a guy.

If you can mix mind-power with femininity then you are onto a winner.

Men like a woman who can be engaging in conversation and who has the ability to challenge him to become a better version of himself; this a man finds captivating.

How can you demonstrate that you have a get up and go mindset?

Where do your ambitions lie?

I let him treat me like a lady

Allow him to act in a gentlemanly way towards you

Allow him to open doors for you

Allow him to buy you gifts

Allow him to pick you up for a date

Allow him to take care of you

Allow him to plan dates and make the necessary reservations

Allow him to take the lead

These points put you on the right path - and remember to dress in a feminine way, be polite, and tell him you that you are grateful for the effort he's been to and that you've had a good time. There's no need to follow that with a text or long voicemail.

Are you comfortable with letting a man take the lead?

How can you allow yourself to sit back and let him treat you like a lady?

I am an expert in knowing what pleases me

A woman who is self-assured radiates peace and contentment, because she has discovered herself and she knows who she is.

Because she is an expert in knowing what it is that truly pleases her, she can carry on and enjoy living a happy life. This is the woman who knows that by making herself the priority, she won't become the victim of what someone else wants her to be, and neither will she end up unheard and unseen.

When and where do you feel content and at peace with yourself?

What pleases you?

How do you make yourself a priority?

I am a woman who is without jealousy, and I allow my inner beauty and confidence to shine

Deep-rooted feelings of insecurity and inadequacy often show up as jealousy. If you are a woman who is comfortable and confident in who you are, then you are not going to be jealous of another woman. In fact, a strong woman who sees another woman struggling will reach out a helping hand.

There are many women on this planet, and some will be prettier than you. So what? How you define your beauty is entirely up to you. There are glamorous beauties who lack a moral compass, who are controlling and superficial, and who belittle other women at the drop of a hat whilst suffocating their men.

A man wants to know you care, but jealousy often leads to the end of the road because of the doubts and mistrust that come with it.

How can you allow your inner beauty to shine?

How can you demonstrate your self-confidence?

What do you need to do to be comfortable with who you are?

I give him the victory of winning me over

A man's aim is to feel that he's won you over through his efforts to woo you, chase you and pursue you. If he feels coerced into a relationship, he'll resent it. If you do the chasing, he won't feel like a man and therefore he won't feel in control. You have to be a challenge so that he can win you over.

He needs to put effort into winning your heart, so do him a favor and be a challenge. Allow him to have his victory of winning you over.

Do you chase men?

Can you sit back and allow a man to chase you?

How does it feel to let the man be the hunter?

Happiness is a state of mind

Your happiness is a state of mind. Happiness is not a person. Happiness is not a man.

If you think that your happiness depends on someone else, i.e. the man you are dating, you are going to put too much pressure on him. If he thinks that your happiness is dependent solely on whether he's in your life or not, chances are you will scare him off.

You are in charge of your own happiness. You are responsible for making you happy. The sooner you can make that a belief in your reality and act accordingly, then the universe will align itself and everything will naturally fall into place.

How can you align yourself with being responsible for your own happiness?

How can you act in a way that demonstrates that you are in charge of your own happiness?

A self-made woman is a happy woman

It's true because choices, power, security, happiness, control and freedom are just a few of the benefits of having your own currency.

It's satisfying to have made it for yourself. Plus, it feels great to not have to ask to go out and buy something you would like! A man should not be and is not a financial plan. A happy woman is one who can figure out a household budget, take care of the bills and manage her credit cards. She is the one who can manage on a shoestring budget if she needs to and she's not frightened to make financial decisions.

A man will be happy because he then knows you are responsible.

Journal on your beliefs about money.

How do you value money?

I am a ladylike woman who lets him be king of his castle

A man wants a woman who is ladylike and who allows him to be king of the castle. So leave your corporate attire in the wardrobe and dress in feminine clothing when he's around.

Let him take the lead. There's no need to try to prove to a man that you are smarter than he is, otherwise he'll assume you are trying to convince him that he should date you.

Don't always try to be right; just be a good sport and agree to disagree. Let him plan dates and let him pay for dinner.

Remember to have good manners and tell him that you've enjoyed the date and you are grateful for the effort he's put into it.

Men enjoy doing things, helping out, and problem solving, so let him do that and it feeds his ego in a good way.

Are you too independent for your own good?

I choose to date a man with a plan

If you are smart you'll know that a failure is not your equal, and never to fall in love with someone who talks a good game. Don't fall in love with a dream. Take a good look at where he is right now.

Make sure he does have a plan in place, because you want to know that he is stable and dependable. Actually, those are assets that men and women find attractive. You want to know he is reliable and responsible and that he isn't going to sponge off you!

How much worth do you place upon a man with a plan?

If he can't provide financially, then how else could he pull his weight?

I give myself permission to say NO

Give yourself full permission to say NO and be free of guilt. It's the best gift that you could ever give to yourself, because learning to say NO in the right way will give you freedom from emotions like anxiety, regret, and worry.

You are not obliged to say yes, although lots of women think they are, which leaves them feeling resentful or overwhelmed. When you are a confident woman, you will happily say NO and won't be fearful that your NO will scupper any chance of a future with that man. If you are too accommodating he'll walk all over you.

There are plenty of "Yes" girls and they keep the guy happy for a little while, but it's the woman who respects herself, who has boundaries and who can deliver a polite but firm NO while batting an eyelid who will win his respect ultimately.

Are you comfortable saying NO?

Are you the type of woman who is always trying to please and who ends up feeling overwhelmed and resentful?

Do you have clearly defined boundaries that you are happy to enforce?

Can you say NO without feeling guilty?

Never complain, never explain

No means no. It's as simple as that and you don't have to explain yourself - you don't owe anyone an excuse or an explanation.

Maybe if you've been the subject of bad behaviour or you've been poorly treated, then you owe it to yourself to learn to say NO. The more you practise saying NO, the easier it becomes, and you can be comfortable with saying NO in a firm and polite way.

When you can get to this place where it's ok to say NO, then you'll notice how men won't take you for granted and you'll experience a boost to your confidence and self-esteem.

You can protect yourself from being used and being hurt by saying the word NO or, if you are feeling really bold, make it a "Hell NO."

Journal about your relationship with the word NO.

When is it appropriate for you to say NO?

I am carefree and confident

As well as being a confident woman, another characteristic you must be able to demonstrate is that you are carefree; that is, that you can go with the flow.

Yes, you have to be able to stand up for yourself, and you must say NO to anything that you are uncomfortable with because you've got to have limits.

Do not be a demanding woman, though. Within those guidelines, you need to be easy-going and laidback. If you are the type of person who has to get your own way all the time then he's just going to view you as too much work!

If you are difficult all the time, he'll leave. The art of maintaining a good relationship is knowing when and how to compromise. It's about both parties feeling that they are winning in some way - strive for win-win scenarios instead of just getting what you want.

If I were to ask one of your ex-boyfriends or a close girlfriend whether you are affable or just plain demanding, what would they say?

When and how could you demonstrate that you are carefree and confident?

I exercise self-control

You have to do the opposite of what most women are doing, because most women are desperate to close the deal. They want to know the man is theirs and they desperately want his attention, so they are calling, emailing, texting, and messaging all the time. Chasing down where he might be and this behaviour is BIG mistake and one that will keep the woman single and lonely.

Men don't want to be chased. So be the woman who exercises some self-control. Picture your next move. Silence is powerful, by the way. Especially with a man; it's louder than the words you may choose to verbalise.

For a man to miss you, then you must observe the no contact rule.

Journal on how you can observe the no contact rule.

What else could you be doing instead of endlessly calling, texting, emailing or messaging?

When exiting a relationship, I am classy and dignified

There are two things that you must remain when leaving a relationship, and they are classy and dignified.

Instead of picking up the phone to him, throw yourself into your work or your hobby. If you don't have a job, get one. If you don't have a hobby, find one.

Dust yourself down and get on with your life and let him come to the conclusion on his own that his life was better when you were in it and that he's missed out.

How can you establish in your mind that you are not afraid to lose him?

I have let go of my need to beg, plead and convince a man

If a man is not interested in a relationship with you, you are not going to convince him otherwise. So let go of any need you have to beg, plead, or try to convince him. You are wasting your time and your energy and he'll think you are desperate.

Your persona has to be one of a secure, intelligent, confident woman at all times. Let him know in no uncertain terms that he isn't handcuffed to your wrist, and if he wants to exit then simply step aside and let him pass.

How can you let go of any need to try to convince a man to stay with you?

What needs to happen for you to be confident and secure in yourself at all times?

I trust my intuition

If you are ever unsure, sit quietly and allow your inner guru to speak. There is an intuitive sense within all of us, a guiding voice which is constantly trying to keep us on track. When you are quiet you can hear it.

Meditation is a useful tool to use to quieten your mind so that your intuitive voice can be heard. That is why some of our best ideas appear just before we go to sleep or wake up, because we are in a relaxed, quiet state of mind.

A confident woman knows she can rely on her intuition, and that it will see her right. Follow its wisdom and you are on the right path. If something doesn't seem right with a man, then it's highly probable it's not! Listen to your inner wisdom.

Practice tuning into your intuition.

When have you followed that intuitive voice?

When have you ignored it and how were the results different?

I joyfully free myself from an unhealthy relationship

It's so good to free yourself from a relationship that isn't working for you. There's nothing worse than limping along in a relationship. It's not a good use of your precious time or energy.

There's no point wasting time on a man who causes you anxiety, uncertainty or confusion because of his commitment issues. An unhealthy relationship is draining so, preserve your motivation and spark for life by leaving.

Having a partner, a boyfriend, a husband or a date has its advantages; of course it does. BUT, so does being single.

When you heal your heart then true happiness begins.

Make notes here on how you can heal your heart.

Be clear about why a relationship isn't working for you.

What do you need to do to be ok with letting go of an unhealthy relationship in order to make space for a healthy one?

I am in charge of designing my life

Trust your instincts and allow your confidence to grow, as you are in charge of designing your life. You are free to make choices that work for you. You don't need anyone's validation or approval. How liberating is that?

A woman who is happy on her own, and who is carefree and comfortable, is so incredibly appealing to a man. Remember - the man you want as part of your life is there to complement it rather than complete it.

Purposefully spend some time alone and evaluate different areas of your life and what you want to have present in these areas, and make some notes in this journal or maybe spend some time creating a vision board of how you would like your world to be.

I let things unfold gradually because then he appreciates me more

It's really important to realize that if a man doesn't get it all up-front right away, then he will definitely appreciate it more when he does.

Too many woman run headlong at a man. They are too quick to try to impress him and to jump into bed with him. Sleep with a man too soon and he'll think that you do that with every guy or that you are desperate, or possibly both!

A woman who is marriage material doesn't go overboard trying to impress, or cook him a four course meal the first time he comes to her house, and she definitely doesn't sleep with him on the first date.

Remember - a man likes to chase. So don't give him everything too soon. Let him work for it.

Journal about the things that you can do and not do to ensure things unfold gradually.

I am capable of holding my own in a relationship

A man will test your boundaries and see how malleable you are from the start. He'll want to see how far you bend. But if you start bending over backwards to please him early on, then chances are he'll view you as desperate.

You need to be able to hold your own in a relationship. You need to be able to stand your ground, and show him that you are not desperate and you are not needy. What you are is a woman who will be an equal partner in a relationship.

Make some notes here about how you can hold your own in a relationship.

What characteristics and attributes do you have that show you as a genuine equal in a relationship?

I am a mental challenge to him

Being a mental challenge to a man is a good thing for a woman to be. What it does is it stops the guy thinking that he can walk all over you!

This has nothing to do with some sort of verbal combat - rather it is to do with your actions, your behaviours, and how much of yourself you are willing to give up. For example, if you are a brunette and he announces that he prefers blondes, are you going to go out and dye your hair blonde? If you do then you've just shown him he's got 100% hold on you.

When you challenge him mentally by not accommodating him, then he doesn't have that some sense of control so his interest in you continues.

I am enough

Remember this - YOU ARE ENOUGH! He can take it or leave it. This is the attitude of a dream girl. If you start overcompensating, you are sending out the message that you don't feel within yourself that you are worthy, and he'll start treating you like a doormat.

The behaviour of a woman who knows she's enough includes things like:

She looks at her watch when he brings up his ex in conversation.

She lets him go out of his way to pick her up and he'll be happy to do it.

She only sees him when it's convenient with her.

Have a think about now some of your responses in the dating arena and in a relationship. Are you showing that you are enough?

I give him freedom to breathe

A man needs freedom to breathe - they need space. They like to go and sit in their caves once in a while. So if you don't hear from him, resist the urge to get emotional about it and to doubt yourself and react. Just be cool; don't let his behaviour bother you. In playing it cool, your response will leave him feeling a little unsure because most women have an emotional outburst. So by bucking that trend, he won't be sure if you miss him or indeed "need him" when he's not around. That gives him a good reason to come back to you, because he won't see you as desperate or needy.

Instead of saying to him, "Why haven't you called me?" what could you say that demonstrates that you are ok without him?

Instead of confronting him with, "Why haven't I heard anything from you in a week?" what could you say that isn't needy?

A man will always want what he can't have

When you start out and you are too dependent on him, that soon becomes a turn-off. If you appear to be something that he can't have, then that becomes something for him to chase and a challenge for him, which he intrinsically is motivated by.

Oh - and never put yourself down. Always carry yourself with dignity and pride.

When a man meets a woman who portrays an indifferent attitude, then that becomes a challenge to him because he will want to win her attention and her affection.

What do you need to do to believe that you are a catch and demonstrate it?

I act like a prize and he will turn into a believer

Never act like you think you aren't attractive otherwise you will overcompensate and end up chasing men and you don't want to do that. The truth is what one man rejects another man will find beautiful and when he falls in love with you it's to do with your attitude as opposed to your looks.

It's all about how you hold yourself and how you can hold your own. That's what really counts. Then you turn him into a believer.

How have you overcompensated in the past?

How can you now hold your own?

What can you do differently?

I have that Je Ne Sais Quoi

This implies that you have something special. Something that words can't describe. This is what confident women who are comfortable have in abundance, and you have it too.

It's got nothing to do with intelligence, IQ, body shape or size; it's everything to do with loving yourself and accepting yourself. That gives you an edge that is highly appealing to a man.

Meditate on your Je Ne Sais Quoi

Make some journal notes here about how you accept yourself and how you love yourself.

Make notes of anything you need to let go of to fully engage in the process of loving and accepting yourself.

I am secure

The mindset you need to own is being secure in yourself. That comes from self-acceptance and self-love, and when you have those then you are no longer fearful of being without a man.

Not only that, but when you can demonstrate that you are fearless in that regard because you are secure, then that's a great place to be.

That secure mindset will pique a man's interest in you because he will be concerned that he will lose you!

Journal on the times you have given yourself up just to keep a man. When you've done that, then meditate and journal on how you can adopt and maintain a mindset of being secure in yourself and what that might look like, sound like and feel like.

I prioritize my dignity above all else

In a relationship with a man it is important that you remain the person that you are throughout. Keep your friends, keep your hobbies, enjoy your career and don't give up all of your time or bend over backwards.

Know your self-worth, maintain your edge and self-respect, and let those convictions influence your decisions.

The person who is the least hung up on the result of the relationship will draw the other person in.

Journal here on what dignity means to you.

Also meditate on placing a high value upon yourself and make some notes around this.

I allow him the thrill of the chase because it's human nature

As a woman you must not give in easily to a man. You mustn't come across as too docile or submissive because you need to keep him interested in obtaining you, so that the thrill of the chase becomes important.

I'm not saying that you should be mean to him while you are dating! You've got to let him be a man by taking it slowly and let him pursue you because that is human nature.

Journal on what this affirmation and this concept mean to you

I value myself so he desires me more

A man will see if he can get you to become accessible because he will want things to be convenient for him. You might hear him say things like, "I'm not one for making plans," or, "I'm a spontaneous kind of guy." What that means is that he expects you to accommodate him.

In the beginning, do not make yourself so accessible. Spontaneity is great; but it's better to save that for further down the line. You want to know he's committed first.

Journal here on when in the past you have been too flexible and too accessible, and what it taught you.

I ignore booty calls

If you respond to his booty call then you automatically dim the light of the attraction that he has for you. Remember your self-respect. A man of quality doesn't want a woman he can walk all over.

Your self-respect is key, and he needs to realize that your time and attention are valuable and that you have standards of how you expect to be treated.

Meditate and journal here on your Terms and Conditions and what standards you have in place.

I let him give what he wants to give freely, then I observe who he is

Men like challenges; they like climbing mountains and jumping out of planes. So when he has to go out of his way for you, then it makes him feel happier.

If you give him space to do this own thing, then he'll view you are a privilege not an obligation and he'll remain completely interested in you.

Along with that, when you let him give you his time, his energy or a gift freely, you can really observe who he is.

Journal upon how you can give space so he can drop his guard

I am an equal partner

You will be viewed by a man as an equal partner when you are in a relationship with him based a choice and not a need.

The most important thing you that must radiate from your being is that you are independent and not dependent on him.

Journal here about how you can stand on your own two feet.

Make notes about how you can hold your own.

What lessons have you learned from the past on this theme?

I am worthwhile

Men have a tendency to fairly quickly categorise women; they are either “worthwhile” and therefore marriage material, OR they are “good time only” women. And unfortunately, if you start in the second of those categories or you slip into it then there’s no coming back.

You must therefore demand that he treats you from the off as being “worthwhile,” and that means that you should reveal your sexuality just a little bit at a time. Having a stand-off demeanour shows him that not a lot of men can get you, but it also leaves him uncertain where he can get you. It keeps him interested.

Journal on the characteristics and behaviours of a woman who is “worthwhile.”

If I don't trust him, I stop seeing him

Someone once said to me, "Follow your heart but take your head with you." That is invaluable advice when it comes to dating!

Listen to your intuition, and if he gives you a reason not to trust him, stop seeing him.

Be secure in who you are and be clear with your actions.

Meditate on trust and what it means to you.

Journal on what has to be present so that you trust a man.

I am soft and feminine, then I appeal to this instinct to protect

A woman who shows up as an aggressive female will stimulate his instinct to compete. A woman who shows up and is soft and feminine, on the other hand, stimulates his instinct to protect.

You don't want to be his opponent, you want to be his partner - so don't give him the impression that you are the one wearing the pants.

Journal on what this affirmation means to you and how you can apply it when you are dating.

I know how to appeal to a man and make him channel his energies towards me

When you know how to appeal to a man and encourage him to channel his energies towards you, then you have learned the lesson of how to gain power in a relationship. Let him believe that he is in charge and then he'll be more tuned into what you need. Plus, he'll make more effort to do things to please you.

Journal on knowing how to appeal to a man and make him channel his energies towards you could work for you.

I communicate with a man in a succinct way

Men communicate with other guys in a very succinct way, so when you do the same, you are on his wavelength and he will respect you.

If you wear your heart on your sleeve, chances are he won't hear you. Instead, be matter-of-fact and concise and he'll get your message because it will be crystal clear to him.

Make some notes here on your preferred communication style and how you can apply this idea of communicating in a succinct way.

I am content with my life

Being content means that you absolutely love your life with him and also without him. That state of mind means that he will value you and accept you for who you are.

Always give value to your preferences, and what you have as priorities in your life.

Your interests are important and you should treat them as such; you don't need his say so or his approval.

Meditate and journal upon who the boss of you is.

I am in control of who I am

By remaining in control of who you are, you keep the standard of the relationship with that guy high. He will remain interested in you and will feel that he needs you.

And even if he is the most incredible guy, do not be tempted to give him all your time. Keep to your routine, because if you lose your rhythm then the dynamics will change and you become needy.

Having self-control is the true power of controlling yourself. Knowing who you are and what's acceptable to you, and what's not is also linked to this. And it's these ideas that I would like you to contemplate and journal upon.

I only give what I'm comfortable to give

You must only give what you are comfortable to give, and never start jumping through hoops to please him. You need to stay just a little bit out of his reach and then he'll remain on his best behaviour.

Do not be governed by fear of losing the guy, because if you are, you will lose yourself in the process. Keep your feet on the ground and stay true to you.

There's a saying that I want to share with you. "Love yourself first, and your neighbour will be happier living next to you."

I want you to sit and contemplate that saying and journal on the meaning of those words for you.

I speak with my actions, then he pays attention

Make sure that you speak with your actions, because then he will pay attention. It's a pointless waste of time nagging him as he will just tune out. Nagging gives a guy a reason to distance himself from you, and very little will change or be negotiated on with words.

So don't nag; he sees it as a weakness. Just create a bit of distance, exercise some self-control and you will get his attention. If he's not doing his chores, then take his chores away and then praise someone else for doing them - he'll soon want them back!

With a guy, "showing" him what's required is better than "telling" him.

Journal on this affirmation and how you can facilitate this in a relationship

I keep my communication short and to the point

Talk to a guy like a guy talks to a guy. That's how to win with a man. If you set out early on wanting to talk about feelings, that's going to feel like hard work for him. When he's with you, he wants to have fun.

When you communicate with him, keep it short, sweet and to the point, and then he'll hear every word. If you babble and ramble on he'll lose respect for you and not pay attention.

Contemplate your communication style with a guy. Are you able to keep your points short and sweet or do you have the tendency to babble and ramble on? Make some notes here on your communication style.

Variety is the spice of life

The element of surprise is important to a man both inside and outside the bedroom, because it adds to the excitement. A guy will enjoy having new experiences with you.

The same old, same old, becomes routine and boring for a man. So once in a while mix things up a bit; not in a crazy way, but just do something you wouldn't normally do. Maybe plan a weekend away together or a trip to someplace new, or in the bedroom maybe take the lead once in a while.

Contemplate what this affirmation means to you and how you can utilize it in your world.

I stand up for myself and I speak my mind

A man respects a woman who doesn't tolerate being treated badly. So be confident to speak your mind and stand up for yourself.

A confident woman will happily put a man in his place if he deserves it, and a quality guy will respect her for it.

How confident are you to speak your mind?

How confident are you to stand up for yourself?

I have the ability to provide for myself

A man will view you as an asset and not a responsibility when you demonstrate that you have the ability to provide for yourself.

If you give that independence up and become financially dependent on a guy, then you'll have far fewer choices in life and you could end up at the mercy of the guy. So maintain your independence, earn a paycheck, and keep your dignity and your choices.

How do you show up in a relationship?

Are you an asset or a responsibility?

What abilities do you have that can be used to provide for yourself?

Mistreatment is unacceptable in my reality

Take care of yourself at all times, because this has a strong link to how respectful he is of you at all times!

Demonstrate to him that mistreatment is unacceptable in your reality and he will keep respecting you.

Journal on what this affirmation means to you.

I have the ability to make my own choices

This affirmation is so important because, by being a woman who is an independent thinker, you will maintain his interest and the mental challenge. Plus, having the ability to make your own choices in your life is crucial because it's that which gives you your power.

Both how you choose to live your life and how you choose to be treated give you so much power. Meditate on these concepts and make some notes here.

I bring plenty to the table

A woman doesn't have to be equal to a man, especially if she's doing the lion's share of childcare, for example. To balance a relationship, she should be paying an energy bill once in a while with her own money or buying the groceries every now and again. Anything like this shows a man that she is grateful for what he puts in and he'll be happy to pay for everything else.

When you bring something to the table in this way, then the guy continues to respect you.

Meditate on how you can create a balance in a relationship, remembering it doesn't have to be equal (especially when it comes to finances) but it should be reciprocal. Make some journal notes here.

I live by my own rules

When you live by your own rules you maintain your power. So dance to your own rhythm, decide how you want to be treated by a guy, and purposefully choose what you will and what you won't tolerate. And leave if you are not getting what you want and deserve.

That's how to keep your power.

Read through what's written above a couple of times and then meditate on those words.

Think about the rules that you have in your life and how they serve you.

I focus on myself

Make sure that you take time to focus on yourself instead of expecting him to focus on you. Take charge of being able to create your own fulfilment rather than relying on his attention.

The more independent you are of a man, the more interested he will be in you. That's the case in the dating arena but also in a relationship too.

Contemplate how you can use your energy to create something for you.

How can you use your time to focus on the things that bring that feeling of fulfilment?

I control my emotions

A guy will think there's more chance of things working out with you when you are in control of your emotions. You then appear to be stable, trustworthy, and safe as a partner.

You will hook him because you can keep your emotions in check. He's more likely to stick around because he won't be used to a woman who does this.

And remember - the things that have happened in your life, they are not your fault. Women are far too critical and negative of themselves. Let that go.

Journal here about how in the past you may have been too critical of yourself. Let the words spill out onto the page so that you can free your mind.

A hint of indifference is how to hook a man

If a guy doesn't get that complete assurance that you want him, then you've hooked him! A man respects a woman who is strong. The road to success with a guy includes being able to exercise control of your emotional state, control over how you are treated, and control over whether you are respected.

How can you demonstrate these qualities?

I always look at who I'm dealing with

This is really important because a guy can change his hair cut, his career, his wardrobe and where he lives, but he isn't going to change his character.

You don't want a man who thinks it's ok to just emotionally give you "scraps" and expect you to be happy. You want a guy who has the emotional know-how to be in a relationship.

Contemplate what basic emotional characteristics you consider a man needs to have for a relationship, and make some notes here.

If he isn't trying to make me happy, then I'll send him on his way

There's no point in you trying to make a man believe you are worth it. It doesn't work like that. He should be demonstrating to you that his priority is to bring happiness into your life and that he cares about your happiness.

If he isn't doing that, then send him on his way - period!

Contemplate what this affirmation means to you and make some journal notes here.

It doesn't matter if someone doesn't approve of me – that's just one person's opinion

Never concern yourself with what a man (or anyone else for that matter) thinks of you. It's your life and your happiness, so do the things that make you happy.

Someone's opinion of you has no real importance and no place in your life. You will never be happy if you are trying to live up to someone else's standards.

Do you approve of yourself?

What standards do you have, for you?

I am an independent thinker – at all times

Think independently of others and make sure that it is only YOU that defines you.

Ignore anyone who tries to limit you with their limiting thinking. Never waste your energy on people who are negative.

Be who you want to be and strive for all that you want in your life.

Dream big! Think big!

Journal here about your goals and dreams for the future.

I only engage with someone who shows me respect.

Be confident in who you are and what you are, and exercise your self-esteem by only interacting with people who show you respect. This advice is not just for the dating arena either, by the way!

Make sure that you value yourself because you are worthy of that.

Do not let a man manipulate you or undermine you. The kind of relationship you want is with someone who is kind and respectful, so say NO to anything that is not that.

Be strong, be nice, and demand that same kindness in return.

Take some time to meditate on the ideas here and make some notes on what comes to mind.

I am a strong and competent woman and I own my identity

By demonstrating these characteristics, you will easily feel comfortable enough to allow the man the space that he needs while you pursue your goals and dreams, because you will need time and space to do that.

As a strong woman, he will respect you and you won't accept anything less!

Journal on what this affirmation and this concept bring to mind for you.

I am an individual and I am different from other women

A guy wants a woman who is different from other women. He wants her to be an individual, and he wants her to be confident in who she is. He doesn't want someone who is petrified of losing him.

Contemplate the characteristics that you have that make you an individual.

My confidence in who I am is an attractive quality to men

When you show that you can function on your own, that is incredibly attractive to a guy. A man wants a woman to be confident and capable and physically feminine so that he can feel strong. He wants you to have a backbone, to be able to hold your own.

Meditate upon growing and developing your self-confidence and how you can allow it to radiate from your being.

I am smart and feminine and I can think for myself

A guy wants a woman who can think for herself and who doesn't need him to think for her. He needs you to be smart, intelligent and feminine.

How do you show up in a relationship or in the dating arena?

Are you independent or are you seeking his approval?

Make some notes here.

I choose to be less readable and less easy to work out

As a woman, when you are less readable, he will find you more fascinating and interesting and therefore will continue to pursue you. This idea of being more distant is an unusual trait for a woman to adopt and he will find it exciting.

Contemplate what this affirmation means to you and how you might incorporate it into your life.

I ask a man intelligent questions about himself

He's not interested in an emotional line of questioning about marriage, kids, or love etc. That's the mistake most women make. Instead, ask him questions around business, how he defines success, talk about sports he might be interested in, and what he likes and dislikes. Ask him smart questions that are about him directly.

Contemplate the guidance and what questions you could ask him.

Make some notes here.

Fake is boring! Which is why I am an interesting woman

The perfect beauty queen who may have created an image but who has no personality probably isn't who he's going to marry. He wants to marry an interesting woman.

Journal on what makes you interesting and different from other women.

I am unique and different and therefore highly desirable

Your desirability is linked to how unique you are and how different you are from other women. A guy isn't interested in a long-term relationship with a woman who appears to be off a conveyor belt - a "factory model" - and by that I mean that she looks, talks, and thinks like every other woman out there.

Contemplate your uniqueness and desirability.

I am secure in myself and responsible for my own happiness

Men will always gravitate towards a woman who is secure in who she is and who is independent. A guy doesn't want the responsibility of making sure you are happy all the time.

How accountable are you for your own happiness?

I am only interested in men who are respectful

A quality guy will respect you if you don't tolerate being disrespected. You don't have to be confrontational; just excuse yourself from the situation if there is the slightest aroma of disrespect in the air!

Know your self-worth and stand your ground.

Contemplate this affirmation and the guidance in terms of your life

I am a challenge; he'll know he's met his match

Be a challenge. Always be a challenge because then the guy knows that he's met his match! Then he can't control you and things are not boring for him. It keeps things exciting when you remain a little bit mysterious.

Meditate on what this affirmation means to you.

I am happy either with him or without him

A strong and independent woman is happy with or without a guy. In fact, when a man sees that you are just as happy without him as you are with him, he'll respect you more and take you more seriously.

Think about your state of mind when you are with a man and when you are not. Make some notes here.

I care about myself and about my happiness

It's really easy for a man to find a woman who will care for him and care about his happiness, and make sure he is satisfied. But those types of women, guys find boring. A quality man wants a woman who doesn't give up everything to take care of him and his happiness. He wants her to invest time in taking care of herself and her own happiness.

Think about your investment in your happiness and how you take care of yourself.

When I am happy, I'm sexy

When you are happy, you are sexy. It doesn't really matter what you do, but if it makes you happy then the guy will find you attractive. When you are decisive and go for what you want and you are proud of your achievements, it's a turn-on for the guy.

What makes you proud?

I can and I do make important decisions because I am decisive

Having a can-do attitude and being a decisive woman is a magnet for a guy. He wants to know you can make decisions, and not just about the little things - he wants to know you can make decisions about the bigger stuff too.

Meditate on the idea that confidence begins with YOU...

I am coy and allow him to win me over, incrementally

You have to be coy; you have to be different from all the other women he has met that have wanted to rush into a relationship with him.

Slow things down, really take your time and let him win you over, but ever so slowly. Then he will believe that you are falling in love with him, and not falling in love with the idea of a relationship.

Contemplate what this affirmation means to you.

There are no guarantees before he's earned them!

If he wants you to be his girl, then he's got to earn that. So don't take his questions about marriage and kids as a sign of his commitment. All that stuff is him paying you lip service! You can gauge his level of commitment by what he does for you, not what he says to you. If he wants you as his girl, then he needs to treat you consistently well over a period of months and not just a couple of dates.

Contemplate how you gauge a man's commitment to you.

When a man says “fun” he means: no pressure, no expectations and no demands

The quickest way to stop dating a man is to constantly talk about how your biological clock is ticking. A guy predominantly wants to have fun. He doesn't want to be tied down or feel under pressure to get married and have kids.

So you need to play him at his own game. Don't give him the reassurance of a second, third or fourth date. Play it cool. Then he'll drop his guard because there's no pressure, expectation or demand, and then he'll start falling in love with you.

This isn't usually what women do; they normally map out how they think things will unfold, and they want to know immediately if there's a future. Can you break this pattern and play him at his own game?

I am purposefully unavailable once in a while

To keep him interested, be unavailable once in a while. He may think you are dating other guys. Don't talk about other men directly. It's good for him to wonder.

Contemplate how you can apply this affirmation in your life.

I make the man wait for me, work for me and struggle a bit to catch me

It makes him feel special when he has to work for something, wait for something, or struggle for something. It makes him feel like no one else could catch you and that you are his prize.

Meditate on adopting this mindset in the dating arena.

I believe in me, 100%

Everything about you should radiate your belief in yourself. Be self-assured; there's no need to try to sell yourself. Kick back and relax, and let him do the work

Contemplate your self-belief. On a scale of 1 to 10, how much do you believe in yourself? What can you do to make that score a 10?

I keep him curious

Being a little bit elusive is the way to seduce a man. You want to figure out his pattern and how he manages his week, but don't let him figure out your pattern or what you do with your week. Keep him curious. Don't give too much away.

How can you achieve this?

When a man feels trusted it makes him want to do the right thing

When a man feels that he is trusted, then it makes him want to do the right thing. Deep down he wants to please you. So when you trust him, you empower him, and he feels worthy and deserving of you. It makes him behave in an honourable way towards you and protect you.

What can you do to build a man up in this way?

Men likes rules and guidelines

Men do love guidelines and rules. He wants to and needs to know what the “do’s and don’ts” are. Especially if he is a quality guy, these will be really important to him. So you must be able to communicate them clearly to him and he will respect you for voicing your opinions.

How easy do you find it to communicate your “do’s and don’ts”?

He loves knowing there's a small part of me he just can't get to

Men always want what they can't have.

So, give him the impression that there's always a small part of you that he just can't get to!

Meditate on the idea of men always wanting what they can't have.

If I'm dolled up and I wasn't with him, it keeps him wondering and interested in me

To keep the desirability factor high, then maybe once in a while get a little bit dressed up when you go and meet your girlfriend for coffee - especially if he's been neglecting you. Make an effort when you go to work with your hair and make-up. It will make him wonder why you've done it and he'll realize he needs to put some more effort in!

Contemplate this affirmation and how you can apply the guidance.

I maintain my life because it keeps me interesting

The moment you put your life on hold for him, you become less interesting. You must maintain your life - particularly your social life, and your relationships with your friends and your family. He shouldn't become your outlet for socialising. Once in a while make yourself unavailable to him. Be busy doing something that you enjoy with a girlfriend or a member of your family.

Contemplate this affirmation and what it means to you.

I give him a little of my time and my energy, then I focus on my own life

This is a magical formula, not just for dating but for marriage too. You give him a little bit of your time and your energy and then you focus on YOU and your life.

That keeps him interested in you, at all times!

Make some journal notes about how you can achieve this.

Good sex doesn't make him care about me

A physical relationship isn't the way to get a man to care about you. That's a fact! Good sex won't make him care about you. You have to be a challenge to him.

Contemplate this affirmation and the guidance, and make some notes here.

He wants to feel that I'm special and exclusively his

To win a quality guy you've got to make him work for you. You have to be a challenge. If you sleep with him too early, then you'll end up in the "sex only" category and not the "marriage material" one. He wants to feel that you are exclusively his. He wants to feel like he has had to work for your attention and your affection. Sleep with him too early and he'll think that any guy can get you.

Contemplate this affirmation and the guidance and how you can apply it to your life.

I play up the feminine card

If you want a guy to behave like a gentleman, then play up the feminine card. You'll have him in the palm of your hand if you choose feminine fabrics to wear, and feminine colors, fragrances and accessories. It shows your confidence as a woman.

Meditate on your femininity and how comfortable you feel about revealing your feminine side.

I play for keeps so modest is hottest

Be modest if you want to keep your guy. A quality man will become a little insecure about how many previous lovers you might have had as he becomes more attached to you. Remain feminine, but don't appear as everybody's girlfriend.

Meditate upon how you play for keeps. Maybe make some journal notes here.

If he's not willing to wait for sex, then he's not worth my time

His first objective might be to jump into bed, but it definitely shouldn't be yours! If he's not prepared to wait then he's not worth your time. Watch out for the guy who says things like, "Don't worry," or, "You can trust me." Probably that's not the case at all and he's trying to trick you. Most women sleep with men far too early. Don't be one of those women. If he can be trusted then he won't have to make an announcement about it!

Contemplate this affirmation and make some notes here.

If he likes me he'll be happy just being in my company

If the guy is genuine and he's a quality man he will be happy to just be in your company. He won't be constantly trying to get you into bed. He'll be happy just to spend time with YOU.

If he's going to leave because you won't have sex with him, then guess what - he was going to leave even if you did have sex with him. He's not a quality guy.

If you are cautious about having sex too soon, a quality man will view you as someone who has high self-worth and respect you for it.

Meditate on this affirmation and make some notes.

Men are intrigued by anything they do not completely control

Make him treat you with respect. If something is important, then he gives it priority. Make sure you are his priority by remaining interesting, confident, and a little bit out of reach. When he can't control you, then you are a challenge he keeps pursuing.

How can you ensure that he treats you with respect?

I maintain a bit of privacy to stimulate his imagination

To keep him desiring you, you must learn to maintain a little bit of privacy because it stimulates his imagination and keeps him wondering, and this keeps him interested in you. It sounds like a game. But it's most definitely not; this is all about understanding the psychology of a man and working with it.

I preserve the mystery

Always try to preserve the mystery and make sex unpredictable and random. If you always have sex on the same days, at the same time, in the same place, it becomes boring and he'll become disconnected. So do things that are not part of the regular pattern once in a while; create a new positive memory and you'll keep his attention 24/7!

Contemplate what this affirmation means to you and how you can apply it.

I am and remain rational and calm

Emotional, erratic and illogical behaviour from a woman is probably what he's used to and what he doesn't like. So your mindset needs to be calm, logical, and reasonable. Then you can communicate with him in a way that gets results. Long emotional discussions rarely work with a guy. Short, logical statements about what's expected, or what needs to be fixed, or the fact he needs to just get over it are far more effective. Emotional, highly-strung shrieking will not get you what you want. Always be calm, be clear and be cool.

Consider this mindset and how you can adapt your style to get on this wavelength. Make some notes here.

I am unshakeable

Sometimes a guy will test you. He'll want to see how much you really do believe in yourself. It's actually quite a turn-on for a man when he realizes that you do have a brain and a mind of your own. He'll be looking to see who is at the controls. He'll want to know if you can be manipulated or not.

Meditate on this affirmation. Dive deep and contemplate your strength of character and the strength of your mindset.

I tell him what I want and give him a way to fix it

Give him the opportunity to be your hero. Men love to be congratulated for doing a great job. So to encourage him to adopt the right behaviours, tell him specifically what you want and give him a way in which he can fix it. Let him get on and do it and then congratulate him on completing the task.

Are you able to delegate tasks?

How easy do you find it to ask for something to be done?

Are you good at giving positive feedback and congratulating someone when they have done well?

I am a babe in complete control of myself

A quality man wants to see that you are focused on improving yourself and that you are following your own goals and dreams. He'll want to marry you because he won't be concerned that you'll be trying to take things away from him. He wants the security of knowing that you are in control of you.

Meditate on this affirmation and journal about it here.

I am a woman who can take care of business

Men are turned on by women who can take care of business. A quality guy will be attracted to a woman who can stand on her own two feet. Men are drawn to women who are winners in their own right, or that they view themselves as winners. A quality guy will want to protect a competent woman; he'll want to keep her safe.

How do you take care of business?

How do you demonstrate that?

Do you think of yourself as a winner?

I am a woman who elevates herself

Men fear women who want to use their partner or husband as a way to climb the social ladder at his expense. Don't be that type of woman! Be the woman who is interested in creating her own success, and the woman who elevates herself on her own merit. That quality is desired and admired by men.

How can you pull yourself up by the boot straps?

What involvement do you have with your own evolution?

What responsibility do you take?

When he gives me something, I acknowledge the kindness behind the gesture

Be sure that you acknowledge the kindness that motivated his gesture rather than the material goods that he's purchased for you. A man loves to be appreciated for his contribution and his thoughtfulness.

How do you acknowledge kindness?

Be being appreciative, I motivate him to give me the world

When you are appreciative of his efforts it makes it fun for him to court you, to buy you gifts, and to take you to nice places. He will literally give you the world when you have an attitude of gratitude because it makes him feel valued.

Contemplate this affirmation and the concept of having an attitude of gratitude, and what that means to you. You can make some notes here.

By contributing in a reasonable way I maintain his respect and trust

This isn't about money; in his eyes it's about making a fair contribution. That contribution doesn't have to be equal to his, and when you contribute in a reasonable way, you get to keep his respect and trust. He shouldn't have to work all hours and pay for a cleaner, a nanny and a chef, while you go to yoga or out shopping with your girl friends.

Contemplate what contribution means to you and make some journal notes here.

I am a woman he can count on and I will really be there for him

A quality guy wants to be with a woman he can truly count on. He wants to be with a woman who is principled and who lives by her values. She is a woman who can stand up for herself and stand by her man when he needs her to be there for him.

Consider this affirmation and how you can apply it in your life.

The more control I have over myself, the more hold I have of his heart

When you have control over yourself and you are in charge of you, then you are the person who is capable of not taking any BS and getting up and leaving. When you have self-control then you automatically raise the bar as to what you expect and what you will tolerate, and a quality man knows this instinctively. Being empowered and confident in this way doesn't just make you a man magnet; it is a very attractive characteristic that other people gravitate towards as well.

Meditate upon your self-control and write down your thoughts here.

Conclusion

A quality guy wants to marry a woman who is confident, unique and who has strength of character. This is the woman he wants to share his life with and all the special moments within it.

This man of quality wants to feel like he is your hero because men have a need to feel validated. His aim is for you to admire him and to look up to him while he is the one who provides the security and protection within the relationship. He desires to have all of this with a woman of substance who can stand up for herself, who respects herself and who loves and accepts herself.

And you know what.....it's not about him. It's all about you enjoying your life with and without him. When you are complete within yourself, and happy, then you are aligned to having a great relationship with a quality guy. When you are kind and considerate towards others and you demand to be treated the same way, then you will attract that type of man into your life.

By changing what you focus on, you will change the quality of people you attract into your reality - ultimately ensuring that you get the guy of your dreams.