

Irresistible Action Guide!

Make Every Man Want You

How to Be So Irresistible You'll
Barely Keep From Dating Yourself!

M A R I E F O R L E O



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www.makeeverymanwantyou.com

Welcome To Your Bonus

Irresistible Action Guide!

I'm so excited you've downloaded the *Make Every Man Want You* Bonus Irresistible Action Guide!

This guide was designed to help you implement the wisdom, ideas and action challenges in the book. It's your place to take notes, write ideas and capture insights.

Instructions

1. Print It Out.

We suggest you print this guide and keep it nearby as you read (or re-read) *Make Every Man Want You*.

2. Grab Your Favorite Drink and Get Cozy.

Make a cup of tea or grab your favorite drink. Then get cozy and allow yourself to answer each question, fully and completely.

3. Watch for Added Magic In Your Life.

If you practice the strategies, this book has the power to transform your relationships, and your life, forever. Be on the lookout for added magic, synchronicity and "happy coincidences" to pop up.

4. Be Generous and Share This With Every Woman You Know!

Why not build a community of irresistible women to play with? Be generous and share your insights with every woman you meet. The world is in desperate need of spiritually awake and vibrantly alive human beings. There's more than enough irresistibility for us all.

Part I

Keys to Making Every Man (and Everyone Else) Want You

If you have knowledge, let others light their candles in it.
—Margaret Fuller, author and philosopher

Chapter 1 - Irresistibility 101

Take the first step in faith. You don't have to see the whole staircase. Just take the first step.

—Dr. Martin Luther King Jr.

Irresistible Insight Questions

1. Have you noticed that when you resist your is-ness, the result is always frustration? Can you see that arguing with what is only produces pain and misery, especially in you?

2. How would your life shift if you made is-ness your business all the time? Do you think you'd be more or less loving? More or less effective? More or less irresistible?

3. What is your relationship like right now? Not what it should be if the two of you could stop arguing or could be if he had more money but what it actually is at this moment. Can you stop holding back and start loving? What kind of impact would compassion have on your relationship?

4. Are you willing to give up frustration and anger in lieu of a new possibility? How good will you allow your life to be?

Irresistible Action Challenge

1. For the next twenty-four hours, make is-ness your total business. No matter what happens—your printer breaks, your date cancels, or the plane is delayed for two hours—pretend that you wanted it to happen. You can even say, “And this is what I want!” after any circumstance that your mind wants to resist.

For example:

You’re on hold for forty-five minutes with your cell phone provider. Say to yourself, “Huh . . . I’ve been on hold for forty-five minutes . . . and this is what I want!” Then, when you lose your signal and get disconnected just as you’re about to speak with a customer service rep, say, “Huh . . . just got disconnected . . . and this is what I want.” While it may feel slightly kooky, this exercise not only will give you a laugh but will also help you become aware of all the ways you resist your is-ness and unwittingly create misery, frustration, and upset in your life.

Irresistible Insight Questions

1. What are some ideas about love, men, and relationships you hold as “the truth”? Write your answers here:

2. What types of things were you told by family and friends?

3. What old decisions about men or relationships have you made during an upsetting experience? Take a few minutes and write down what you believe to be "the truth."

4. Now look at your first "truth" and answer the following questions. Then go back and review the questions for each old "truth" you wrote down above

a. How old were you when you first had that idea?

b. Is it serving you now?

5. How willing are you to kick your thinking problem and reclaim your irresistibility?

Irresistible Action Challenge

1. What are at least three ways you're already irresistible? Name at least three things you appreciate about you right now.

2. Bring awareness to how much you say, either in your head or aloud, "I know that already." Can you smile at that thought and gently redirect your attention to hearing or seeing things as though for the first time? How willing are you to be a fresh canvas upon which life can bring you something new?

3. Lighten up, daaarling. Most of us take ourselves (and our lives) too darn seriously. This unnecessary "tightness" is a real buzz kill to our irresistibility and wellbeing. Test this for yourself: next time you're getting a little too serious, do a body scan. Are you scrunching up your face or squeezing your shoulders? Notice how you feel. Is it fun? Are you enjoying the experience?

Chapter 2

The Five Truths That Every Irresistible Woman Needs To Know

A person does not have to be behind bars to be a prisoner.
People can be prisoners of their own concepts and ideas.
They can be slaves to their own selves.
—Prem Rawat, speaker and peace activist

Irresistible Insight Questions

1. Does something inside you believe you need a partner to be complete? How would your life be different if you were incapable of thinking that thought?

2. How willing are you to shift out of a transaction-based relationship model into a more rich and dynamic model grounded in compassion and mutual growth?

Irresistible Action Challenge

It's easy to experience "this is it" for yourself. It's like flipping a switch that turns on the light of your irresistibility and illuminates everything you touch. Fully invest in each moment exactly as it is right now. Remember that everything is as it should be. You are a perfect version of you in this moment.

Here are five fun ways to experience "this is it" for yourself:

1. When you order at a restaurant, don't second-guess your choice. Trust whatever you ordered is the perfect thing for you. This is it.
2. At work, rather than wasting time daydreaming, complaining, or wishing you were somewhere else, do what needs to be done with excellence right now. This is it.
3. On dates, hold aside your judgments and criticisms of the person sitting across from you. Practice simply being there, enjoying yourself and noticing how it feels to be with this person. This is it.
4. At home, take care while you clean, decorate, and tidy up. Make your bed neatly and precisely. Hang pictures with thought and attention. Get the nice towels. This is it.
5. Get dressed, put on makeup, and style your hair like it counts. Take your time and pay attention to the details. This is it.

Your turn! Name three more ways you can experience "This is It" right now:

Irresistible Action Challenge

1. What areas of your life have you unawaredly put on hold? What action steps can you take right now to expand those areas?

For example, if you haven't been investing in your financial health, you could buy a book on personal finances or make an appointment with a financial adviser to get started. If you've been a couch potato lately, you could go for a run or take a yoga class.

Write down three irresistible action steps you will take right now to keep your life moving:

Chapter 3

The Seven Habits of Highly Unattractive Women, or Obstacles to Making Every Man Want You

The best way to break a bad habit is to drop it.

—Leo Aikman, writer and editor

Irresistible Insight Questions

1. How often do you check your e-mail or voice mail out of a sense of desperation? How much time are you wasting being needy, in thought or action, that could otherwise be spent enjoying your life?

2. Do you join in when friends are being catty or critical of other irresistible women? Even if you don't, do you stand by in silence or do you speak up and offer a different possibility? Are you willing to support your friends by opening up the door for their irresistible transformation?

Irresistible Action Challenge

1. Get rid of every single "low self-esteem" item in your wardrobe. You know, those "special" outfits that make you feel dumpy, frumpy, and at least ten pounds heavier the second you put them on. This is a great challenge to do with friends.
2. Practice true listening. Notice how often you finish people's sentences (in your head or aloud)—and cut it out. Pretend the person who's speaking has a gem of wisdom to tell you that will profoundly change your life. But in order to receive it, you have to give the person your full attention and allow him or her to speak without interrupting. Assume the person may need to ramble a bit at first in order to get to the really good stuff later.
3. Do you let your appearance fall to the back burner? Schedule your manicures, pedicures, facials, and hair appointments for the next six months. What personal care appointments do you need to make now?

4. It's time to get your sexy back. And there's no better way than by having an entertaining naughty buffet. (This can be done alone or with a partner.) Rent adult movies and read an erotic or trashy romance novel. Notice what gets your motor running. Have fun breathing life into your sensual side. Write down three things you will do to get your sexy back:

Part 2

Eight Secrets to Magnetizing Men

Trust that still, small voice inside that says,
"This might work and I'll try it."
—Diane Mariechild, author

Chapter 4

Secret 1: To Hell With Rules

The golden rule is that there are no golden rules.
—George Bernard Shaw

Irresistible Insight Questions

1. What rules have you abided by up until now? Write them down.

Now consider these questions.

2. Where did you learn the rules you wrote down?

3. Are they working for you?

4. How willing are you to break free from the old mold of "rules" and step into the world of limitless possibilities?

Chapter 5

Secret 2: Trash Your Perfect Man Checklist

If you judge people you have no time to love them.
—Mother Teresa

Irresistible Action Challenge

1. Write out your perfect man checklist and list all of the character traits of your mythical Mr. Right. This includes all of the ways you sort, sift, and screen potential partners. Some ideas to get you started are his hair color, height, ethnicity, age, occupation, and income. Is there any type you won't date or even consider giving a second look?

Done? Good. Now burn the list.

Irresistible Action Challenge

1. Let go of finding Mr. Right and simply start having fun. (What a concept!) Say this three times aloud right now:

I date for *fun*, not to find the one!
I date for *fun*, not to find the one!
I date for *fun*, not to find the one!

2. Stop putting so much pressure on yourself and on the men you date. Reawaken your girlish spirit and enjoy yourself again. Play. Laugh. Be silly. Have an adventure on dates. What do you have to lose besides your singleness?

3. Trust your intuition. If you feel attracted to someone who's not "your type," go out with him anyway and open yourself up to new possibilities.

You never know whom you might discover.

Chapter 6

Secret 3: When It's Men vs. Women, Everyone Loses

Know that you cannot help but judge. What you then do with your judgment is the choice.

—*Story Waters, author and spiritual teacher*

Irresistible Action Challenge

Quit doing battle with men by seeking out all the ways you may engage in it. Until you bring awareness to how it happens, it's impossible to stop. Use the following questions to support you:

1. Do you allow male bashing in your presence? Even if you don't participate, being around that type of commentary brings down your energy and affects your irresistibility. Start speaking up, or remove yourself from gender-biased complaint fests.

2. What thoughts or beliefs about "all men" do you hold as the truth? Write them down. Are they supportive or destructive to your irresistibility? Are you willing to see that these are just old thoughts that may not be yours? Can you let them go?

3. How willing are you to make a difference in the world by sharing your insight with friends and family when a gender-biased conversation comes up? Can you do it in a way that doesn't make anyone wrong but merely points out the futility of gender-biased beliefs?

Chapter 7

Secret 4: Your Parents Didn't Screw You Up (and Even if They Did . . .)

We are disturbed not by what happens to us,
but by our thoughts about what happens.

—Epictetus, Greek philosopher

Irresistible Insight Questions

1. Are you holding on to grievances against your parents from childhood? How much time do you spend reliving the past? What impact does it have on your aliveness? On your irresistibility?

2. Is holding on to the story of your childhood serving you? Is it supporting your aliveness? Do you have the relationship of your dreams?

Irresistible Action Challenge

1. Write down any "poor me" stories about your childhood that you're holding on to. Ask yourself if they are accurate. Is it possible that your memories are skewed? Have you considered how challenging it is to raise a family? Put food on the table? Manage a household, career, and bratty kids?

2. Even if your story is factual, the important question for you is, now what? Are you willing to let go of the past in order to allow your irresistibility to fully blossom?

3. What gifts are you stealing from the world by remaining entrenched in your past?

4. Are you willing to let go of the idea that your parents raised you wrong? Are you willing to be a wildly successful, expansive, and irresistible woman?

Chapter 8

Secret 5: Drop Your Story

The truth you believe and cling to makes you unavailable to hear anything new.
—Pema Chödrön, author and Buddhist nun

Irresistible Insight Questions

1. What's your story? List the ideas, beliefs, and theories you have put together over time that, up until reading this chapter, you believed to be true.

2. Now take a look. Is it possible you've been telling yourself a tall tale? How about stories like Sheila's? Do you have a set of past grievances you trot out to prove how much you've overcome or how hard you've had it in hopes of creating intimacy or admiration from a man?

3. How irresistible would you be if you left the past alone?

4. How much more authentic and grounded would you feel? Without your story, how much easier will you make it for a man to really, genuinely want you?

Chapter 9

Secret 6: Quit Complaining and Start Engaging, or How and Where to Meet More Men than You Can Shake a Stick At

What you are aware of you are in control of;
what you are not aware of is in control of you.
—Anthony De Mello, Jesuit priest and author

Irresistible Insight Questions

1. Do you often complain about things you have absolutely no control over, like the weather and traffic? Does it help?

2. Are you willing to look and see how much of your life is currently wasted on complaints? How many more men would you meet if you took your attention off your complaints and redirected it out in your environment?

3. What other kinds of relationships might you develop? Friendships, business contacts?

Irresistible Action Challenge

1. Become a complaint-free zone for a day. This game is a fun way to bring awareness to how much of your life you spend complaining. You can play by yourself or with friends. For one full day, don't complain about anything. That includes the weather, your body, men, work, coworkers, politics, or money. Anytime you catch yourself complaining mentally or out loud, just drop it.

Chapter 10

Secret 7: Get a Life and Keep It, or How to Keep Him Wanting More, More, More

If you are waiting for anything in order to live and love without holding back, you suffer. Every moment is the most important moment of your life.

—David Deida, author

Irresistible Action Challenge

Use this chapter to expand your possibilities of what it means to live a full life. Recognize that it is possible to have it all. Allow yourself to get used to the idea of including things in your life rather than excluding things. Think "both" rather than "either/or."

1. Take a class or workshop that you've been meaning to take but never got around to. Stop waiting for "someday" and start having a full life now. Write down one class or workshop here:

Done? Good. Now go sign up!

2. Investigate how you operate around work and money. Have you been holding back investing in your career or financial health? What steps do you need to take to become an S&M queen?

3. Practice keeping your word with yourself and others, whether or not you are dating right now. When you say that you are going to the gym, go. When you say that you'll show up at a party, show up. This will strengthen your personal power so that when you do have a relationship, you'll be well practiced at keeping your word.

Chapter 11

Secret 8: Perfect Packaging, or How to Be a Delicious, Scrumptious, Knock-His-Socks-Off, Take-Me-Home-Now Gorgeous Gal 24-7

The real sin against life is to abuse and destroy beauty, even one's own—
even more one's own, for that has been put in our care
and we are responsible for its well-being.

—Katherine Anne Porter, Pulitzer Prize –winning author

Irresistible Insight Questions

1. What areas of your personal packaging could use some attention?
List them here:

2. What kind of support do you need?

3. When was the last time you updated your wardrobe? Cosmetics?
Hair?

4. Is there anything you own that embarrasses you?

5. Are you willing to let those items go to make room for something
newer and more irresistible?

Irresistible Action Challenge

1. Make a list of different areas of your packaging that need updating. The following will give you some ideas:
 - Bras and underwear
 - Cosmetics and skin care and hair products
 - Jewelry and accessories
 - Shoes
 - Work clothes
 - Evening clothes
 - Workout clothes
 - Hair, skin, and teeth
 - Socks
 - Jackets and coats
 - _____
 - _____
 - _____
 - _____
 - _____
2. Now select one area. Get out everything that is related to that category. Try things on and see what works for you now. Donate, give away, or throw away things you haven't worn or used within the past ten months. Don't forget to make note of things you'd like to replace.
3. Look in catalogs and magazines, online, and in stores for more current and appropriate choices that will support your irresistibility. Don't rush this process. Take your time and replace pieces as you find them. Use your intuition and fashion-savvy friends to guide you in choosing what works best. This is an excellent activity to do with others. If you want to capture a visual of your irresistible transformation, take before and after pictures.
4. Once you've completed one area, choose another and repeat the process. Keep going until everything you own is a clear and current expression of your most irresistible self. Have fun with this challenge! Before you know it, you'll have completely updated your look from head to toe.

Part 3

Pulling It All Together

If we are facing in the right direction,
all we have to do is keep on walking.
—Ancient Buddhist proverb

Chapter 12

Twenty-One Answers To Your Most Burning Dating Dilemmas

Irresistible Insight Questions

1. How can you use the insights you discovered in our questions and answers to support your own irresistibility? Write down your thoughts or ideas here:

Chapter 13

Now What?

Irresistible Action Challenge

1. Write down your biggest "Aha" Moments and action ideas from *Make Every Man Want You*.

My Biggest "Aha" Moments and Action Ideas:

2. What's your single MOST IMPORTANT "Aha" Moment? Write it here:

3. What's your single MOST IMPORTANT Action Idea? Write it here.

4. Who do you know that would benefit from a little more irresistibility? Write the names of at least 3 of your friends here:

Great. Now pick up the phone, send an email or write a letter! Start a conversation about what you learned in *Make Every Man Want You*. Talk about your ideas, "Aha" moments and action plans. Share yourself and support the women (and men) you know in having the life of their dreams. Remember, your irresistibility makes a difference to us all!

Congratulations!

Congratulations beautiful! I'm so excited you've completed your Irresistible Action Guide.

But don't think your journey is over, because this is just the beginning.

In fact, my hope is that you'll continue to deepen and expand your irresistibility in every possible way. Read and re-read the book as often as you like. Many readers report learning new things each time.

And before I forget...

Are you an enterprising woman who's interested in creating irresistibility and success in every area of your life? Would you like ongoing inspiration, tools and support to attract even more wealth, well-being and irresistibility?

Then I'd love for you to become an MF Insider. You'll receive my weekly newsletter and MarieTV episodes right in your inbox, as well as special giveaways, promos, and things I just don't share anywhere else. If you're not already subscribed, you can sign up at MarieForleo.com.

Once again, thank you for completing the Irresistible Action Guide and we hope to hear YOUR success story soon.

With love,

