## BOB GRANT, P.L.C.



# WHAT MEN FIND RRESSINGE IN A WAN'S PERSPECTIVE



Hello,

I'm excited that you've taken action on learning what men find irresistible in women. Understanding a man's perspective is essential, because what actually works in real life is often far different than most women would expect.

The insights in this workbook and accompanying audio are truly a game-changer, because once you understand what a man finds irrestible, you have the key to unlocking his heart!

Enjoy the process,

- Bob Grant, P.L.C.



## What Men Find Irresistible in a Woman ... from a man's perspective

For men, when a woman is "irresistible", it's an effortless attraction. Describe what you think an "effortless attraction" looks like from a man's perspective.

Describe what an "effortless attraction" looks or feels like to you.

Do these two views match? If not, why?

### Communicating with a man includes a visual interaction that you may not be aware of

Men are visual. They're wired that way; they notice things. This is especially salient when you're getting to know someone online, or are involved in a long-distance relationship. Men need to "see" women, and experience them in a 3-dimensional way. The more senses we can involve with a man, the better.

How can you engage the following senses in your relationship with your man?

Sight	
Sound	
Touch	
Taste	
Smell	

#### How a man experiences you has a big impact on how he views you, sees you, falls in love.

We've established that men are visual, however there are three aspects that combine to create that 'irresistibility factor' that men can't resist.

Women tend to focus on the physical, questioning if they're pretty enough, thin enough, fit enough. Though these thought processes are common and normal, that doesn't make them healthy. So let's purge them now.

Grab a separate piece of paper and list the negative thoughts that pop into your head when questioning your physical appearance. Using that list, fill the space below with positive statements that counter those original thoughts. Once complete, rip up the paper filled with negative thoughts. You are done with those and the only ones that matter are those on the list below.

Physical Attributes, Openness and Acceptance are like the three legs of a stool. Put too much weight on any one leg and the whole thing will tilt over. All three must work together to maintain the balance.



The truth is, every man has something he prefers. You role is NOT to try and fit his mold, but rather to own who you are and embrace the gifts you've been given. What are those gifts? They're the ones you're repeatedly complimented on, but don't pay enough attention to.

Create a list of the physical compliments you've received over the years.

## Sometimes women hide. They're cautious and guarded, yet hope for a man who will break through their exterior. Don't hide. Be seen.

A great way to "be seen" is by wearing colors that grab a man's attention. Take a few minutes to peruse your closet and make a list of five cute and colorful outfits that are just waiting for you to show them - and you - off! Include every detail, from the clothes to the shoes to the jewelry.

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Seeing a woman's soft and feminine side immediately lowers a man's defenses. That's right, soft appeals to masculine. Make a list of the various ways - both physical and emotional - that you can showcase your soft and feminine side.

If you are not open, you're essentially closed. But you've likely been conditioned to be that way. Women often hear messages like "don't be too needy, so emotional, too fragile, so weak". And these messages often result in strong and sturdy walls being built to protect the heart.

Grab a separate piece of paper and list the messages you've received that have caused you to be more guarded and less open. Using that list, fill the space below with positive statements that counter the negative ones. Once complete, rip up the original paper. The only messages that now matter are those on the list below.

## The same behaviors that keep you safe always dim your light. (Then a woman is more open, her guard goes down and she starts to glow.

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The biggest problem with being too guarded is that men see it as a challenge to be overcome and won. But the opposite side of the equation - being open - leaves a woman feeling vulnerable. Neither extreme is good, which is why finding your way to the middle is essential.

What are three action steps you can take on your next date to make yourself more open and vulnerable?

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ר yo	our own words, why is it important to be open?	

Openness leads to acceptance; accepting and appreciating who you are. List 10 things you accept, and appreciate, about yourself.
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In your own words, describe The Campfire Effect.

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Let's revisit the three components of the 'irresistibility factor': Physical Attributes, Openness and Acceptance.		
ich one are you best at? Explain your answer.		
Which one do you tend to focus on the most? Explain your answer.		
Which one do you lean towards when stressed, and why?		

Which one is the biggest struggle for you, and why?
List three actions you can take today to improve the one you struggle with most.
1
2
3
When all three are in balance,
and you learn to put your heart first,
your authentic beauty will glow like never before.

~ 14 ~ Congratulations! You now have the 'irresistibility factor' reci-pe. All it takes is stepping into your authen-tic beauty, allowing yourself to be open, and accepting yourself for the amazing woman you are. A dash of each and you are well on your way to creating the effortless attrac-tion that you deserve. Thanks for allowing me to guide you through this process, - Bob Grant, P.L.C. RELATIONSHIP