

# *Attract The Man You Want!*

**Module One**



**Create Your Powerful 4D Vision To Attract  
The Love & Romance You Desire & Deserve**

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Welcome to

*Attract  
The Man  
You Want*

# INTRODUCTION

4D? I'll get to that in a moment.

Why gamble on blind dates and random online matches, when you can create a clear vision of what and who you want?

Welcome to **Attract The Man You Want!**

This workbook is your personal romance vision and manifestation system. It provides you with powerful tools to create and attract the romantic relationship you truly want.

You are embarking on a powerful adventure to vision, attract and enjoy an amazing romance and relationship.

There are eight richly potent modules (kinda like power-tools). Each is powerful in its own right, so you have a world-class tool box in your hands.

Each module is intended to be embraced and explored a week after the previous. I suggest you take as much time with each module as you need. Some of them may only take a day for you, some may require longer to fully experience. Trust your own inner guidance. If you choose to take all week for each module that works perfectly!

Each assignment specifically builds on the previous one, to increase your clarity, your vision and your magnetism to your developing vision.

## *Attract The Man You Want*

To strengthen your attraction effect, and to align you more fully with your vision of relationship, I have created a set of powerful and personal affirmations for each module that are tailored specifically to each heart-work assignment.

Oh, and the 4D I mentioned?

We live in 3-dimensional life, which is, not surprisingly called 3D.

4D is the addition of time, and in this program you will experience your future, giving your vision and intention life and context. It's going to be a wonderful journey.

OK, let's get started.

# 1. CHANGING YOUR STORY

Let's start at the beginning.

This module will help you uncover and reveal a whole list of what didn't work in your past relationships. Yes, you are being asked to review, revisit, and remember what didn't work, how things went had, what sucked, even what hurt in your past relationships.

This is a good thing?

Take a breath.

Yes! This is a vital first step to make yourself available for what you do want.

Let me explain.

First, this module will put your focus firmly in the part of your romance and relationship history where there is emotion and juice. This energy will be freed up from this process, and will come in very handy as you move through the upcoming visionary activities, and also add spark and fuel to your attractiveness too.

Second, you won't just be thinking about and making a list (yes a list) what didn't work. The second half of this module is where you will be able to clearly define what you really want, and choose what will definitely work and be intentionally desired in your ideal relationship.

## *Attract The Man You Want*

The first half is required to fuel the second half so it if fully expressed. One key benefit of this process is you will find a lot of qualities and requirements that you may not have initially thought of that will add to your next heart-work modules coming up (that's a hint!).

This is a relatively simple assignment to get you started, although it may take you deeper than you expected. It may stir up some emotion, which is OK, and you will ideally feel a rising of satisfaction after you are done.

Gentle? Yes. Without feeling? No.

All the good memories you have from your past relationships? They will be included too, added in later on.

### **Supplies:**

A few sheets of paper (I have provided a couple of simple template sheets below you can print out and copy).

A pen

Quiet time

A box of tissues (I did say you might go deep in this exercise).

### **How To:**

I highly recommend you take quality time for this process.

Create quiet time in your own space. Remove or turn off distractions, especially your phone, your computer, radio, television, etc. You may

## *Attract The Man You Want*

want to have some soft instrumental music in the background if you prefer.

Print copies of the template below, or use blank paper sheets as follows:

On a first sheet, write the word "NO" across the top.

On a second sheet, write the word "YES" as the header.

You can add more sheets to both lists as you need.







## *Attract The Man You Want*

On the first sheet with the “NO” header, begin to write down a list of all the things that didn’t work in your past relationships. Include qualities, behaviors, patterns, language, deal-breakers, omissions, hurt, upsets, attitudes, habits, etc., anything that really triggered you, upset you, or simply didn’t work. Take time to be specific, and at the same time write each point or aspect in a single short sentence or a few words. Use descriptive words that have feeling for you, especially blunt and direct words with power. In fact, I encourage it. The more emotive this list is for you, the better. The more you can express your feeling and power here, the more you will empower your “YES” sheets later on. Add more “NO” sheets as you need.

Make your list of “things” that didn’t work as complete as you can. Go back and review different relationships, and feel and see if there is something you missed. You may find yourself only having a few things to write, not even filling up one “NO” sheet, or you might have had several painful experiences, and fill up multiple “NO” sheets.

When you run out of things to write on the “NO” sheet(s), it’s a good time to switch to the sheet with the “YES” header. You will be taking each negative experience from your “NO” sheets, and writing the equivalent positive reframe/rewrite on your “YES” sheets, adding power and enthusiasm to your language and wording.

For example, on your “NO” page, you may have written something like “He never showed me he loved me.”

On your “YES” page, your positive reframe could be “He shows his heart and his love for me every day in delightful ways, and I feel amazing, and so loved by him.”

## *Attract The Man You Want*

The easiest and best way to do this is to take your "YES" sheet and place it side by side with the first "NO" sheet.

Now go ahead, and write the opposite positive statement or description of what you wrote on the "NO" sheet(s). You are writing down what feels opposite to you, not necessarily the exact dictionary opposite, if you get my drift.

Write an entry on the "YES" sheet for every item from the "NO" sheet. If you used more than one "NO" sheet, you will write out an equivalent number of "YES" sheets.

Also, write your positive statements in the present tense, not the past, and certainly not the future. There is a specific reason for this, and you will discover more about it in Module Two.

At some point, you will feel complete writing positive statements to replace the negative ones. When you get to this point, it is quite possible you will have remembered a few more of the limiting, negative, less than ideal experiences from past relationships, and even perhaps some thoughts of things you don't want to happen that haven't yet. Take time to go back to the "NO" sheets, and continue writing anything limiting or negative that may have surfaced since you began adding positive statements to the "YES" column.

You may discover your memories cause you to have a sort of "ping-pong" experience, as you work through this process, adding entries to the "NO" sheet, and then corresponding opposite affirmative entries on the "YES" sheet, then back to add more to the "NO" sheet, and then the "YES" sheet, and so on. Keep writing on each sheet as your thoughts tend (or trend) toward each side of the list.

## *Attract The Man You Want*

When you've finally exhausted your mind of entries for the "NO" sheets (this is good news), and you have matching (and opposite) entries all the way down the "YES" sheets, you now get to have some fun.

You are free now to dream big. Beginning with the good things that happened in your past relationships. You do have some good memories don't you?

On the "YES" sheets, add these good memories, all the good stuff from your past relationships, experiences, activities, behaviors, etc., phrasing them in the present tense.

Continue adding new ideas, desires, must-haves and preferences that you really want, and your heart yearns for. Add you would love to have in your dream relationship. Again, all in present tense language.

Go for it!

This process primes the pump of your desires and qualities of what you truly want. Let the flow continue. This is the foundation of what's ahead.

Revisit and update this growing list each day over the next week, writing down additional items as they come up on the respective sheets.

When complete, you will have created a very comprehensive and inspiring list of qualities and values that you truly want and desire. This is an important ingredient for what is to come.

## **ONE MORE THING**

As I shared in my video, there is one more step, that will really free you up. You may imagine that you are setting sail on a new adventure, and to cast off from the dock, you need to release the anchor that is what kept you there before, so you can sail free and onward toward your vision.

OK, I was waxing poetic and romantic a little there, however the reality is that by doing this step, you will be letting go of the anchors that have been tying you to your past relationships, and freeing your heart and mind to open to and embrace your approaching vision.

The one more thing you do is to gather up all the “NO” sheets, however many (or few) you wrote on, and in a safe place, burn them. If you have a fireplace, or an outside fire pit, or you can use a large disposable aluminum/aluminium (for my English sensibilities!) baking pan as the container in which to burn these sheets up.

Rather than just lying them flat, crumple each sheet up into a ball, it will burn more readily and completely this way. Take time to enjoy the releasing experience. In fact you may feel a desire to bless these sheets, these words, as you release them into the fire, and feel into an inner peace at this time.

This is a turning point for you. A declaration of releasing where you have been, and a commitment to move forward to where you want to be. This is the start of a new way of living, a new way of loving, and ownership of your heart and vision.

Congratulations!

# AFFIRMATIONS

Each week you will be receiving a new and relevant list of affirmations that will support each week's work. You will be building a new "muscle" in your consciousness. You will be empowering your mind and your heart.

Read each affirmation out loud, facing a mirror, looking in your own eyes. I recommend you print these out and tape them to the mirror (your bathroom or bedroom mirror works best), so you will see them every day, ideally multiple times a day.

Read these affirmations each morning when you first arise and each evening before you go to bed. Take time to breathe fully between each one. And smile while you do this – your life is getting better and better all the time!

These affirmations will support you over the coming week. And you will receive additional affirmations each week of the program.

***I am clear about what I choose,  
what I want, and I am manifesting  
my dreams.***

***I believe in who I am,  
and I am a powerful creator.***

***My vision is my reality.  
I create what I want and  
it manifests, NOW!***

***I am attracting more magic, love  
and passion into my life, every  
day.***

***I create my reality,  
I create my vision,  
and I declare my love now!***

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