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ModernMan →

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Free Sample

This is a FREE SAMPLE of the 30-Day Challenge. To get the full version, purchase 21 Great Ways to Get a Girlfriend here:
http://www.themodernman.com/21_great_ways_to_get_a_girlfriend.html

Day 3 – Speedster!

The Challenge

Attend a speed dating event and get at least two ‘Yes’ matches. Note: Get this booked in for yourself today and then move onto Day 4 of the Challenge.



Background

Speed dating is the perfect way to put your social skills to the test in a fast paced environment and get the ball rolling in your dating life.

Speed dating is great if you’re not that good at approaching women yet, because you don’t actually have to ‘approach’ any women. You just sit down and both of you start talking to each other.

Another good thing about speed dating is that it speeds up the process of you developing the advanced, alpha male mindset of *“Is this girl good enough for me?”* rather than the usual *“Am I good enough to get this girl?”* That simple mindset switch will have a dramatic impact on your self-confidence and results with women...and this Challenge is a great way to start practicing it!

By the way: A ‘Yes’ match is when both you and the woman select ‘Yes’ about each other, on your ‘tick sheet’ that is provided. When you hand in your tick sheet, the event organizers will give you the contact details of the women who said ‘Yes’ to you.

Preparation

Speed dating events can be found in local newspapers and on the internet. Type ‘speed dating’ and your location into Google. For example: Speed Dating New York. You should get a good list of results consisting of a mixture of organizations that specialize in speed dating events and local groups that might be doing one off events to raise money for charity.

The key to success with this Challenge is to stand out from the crowd. This requires you to demonstrate self-confidence, personality and a good sense of humor. Refer to 21 Great Ways

to Get a Girlfriend to hear Dan demonstrate 7 different examples of how to start the interactions with women in a confident, funny way.

You must create a good first impression and keep it rolling for the entirety of each date (usually 2-5 minutes depending on the size of the event).

Use what you've learnt so far in the first 2 Challenges and work on keeping the date fun AND light-hearted. Don't be too serious about it all, but do approach it seriously. If you take it too seriously, the woman will smell the ugly odor of desperation and select "No" next to your name.

If you're not interested in some of the girls, still keep up the fun element as it will impress the other women and spark their interest in you.

Completing the Challenge

- Research and sign up for a speed-dating event.
- Use the conversation and interaction techniques from '21 Great Ways to Get a Girlfriend' to create a great first impression.
- Ensure that each girl enjoys her date with you.
- Get at least two 'Yes' matches.

21 Ways Quotes

"You want to be giving relaxed eye contact with a subtle cheeky smile..." Dan

"The quicker you can make the girl feel comfortable, generally the better your success is going to be with women..." Ben

"Avoid the interview questions at all cost..." Stu

Day 23 – Coffee Addict

The Challenge

Get chatting with a waitress in a café and get her phone number.



Background

This is the follow up to the Challenge on Day 6 and continues your streak of getting phone numbers in places 'outside the norm'. By now you've got at least 2 phone numbers, but if all the Challenges have gone well you will have gotten more.

Once you've completed the 30-Day Challenge, you'll find that the skills you've developed along the way will allow you to enjoy every month of the year just as much as this one. Your social life will certainly never be the same again and you'll find one key difference is that when someone asks you whether you're available on a particular day, you won't be lying when you say you have to check your diary.

Now it's time to get that 3rd phone number (if not the 10th!).

Preparation

Take a look back at the Challenge on Day 6 to refresh your memory of how you went about chatting to the waitress. Done?

The focus today is on following through and getting her phone number. Remember to be discreet; you don't want to get the girl into trouble with her boss for spending more time socializing than serving coffee.

There are plenty of napkins in the café so the girl can write her number down on one without it being too obvious. If you want to help her out, try making it look like you're ordering something so she could just be taking an order to anyone observing her. Just make sure that you're ordering something to go, because you don't want to get her number and then continue to sit in the café – it'll make things awkward.

Completing the Challenge

- Engage a waitress in conversation.
- Break her out of 'waitress to customer' mode.
- Make her feel comfortable by being comfortable yourself.
- Chat for at least five minutes, depending how busy the café is.
- Discreetly get her phone number so you can arrange to meet elsewhere.

21 Ways Quotes

"Women tend to respond to guys that are a little bit demanding and a little bit difficult in a fun way." Ben

"One of the reasons that women are attracted to guys who are a little more demanding...is that it can translate into the guy's ability and behavior in the bedroom." Dan

Would You Like to Complete the 30-Day Challenge?

You've just read through **4 days** of the 30-Day Challenge.

To get the full version of the 30-Day Challenge as a free bonus, go to this page and buy 21 Great Ways to Get a Girlfriend:

http://www.themodernman.com/21_great_ways_to_get_a_girlfriend.html

The 30-Day Challenge is not sold separately. It is available only as a free bonus gift when you purchase 21 Great Ways to Get a Girlfriend. By completing the Challenge, you will get the following results:

- Get at least 7 phone numbers from new women who want to go on dates with you.
- Choose one of the women to be your girlfriend.
- Make new friends.
- Improve your social skills, confidence, conversation skills and ability to approach women.
- Become more attractive and appealing to women in general.
- Boost your self-esteem to a level higher than it has ever been before.
- Have sex with at least 1 new woman.

Put yourself to the test today! You'll be amazed at how quickly your life will change when you take this Challenge.

Cheers

Dan, Ben & Stu



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