Speed Seduction Mastery Project
Module 1 Week 1

Welcome to Month One.

This month's theme is "**Leap Into Action: From Shame to Showing Up Unshakable."**

Remember to get your physical journal. Each week, write down everything that happens. Every mission this month builds progressively, giving you the skills to comfortably, naturally, and confidently talk to women.

Do one mission per week. Don't try to double up or rush ahead. The program is intentionally designed in bite-sized pieces.

For every mission, write down:

- What you felt in your body "before" the mission.
- What you felt "during" the mission.
- What you felt "after" the mission.
- If applicable, what responses you noticed from the other person.

Did they smile?

Did they warmly respond?

Did they frown?

Did they look confused?

Write everything down and report it in the community. Share your experiences with your fellow members. That's an important part of the process.

The Purpose of Week One

Before you go out to meet women—or anyone else, for that matter—you first need to feel relaxed, comfortable, and grounded within yourself.

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If you're nervous, scattered, or focused on getting a particular response, you'll come across as needy. Your internal dialogue will constantly be running in the background.

This week's mission is very simple.

You don't even need to interact with anyone.

It's about getting yourself into the right state of mind.

Your Two Daily Affirmations

This mission consists of only "two affirmations."

I know I've been critical of affirmations in the past, but I haven't explained how to use them correctly.

Here's how you'll practice them.

Repeat each affirmation:

- Five times out loud
- Three times per day

Practice them:

- First thing in the morning before getting out of bed
- At night before falling asleep
- Right before going somewhere you'll be around people

It doesn't even have to be before meeting women.

Affirmation #1

"I never approach. I only offer the gift of my grounded, radiant, self-accepting masculine presence and power that draws women to me automatically and effortlessly."

Now let's unpack it.

“I never approach."

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From now on, you're never going to think of yourself as "approaching," even if I occasionally use that word in mission titles.

Language matters.

The words you use shape what you visualize, how you feel, and the actions you take.

When you think of "approaching," it subtly implies that the other person has the value and you're trying to get something from them—approval, a phone number, sex, or validation.

I don't like that frame.

Especially the phrase "cold approach."

Forget that.

“I only offer the gift..."

Think about what it means to offer someone a gift.

If I offer you a gift and you choose not to accept it, who actually has the value?

The person giving the gift.

Notice how that completely changes the frame.

Close your eyes.

Notice what you feel in your body when you say:

"I only offer the gift..."

Even if you don't fully believe you're a gift yet.

I'm telling you that if you offer warmth and genuine validation, people respond well to it.

"...of my grounded..."

We'll explore grounding more deeply in Week Two.

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For now, being grounded simply means being aware of your body.

You're aware of your breathing.

You're aware of your muscles.

You're present inside yourself instead of trapped in your head.

"...radiant..."

By radiant, I simply mean friendly.

Even if you're not particularly happy that day, you can still be friendly.

Friendliness is something you build through action.

Many people think they'll act differently once they feel differently.

Often, it's the opposite.

Action creates feelings.

"...self-accepting..."

This can be difficult for people who've experienced a lot of shame.

Self-acceptance involves several skills.

First, giving yourself permission to make mistakes.

If you grew up believing you had to be perfect or were constantly criticized, this may take practice.

Second, developing a strategy for learning from your mistakes instead of beating yourself up over them.

If you've listened to the hypnosis exercises on super learning, that process becomes much easier.

Finally, simply accepting that you're human.

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You're going to mess up.

You're going to make mistakes.

I still make mistakes, and I've been practicing this for decades.

Self-acceptance develops over time.

"...masculine..."

People throw that word around without defining it.

Here's my definition.

Masculine means taking action before you feel completely ready.

Preparation matters.

Waiting until you're perfectly prepared doesn't.

Masculine also means learning to get knocked down and stand back up.

Life includes setbacks.

You learn to roll with them.

Finally, masculine means learning to be strong without becoming a tyrant.

Many people grew up confusing strength with abuse.

Real strength isn't domination.

It's being able to move through the world with confidence while treating people well.

"...presence that draws women to me automatically and effortlessly."

Notice the wording.

You're not chasing.

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You're not pursuing.

You're creating a presence that naturally draws people toward you.

That's the frame this affirmation is designed to build.

Affirmation #2

The second affirmation is designed to interrupt your internal dialogue.

Many people allow the voice inside their head to decide the outcome before they ever take action.

Thoughts like:

- "She won't like me."
- "She probably has a boyfriend."
- "I'm not ready today."

This affirmation is meant to replace that pattern.

"I am 100% committed, devoted, dedicated, all in, to making my vision, my values, and my bold experiments in the world the architects, the artists, the engineers, and the designers of my life."

Let's unpack that one too.

"100% committed, devoted, dedicated, all in..."

Think of it like burning the boats.

There's no retreat.

Only forward.

"...my vision..."

Imagine setting aside every limiting belief.

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Forget past failures.

Forget what society has told you.

If success were truly possible, what would you create?

That's your vision.

"...my values..."

Take some time to identify what actually matters to you.

For me, many of my values begin with the letter C:

- Creativity
- Connection
- Contribution
- Communication
- Compensation

What are yours?

Write them down.

Share them in the community if you'd like.

"...my bold experiments..."

Treat life as an experiment.

You're not trying to prove your worth.

You're gathering experience.

You're learning.

"...the architects, artists, engineers, and designers of my life."

You're no longer allowing your fearful internal dialogue to design your life.

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You're becoming the one who creates it.

That analytical voice has its place.

It's useful when you're doing your taxes.

It's not particularly useful when you're trying to connect with another human being.

Your Mission

For this week, your assignment is simple.

Repeat both affirmations:

- Five times each
- Three times per day
- Out loud

Record how you feel before, during, and after practicing them.

Write your observations in your journal.

Then share your experience in the community.

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