Speed Seduction Mastery Project
Module 2 Week 4 - Drills

Week 4 – Heart on Sleeve: Mission Sheet

1. Script Internalization

- Write out the full Heart on Sleeve pattern by hand 3 times:
  - The **mentor/quotes** intro.
  - The **"heart on your sleeve or hide your feelings"** question.
  - The **butterflies / rush of energy / thoughts getting stronger** section.
- As you write, mark:
  - **Commands**
  - **Feeling/sensation words**
  - **Intensifiers** (e.g., "stronger and stronger and even stronger").

---

2. Vocal Pacing & Hypnotic Delivery

- Record yourself reading the pattern once at **normal** speed.
- Record a second version where you:
  - Start at normal conversational rhythm.
  - Gradually **slow down and deepen** your voice around:
    - "Maybe even that rush of energy…"
    - "Maybe to the point where you have certain thoughts…"
    - "Could your friends tell those thoughts are getting stronger and stronger and even stronger…"
- Listen back and adjust until the slowing and deepening are obvious.

---

3. Quotes Pattern Variations

- Keep the structure:
  "I know, I was talking to this mentor of mine…"
  "He was telling me about this question…"
- Create **3 versions** of the mentor:
  - "Wise old pervert" mentor.
  - Funny/worldly older female friend.
  - Relationship coach / psychology geek.

Copyright © Ghita Services, Inc. All Rights Reserved.
May not be copied or reproduced without written permission from the creator.

- Speak each version out loud with the same Heart on Sleeve content.

---

4. "Shut Up and Watch" Field Drill

- In a real conversation, run Heart on Sleeve up to:
  "Could your friends tell those thoughts are getting stronger and stronger and even stronger, or could you hide that that's what's happening?"
- Then **say nothing** for 5–10 seconds.
- Just observe:
  - Breathing, lips, face color, eye contact, fidgeting.
- Afterward, write down exactly what you saw and heard (no interpretation, only observations).

---

5. "Open Book" Response Conditioning

- Write 3 possible answers she might give:
  - "I hide my feelings really well."
  - "I totally wear my heart on my sleeve."
  - "It depends on the person."
- Do a call-and-response drill:
  - Say her line out loud.
  - Immediately reply:
    "When I find that's happening, the feelings just get so big, I become an open book, and it's just too hard to hide it."
- Repeat several times with tiny variations if you like (e.g., "I just can't hide it anymore") until it feels smooth and automatic.

---

6. Sensory Language Customization

- Write **3 versions** of the "butterflies / rush of energy" segment:
  - **Chest-focused**
  - **Throat/voice-focused**
  - **Full-body wave**
- Practice each version out loud at least 5 times, using the slowing, deepening rhythm from your recordings.

Copyright © Ghita Services, Inc. All Rights Reserved.
May not be copied or reproduced without written permission from the creator.

7. Daily Commitment Ritual (7 Days)

- Once per day, say out loud with intensity:

> "I am 100% all in, fully committed, dedicated to letting my vision, my values, my bold experiments in the world be the architects, the artists, the engineers, the creators of my amazing life."

- Immediately after, close your eyes for 30–60 seconds and mentally rehearse:
  - Using Heart on Sleeve boldly in a real interaction.
  - Noticing her positive responses.

---

8. Full Integration Mission (This Week)

- In the next 7 days, do this at least once:
  1. Use the **Laughter pattern** to get her laughing.
  2. Transition directly into **Heart on Sleeve**.
- Afterward, write a short debrief:
  - What you did and what she did.
  - How you felt (smooth, hesitant, bold, etc.).
  - What you will adjust next time.

Copyright © Ghita Services, Inc. All Rights Reserved.
May not be copied or reproduced without written permission from the creator.