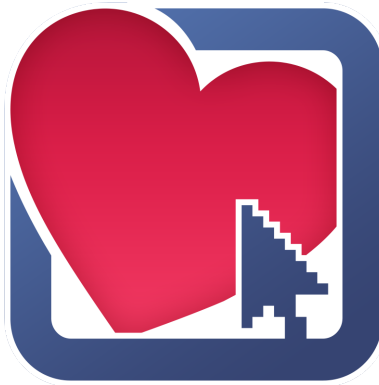


Capture His Heart: And Make Him Love You Forever 2.0

Wake Up Gorgeous Hour 4: Worksheet

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Wake Up Gorgeous Hour 4 Worksheet

Making conversation like you make love

Let's take a moment to evaluate where you are in this particular area, so that you can make a plan for growing your skills, if you need to.

Give yourself a rating from 1 (total beginner) to 10 (I got this down!) in the following areas:

1. I'm pretty aware of what a man's body language is telling me.

My score (1-10): _____

What I would LIKE my score to be: _____

Now name two ways you could get your score to shift up, if that's what needs to happen. What situations at work (meetings, etc.) could you use to practice with? Do you have a date coming up where you could try this? What about a practice "test" with a trusted guy friend?

Here's how/when I'm going to work on this one:

2. I never have ANY trouble getting a man to talk to me.

My score (1-10): _____

What I would LIKE my score to be: _____

Again, name two ways you could get your score to shift up. Don't forget to make use of your Powerful Questions worksheet from the first part of this program!

Here's how/when I'm going to work on this one (include names of guys, if you can):

3. I'm pretty skilled at keeping a conversation in balance so that each person talks about half the time. And when I want to, I can set it up so that he talks more. I NEVER dominate or hog the whole conversational floor.

My score (1-10): _____

What I would LIKE my score to be: _____

How can you increase your score? This one is mostly about intention. Make a goal that you will exercise your conversational skills at least three times in the next week, and check off the list items below as you accomplish them.

IMPORTANT NOTE: Remember, the point is NOT to never speak, or to always speak less than a man; the point is to be able to skillfully control how much each of you talks so that you can get the conversations in good balance at will!

- _____ 1. I was able to control a conversation this week so that both of us talked about half the time.
- _____ 2. I was able to control a conversation this week so that he talked about 75% of the time, and I talked about 25% of the time.
- _____ 3. I gave an entire conversation as a big, gift-wrapped present to a man this week, and I got him to talk 90% of the time.