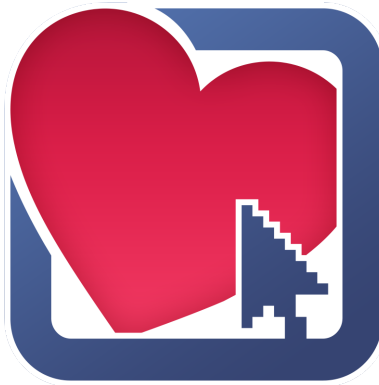


Capture His Heart: And Make Him Love You Forever 2.0

Wake Up Gorgeous Hour 5: Worksheet

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Wake Up Gorgeous Hour 5 Worksheet

Giving good man-belay

Sounds a little dirty, doesn't it? Heehee. Your homework for this section is pretty easy. It's all about empathizing, encouraging, and admiring your man.

And don't worry, I'm not going to overwhelm you. Instead, I'm just listing three simple things you can do in each category, then you can list some ideas of your own. (Feel free to "cheat" by going back to this section and pulling some ideas from there!)

Make him believe you understand him (empathy)

1. Plan to do things together that you know he enjoys.
2. Ask about and listen to his dreams for the future.
3. Don't shoot down his ideas; instead, ask him to tell you more about them, or be willing to be his sounding board.

Even more good ideas:

How to encourage your man

1. Stand by him during a difficult time.
2. Tell others about something you really like about him, in his hearing.
3. Don't wait for him to "deserve" your praise; look for what he's good at, and tell him what you see.

Even more good ideas:

Ways to make him feel admired

1. Say thank you.
2. Tell him how good he looks (smells, feels...).
3. Invite him to show you *how* he does something that he does well.

Even more good ideas:

***Special Note for making your man feel admired** – I'm going to be talking more about this in the very next section. And guess what? I've listed a whopping 39 IDEAS for how you can do it.

Girlfriend, this is going to be easier than kicking off your shoes at the end of a long day and walking barefoot in the warm sand at the edge of the ocean (Wow, I really got into that one, huh?). :)