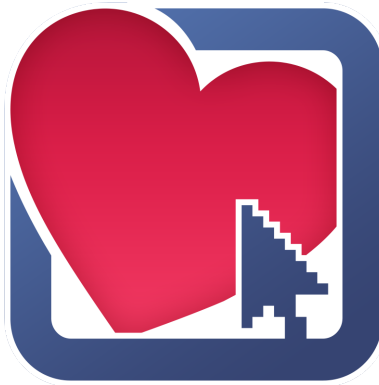


Capture His Heart: And Make Him Love You Forever 2.0

Wake Up Gorgeous Hour 6: Worksheet

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Wake Up Gorgeous Hour 6 Worksheet

A man's secret needs, fears, and desires

I know there's a LOT in this section of the program, so we're going to take it one simple piece at a time. To begin with, here's the recap of the six forces of nature driving a man:

1. He loves an adventure and the thrill of the chase
2. Deep down, he's afraid of failure
3. He's very much driven by hormones
4. He desperately wants to feel needed and admired as a man
5. Most of the time, he's very task/goal oriented
6. He's bad with expressing and understanding complex feelings

Adventure

What can you do here? Easy! Choose one item from the list that I gave you in the program (or one you've thought of yourself) and make your plan...

Here's my plan for getting both our pulses racing:

Fear of failure

It's time to do another bit of self-evaluation so that you can figure out whether or not this one is an item you want to spend some time focussing on.

Give yourself a score of 1 (Yikes, I need to work on this) to 10 (I ROCK!) on each of the items below.

- _____ 1. I know what he's good at, and I regularly call on those skills.
- _____ 2. I don't exaggerate or blow things wildly out of proportion when I'm upset.
- _____ 3. I can easily offer him a time limit or some breathing room when we're dealing with emotional issues.
- _____ 4. I'm good at telling him exactly (in terms he can understand) what I want from him.
- _____ 5. I'm perfectly willing to give him a "free pass" on a particularly trying event that I know he'd love to skip (family reunion, etc.)

Okay, how did you score? Are there areas you could improve? Awesome! Make it so.

Sex and hormones

Hey, sister, you already know about him (he wants it), do you wanna spend a minute thinking about you?

Because there are plenty of ways to boost your own sex drive, if that's something you're interested in. Here's just a tiny sampling of ideas... Pick your pleasure!

- **Exercise.** Seriously! Did you know that regular exercise boosts the hormones (endorphins) responsible for making you feel aroused? Yup.
- **Novelty.** Maybe this is a no-brainer for you, but just changing up your routine will also wake up your body and make you feel interested in life and sex. Especially helpful is a pulse-racing adventure that the two of you can share together, like we've already talked about in the section on Adventure, above!

- **Rest.** This one is all about enough sleep, a feeling of relaxation and peace, and maybe even a babysitter if you need one. Yoga, anyone?
- **Drink in moderation.** You probably already know this one. One glass of wine might help you overcome first date jitters, but more than that has a good chance of simply putting you to sleep!
- **Massage.** Ooo, I can tell you like this one. You can ask him to give you a massage, or honey, you can get one from a licensed professional massage therapist. When your body gets the kinks worked out and your skin feels all awakened and wonderful, you'll be all kinds of ready for more.
- **Environment.** Take the television and computer out of your bedroom. Invest a little time and effort and make it into a cozy, inviting love nest. This can be as simple as some mood lighting and some clean, soft sheets.

Admiration

Remember how I promised you a ginormous list? Well, now you have it! Why not take a moment and pick your top 5 favorite items that you're ready to put to work?

Ways I plan to make him feel utterly admired this week:

1. _____
2. _____
3. _____
4. _____
5. _____

Task-oriented

You CAN get him on board with an activity you want him involved with. Write down three things you want him to do with you (that he's not a natural fan of), then brainstorm a few ideas for how you can make that activity more task-oriented. I've given you two ideas to start with...

I'd like my man to help with grocery shopping. Here are ways I can make that into a TASK he could get involved with.

- a) We can keep a list of needed items, and I can give him half of it and do the other half myself.
- b) I can ask him to get specific items on his way home from work, rather than asking him to do the entire thing.
- c) I can ask him to make a list of all the things he wants me to get before I go.

I'd like my man to attend church with me. Here are ways I can make that into a TASK he could get involved with.

- a) I could ask him to serve with a particular group (running sound, ushering, directing traffic in the parking lot, playing in the band, teaching in a small group) that fits with his strengths.
- b) I could find a non-worship experience (building a Habitat House, working on a highway clean-up day, etc.) that we would enjoy doing together.

I'd like my man to _____. Here are ways I can make that into a TASK he could get involved with.

Not great with feelings

We've talked about this one before, but the simple fact is that it's hard to overstate how important this one is. So spend a moment evaluating both of your positions.

How "emotional" are YOU? (Score yourself 1 – not at all, to 10 – drama queen): _____

How "emotional" is HE? (Score him on the same scale): _____

How far apart are you? How willing are you to simply accept that distance, and use the tips offered in this section of the program to help?