

EXP3RIENCE

- 1) LIFE**
- 2) DATING**
- 3) WEALTH**
- 4) HEALTH**

Break up the monotony of life via these ways!

1) Take a trip once per month for a weekend.

2) Go out to eat once a week.

3) Do something spontaneous. Get out of the house.

4) Compliment your partner or buy them a gift.

What's your love language? Does your love language match your partners?

Love languages should match up for best relationship outcomes. Here they are!

Time, Gifts, Words, Actions, Physical Touch

WHAT IS YOUR FAVORITE CHILDHOOD MEMORY?

WHAT ADVICE WOULD YOU GIVE YOUR YOUNGER SELF?

**IF YOU COULD CHANGE SOMETHING ABOUT YOURSELF
WHAT WOULD IT BE?**

WHAT ARE YOUR FAVORITE ACTIVITIES?

**IF YOU COULD IMPROVE YOUR LIFE HOW WOULD YOU
DO IT?**

HOW OLD ARE YOU? _____

WHAT WAS YOUR FAVORITE VACATION, WHY?

WHAT WAS YOUR MOM LIKE?

WHAT WAS YOUR DAD LIKE?

WHAT WERE YOUR SIBLINGS LIKE?

WHAT WERE YOUR FRIENDS LIKE GROWING UP?

WHAT NEW ACTIVITIES CAN YOU DO THAT WILL MAKE LIFE MORE EXCITING AND FULFILLING?

WHAT ARE YOUR FAVORITE FOODS TO COOK?

WHAT ARE YOUR FAVORITE MUSICAL ARTISTS?

HAVE YOU TRIED DANCING? _____

HAVE YOU TRIED SINGING? _____

HAVE YOU TRIED EXERCISING? _____

HAVE YOU TRIED COOKING? _____

HAVE YOU TRIED READING? _____

HAVE YOU TRIED WRITING? _____

WHAT OTHER ACTIVITIES DO YOU LOVE?

WHAT IS THE MOST DEVIANT THING YOU'VE DONE?

WHAT IS YOUR FAVORITE LIE?

WHAT'S THE WORST THING YOU'VE DONE THAT MAKES YOU LAUGH THINKING ABOUT IT NOW?

WHAT DO YOU WANT YOUR LIFE TO LOOK LIKE?

WHAT CAN YOU DO TO GET YOUR DREAM LIFE?

WHAT DO YOU WANT YOUR SEX LIFE TO LOOK LIKE?

WHAT ARE YOUR TOP SEX FANTASIES?

IF YOU WATCH PORN WOULD YOU CONSIDER GIVING IT UP?

GUYS, DO YOU CUM PRE MATERLY, WHAT COULD YOU DO TO DELAY GRATIFICATION?

WHO IS YOUR DREAM PARTNER? WHAT DO THEY LOOK LIKE, WHAT DO THEY DO?

THESE ARE REDUNDANT QUESTIONS, BUT NOW THAT WE ARE ROLLING, WHAT DO YOU WANT YOUR LIFE TO LOOK LIKE? WHAT DO YOU WANT?

HOW CAN YOU IMPROVE YOUR LIFE?

WHAT'S YOUR FAVORITE ACTIVITY?

HOW CAN YOU BE THE BEST YOU?

WHAT ACTIVITIES ARE YOU LOOKING FOR IN A PARTNER?

WHAT ARE YOUR PERSONAL GOALS?

WHAT ARE YOUR PROFESSIONAL/FINANCIAL GOALS?

WHAT ARE YOUR RELATIONAL GOALS?

WHAT ARE YOUR HEALTH GOALS?

LETS MAKE SOME NEW GOALS!

HOW WOULD YOU DESCRIBE YOURSELF?

WHAT IS YOUR GREATEST ACCOMPLISHMENT?

WHAT ARE YOUR GREATEST FEARS?

WHAT ARE YOUR TOP STRENGTHS?

WHAT ARE YOUR TOP WEAKNESSES?

**WHAT WOULD YOUR LIFE LOOK LIKE IF YOU
DIDN'T HAVE TO WORK?**

ARE YOU RESILIENT? _____

DO YOU HAVE GRIT? _____

ARE YOU PERSISTENT? _____

DO YOU LOVE LIFE? _____

ARE YOU HAPPY? _____

WHAT CAN YOU DO TO BECOME HAPPIER?

WHAT AM I EXCELLING AT IN LIFE?

**WHAT AM I FAILING AT IN LIFE, AND HOW CAN I
REMEDY THESE FAILURES?**

WHY AM I INTERESTING?

WHAT GIVES ME ENERGY?

WHEN DO I FEEL MOST TIRED?

WHAT CAN I DO TO GET MORE ENERGY?

WHEN DO I HAVE THE MOST ENERGY?

WHAT FOODS GIVE ME ENERGY OR MAKE ME FEEL TIRED?

WHAT IS MY ACTUAL AGE? _____

HOW OLD DO I FEEL? _____

WHAT AM I GRATEFUL FOR?

HOW DO I SPEND MY TIME?

SLEEP _____

WORK _____

ALONE/FAMILY TIME _____

HOW DO I IDEALY WANT TO SPEND MY TIME?

SLEEP _____

WORK _____

ALONE TIME/FAMILY TIME? _____

**HOW ARE MY RELATIONSHIPS WITH MY FAMILY,
FRIENDS, CO-WORKERS?**

**DO YOU SLEEP WELL? HOW CAN YOU IMPROVE
IT?**

WHAT'S YOUR RELATIONSHIP WITH MONEY?

HOW CAN YOU SAVE MORE MONEY?

HOW CAN YOU START A BUSINESS TO MAKE MORE MONEY, HELP MORE PEOPLE, AND IMPROVE YOUR LIFE?

HOW CAN I VOLUNTEER MORE AND DONATE MORE MONEY TO CAUSES I CARE ABOUT?

WHAT CAUSES THE MOST STRESS IN MY LIFE?

HOW CAN I MANAGE AND GET RID OF STRESS?

WHY DO PEOPLE WANT TO BE MY FRIEND?

HOW IS MY COMMUNICATION? CAN I IMPROVE IT?

AM I NEEDY? DO I SHARE WITH PEOPLE EVERYTHING I WANT OR DEPEND ON OTHERS TOO MUCH? AM I INDEPENDENT OR CLINGY?

HOW CAN I BE NON NEEDY MORE?

DO I HAVE A BEST FRIEND OR GROUP OF FRIENDS TO ENJOY LIFE, TRAVEL WITH, AND GO OUT WITH? _____

HERE'S WHAT I THINK IT MEANS TO BE BEST FRIENDS WITH SOMEONE...

- 1) SOMEONE WHO TEXTS YOU TO HANGOUT AND TEXTS BACK MODERATELY QUICKLY.**
- 2) YOU DON'T WORRY ABOUT BEING CLINGY AROUND THEM.**
- 3) YOU CAN BE YOURSELF AROUND THEM.**
- 4) YOU CAN SAY WHAT YOU FEEL.**
- 5) YOU DON'T WORRY ABOUT BEING JUDGED.**
- 6) YOU LIKE TO DO SIMILAR THINGS AND HAVE SIMILAR INTERESTS.**

DATING

WHAT'S YOUR OPINION ON DATING?

Women are looking for a man who has other women interested in him. This is because women feel validation when they win over the man most women want.

The same is true for men. Men want to date the hottest women because men know they are dating the girl every guy wants. Therefore, the women and other gawking men make the man dating the girl feel validated.

Women shit test or push men away, especially when a man approaches them in a bar. Men who persevere to continue talking to the women and overcome the shit test show he can persist and commit because men are the gate keepers of commitment and women are looking for a man who will commit.

To find the right girl you need to test them by asking questions with a reason. Do you like me? Why? (Ask why to get the reason)

When you are looking for a mate you should look for someone with self control. Someone without self control will be more likely to cheat on you. How can you find someone with self control? Fortunately, there are several ways to spot someone without self control.

Premature ejaculation

Doing one night stands

No standards

Fat

Drug User

Guys, if you want to get a girl, go up to her and say hi or hey.

Ask her what her name is.

Ask her how her night is going.

Ask what she likes to do for fun. If she's cool (has similar interests), ask her for her number and get out. Text her the next day.

Don't worry about having some fancy pickup lines or any of that pickup garbage. Girls just want to connect with a man when they are out with their friends. Asking what their interests are allows you to connect with them!

Women can be proactive too by approaching guys they like. It's best if you allow the guy to ask for your number. Then he is committing and it looks like he made the first move in his mind so he feels masculine, leading, and in charge.

Dating strategy for men is to date women and have sex with women on the side while still going out on dates with women to find the women who'll hold out on sex. The women who hold out the longest have the highest standards and self control which is exactly what a man should be looking for. Have fun with these women while continuing to look for the perfect women who has similar interests as you and is also the most attractive to you.

Men never have to make any moves in the relationship. Allow women to make the decisions on becoming monogamous. Then after dating for 3-6 months, separate to determine if this is the women you want to continue to date and potentially marry.

As far as sex goes, tell your girl you won't make any moves and if she wants to have sex she can come onto you. This makes her in charge and gives her permission to be herself all while ensuring you don't force yourself on her.

I love the word DEMEANOR. It's what separates alpha males from beta males. An alpha male is someone who is confident in themselves and does what is best for himself. They know what they want and they go out in the world to get it.

A beta male is someone who is timid and shy. They generally don't have much confidence in themselves. Don't say what they want. Allow their insecurities to show. Are needy and are far less attractive to women.

ARE YOU AN ALPHA MALE OR BETA MALE?

WHAT DO YOU WANT IN YOUR PARTNER?

WHAT DOES YOUR IDEAL DEMEANOR LOOK LIKE?

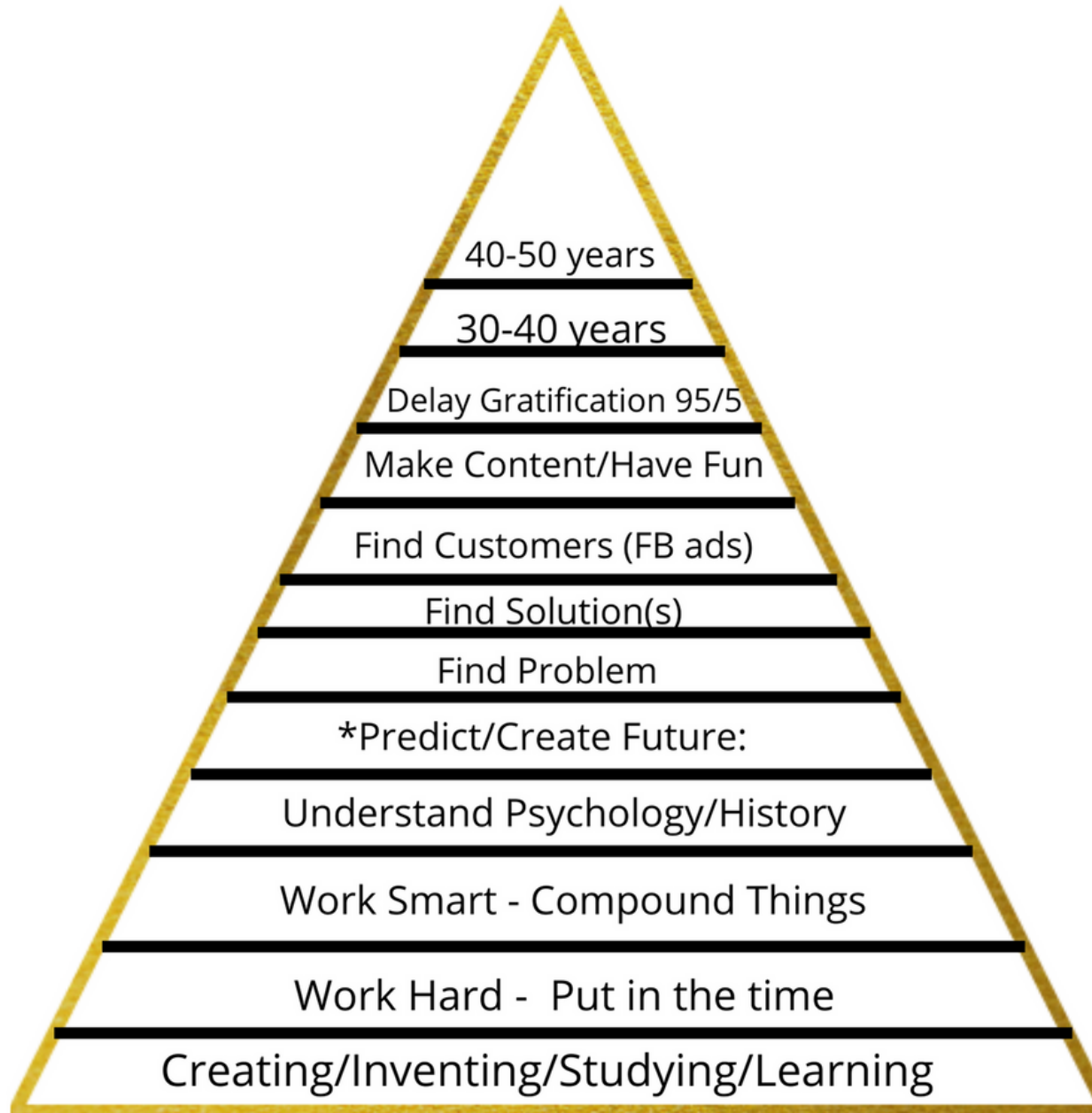
MY HYPOTHESIS FOR MEN!

Forget alpha and beta male labels. A man is someone who is attractive to women. Someone who thinks about the world. Someone who loves life. Someone who makes others feel things, mostly good things! Someone who learns through multiple methods including trial and error, observation. From others, experiences, and by asking questions.

This I believe is what being a man is all about. The more men we have in the world the more fun life will be for everyone. People will be happier. Women will be more attracted to men. We can spend more time solving all the problems and make life more amazing than we ever thought possible for everyone on this beautiful planet.

What can you do to play your part?

How To Build Wealth



*Predict/Create Future: Equality,
Inclusive, Sustainable by
Making, Doing, Engaging

We all need money. Money can either come fast or slow. The fast money is usually from a job. There is nothing wrong with working a job. There is so much rhetoric about how horrible 9-5 jobs are. If you love your job that is great, count yourself lucky you found your match.

DO YOU LOVE YOUR JOB? WHY?

If you have a job and don't like it, consider starting your own business. Begin by following the wealth triangle above. Start creating, studying, and learning about the world. Find a cause or problem you care about or a way to help people. Build a product or service that you can sell.

WHAT UNIQUE SKILL/IDEA COULD YOU MAKE A PRODUCT OUT OF TO SELL?

Try to predict what is going to happen in the field or market you make your product in so you can be on the cutting edge. Use your disposable income to advertise your product on Facebook Advertisements or Google ads to get customers.

Test, test, test your advertisement. Try different copy, images and videos. The more you test the better results you will have. Learn on YouTube how to do Facebook ads and anything else that you need to learn to start growing your business.

WHAT SCARES YOU ABOUT STARTING A BUSINESS?

HOW CAN YOU SAVE MORE MONEY TO PUT TOWARDS YOUR BUSINESS?

DO YOU KNOW ANYONE WITH A BUSINESS THAT YOU CAN LEARN FROM? (YOUTUBE WORKS TOO)

WHAT WOULD LIFE LOOK LIKE IF YOU HAD TOTAL FREEDOM TO WORK, VACATION, AND DO WHAT YOU WANT? _____

HEALTH

1) Counting Calories is the first step to understanding your health. It's easy to read the nutrition label on the packaging of what you eat.

2) Understanding what you drink is the second step. Drinking more water throughout your day will keep you hydrated.

3) Eating appropriate amounts means eating until you feel your stomach begin to expand. When you feel this stomach expansion you should stop eating. Your stomach is usually a few minutes behind your brain so it's best to eat slowly. You shouldn't feel stuffed after dinner. You should be able to at least go for a walk after dinner without feeling lethargic.

Your stomach also takes a ton of energy to breakdown the food you ate. This is why you want to fall asleep on thanksgiving after eating everything in site. It's also why people feel tired in the afternoon after eating a big lunch.

4) Fasting is a great thing to do every day. We don't need three meals a day. We only really need one meal a day (OMAD). That is why eating OMAD is a popular diet for people want to lose wight. When you eat less meals your blood sugar levels drop and you start burning fat for energy rather than the sugars in the food you eat.

It is essentially starving yourself and the more you do it, the more weight you will loose. I don't do OMAD. I fast until noon. I eat 2 meals a day along with eating appropriate amounts. Then I can eat whatever food I want wether it's a salad or a cheeseburger.

5) Workout. Go for a walk or do some exercise during your day for 10-20 minutes. Just note eating appropriate amounts is the key to weight loss since it's hard to out work a bad diet.

6) Ketogenic diet is the best diet to lower sugar levels and burn fat. Eating less carbohydrates, about ~5%, is the key to the ketogenic diet.

Now that you have completed the course don't forget these rules below. You will love life even more when you practice them!

1) Take a trip once per month for a weekend.

2) Go out to eat twice a week.

3) Do something spontaneous. Get out of the house.

4) Compliment your partner or buy them a gift.

What's your love language? Does your love language match your partners?

Love languages should match up for best relationship outcomes. Here they are!

Time, Gifts, Words, Actions, Physical Touch