



Flirting 101

7 WAYS TO HAVE THE MAN YOU WANT COME UP
TO YOU AND ASK YOU OUT



LOVEworks
METHOD WITH NICOLE MOORE

FLIRTING 101 GUIDEBOOK



A PERSONAL NOTE FROM NICOLE

I'm so happy that this guide found you!
I created this guide because I truly believe that every woman can flirt and every woman can be irresistible to men. And it's my absolute pleasure to show you how to do it.

The truth is, the path to love always starts in the same place.... actually meeting the right man in person. And I know that if you're anything like me, a feminine woman, you would actually prefer that the right man to COME TO YOU. (No pursuing him).

The key ingredient in having the right kinds of men come up to you and ask you out is flirting. When you know how to flirt, you're a man magnet. I'm sure you've heard by now that men are the hunters. They like to go out and chase and "catch their prey", i.e. YOU. But have you heard that women are actually the initiators of the hunt?

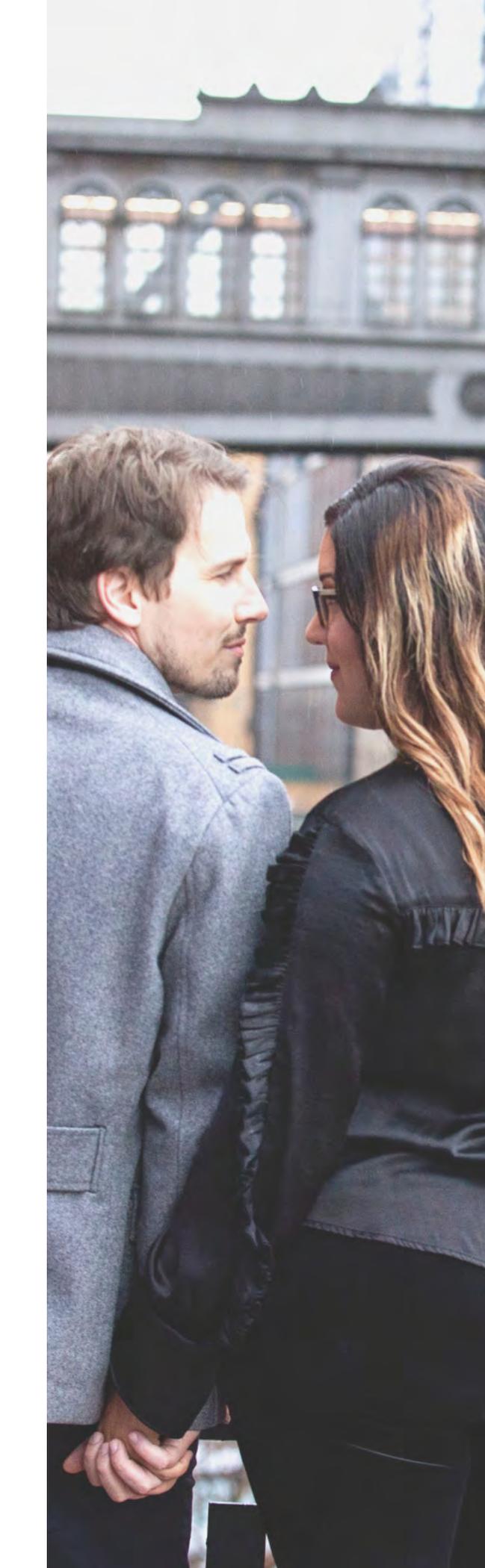
That's right.

Women can actually cause a man to want to chase and pursue them by initiating via subtle actions and their energy (flirting).

In this guide you will learn a few simple techniques to turn on that hunter energy in a man so he comes over to you. And then you'll learn what to do when you're in front of him to get him more interested and to ask you out on a date. I know that if you're reading this, chances are good that you want love. And not just ordinary love but AMAZING love. And to do that, you have to meet the guy first.

Everything starts with your ability to draw the right man in, so this flirting piece is really the crucial first step. So let's get your flirt on!

XOXO,
Nicole Moore



THE PSYCHOLOGY OF MEN (WHAT YOU MUST UNDERSTAND ABOUT MEN IN ORDER TO FLIRT WELL)

Before we talk about the flirting skills you need to get a man to come over to you, I want to take a moment to get into the psychology of men a little bit so you can understand why it's so crucial that you, as the woman, initiate the hunt in the first place.

Have you ever been frustrated with dating and thought "Ugh, it's so easy for men. Why do we women have to do all the work?". If that line of thinking is running through your mind, I'm going to lovingly invite you to drop it right now.

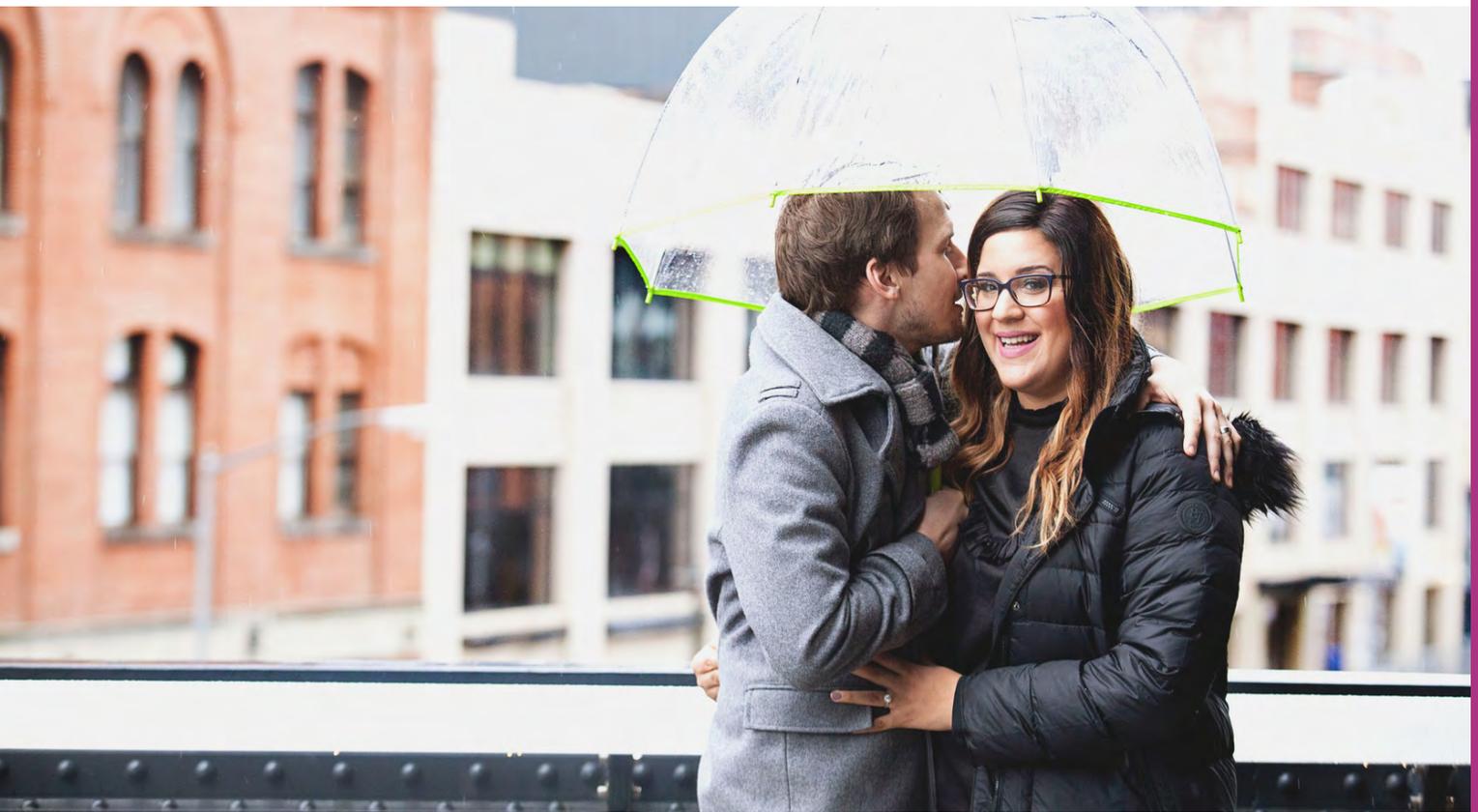
The truth is, men are just as scared as you are about this dating stuff.

Think about it. There's a multi-million dollar industry devoted to teaching men about how to pick up women. That tells me that men are scared and unsure of how to approach women.

So, in order to initiate a man coming over to you, you want to look like an open and safe invitation. Because men are programmed to win. If he thinks he might lose by coming over to talk to you (i.e. get rejected), chances are he won't. And here's why: Men are insecure too! (Yes, even that guy that looks super confident is worried about what you think about him)

While you're wondering if you're good enough for him, chances are that he's wondering the same exact thing. And he's trying to calculate, based on the signs that YOU give him, what his chances of being rejected or winning are. Men are responding to YOUR energy.

So men actually approach you (or don't) based on the signals that you give them.



And all human beings naturally move away from pain and towards pleasure.

If a man thinks he's going to get pleasure (a yes) from talking to you, he'll move towards you. If he thinks he's going to get pain (rejection) from talking to you, he'll move away.

So yes, men are the hunters, but you have to remember that they have options and they have choice. They are going to hunt the prey that they are interested in AND that they have the best chances of catching.

So all flirting is really making it EASY for a man to know you are interested in him so he takes action and asks you out.

It's letting him know that a) it's safe to come over and talk to you (you're interested in him) And b) that if he asks you out, he won't be rejected (lose) but he will win by you saying yes.

So let's give men a break, have some compassion and make it easy for them, Ok?

HOW TO GET HIM TO COME OVER TO YOU (INITIATING THE HUNT)

1. LOOK HIM IN THE EYES AND SMILE

Ok, this might sound obvious. Look him in the eyes and smile. But think about it. When you see a cute guy do you really hold eye contact with him? Or, do you get nervous and look away?

Remember, men are responding to YOUR energy. If you are nervous, they will be too. If you are confident, they will feel confident too.

The good news is, even if you're not confident, you can fake it by holding eye contact. The key to getting a man to come up to you is to hold eye contact for a long time (at least 5 seconds) and include a seductive smile right before you look away (don't just avert your gaze nervously).

And, you want to look at him more than once.

Very often, one time is not enough to do it, even if you're including the seductive smile because remember, men are scared to approach a woman. They need to be certain they won't be rejected and if you only look once, their mind can easily convince them that it was a fluke.

So, look at least 3 times and seductively smile at the end when you look away each time. To create the seductive smile, just think of something pleasing or sexy. One thing you can do is to imagine a hot man (famous actors work great for this) taking off his shirt to expose a great chest and abs. (Or if you want to get a little racier, you can imagine being kissed or taken by a hot man (the actor you think of OR the man you actually want).

Do it now. Doesn't just thinking about it make you smile a little bit?
That's the kind of smile you want.

You want your smile to indicate to the man that you are pleased by his presence. Who cares if you have to fake it in the moment by thinking of a hot guy like an actor? He won't know and he'll think that he caused that pleased smile on your face!

Practice your smile in the mirror until you get it right.

The smile you want is a slight upturn of your lips (mouth closed) a little natural tilt to your head and a pleased look in your eyes. Men love that kind of smile and are drawn in by it.

2. HAVE AN OPEN POSTURE

Remember, you want to be a safe, open invitation, not closed off.

You want to make it as easy as possible for the man to come up to you, so you want to stand in a way that indicates that your space is open for him to come in. So, open up your chest by pulling your shoulders back. This exposes your heart chakra, which is where he can connect with you on a love level.

When you pull your shoulders back, push your chest up and out just a bit. You should immediately feel like you can breathe more air into your chest. This is where you want to stay. If you notice your breathing has gone shallow again, that means your posture has closed. So open up again until you can feel lots of breath coming into your chest.

Uncross your arms and place them by your sides and mentally say to yourself "I am open. My energy field is open and available for this man". Then just keep smiling and holding eye contact with him when you catch his gaze.

3. SEND HIM SEX VIBES (CALL HIM IN WITH YOUR DESIRE LIKE A MAGNET)

This is a subtle energy trick that really works. When you see a guy you like, connect with your sex chakra area (below your navel) and breathe deeply into your sex center. Now imagine that the energy in your sex center is like a magnet pulling him forward. Shoot the energy from your sex center into his sex center and then imagine drawing that energy back into you. Send your energy out, mix it with his, and then draw it back to you.

Feel yourself as a super strong powerful magnet, desiring him and then pulling him forward. He won't know what hit him but he will feel it energetically and be drawn to you. Note: I know a lot of women have the fear that if they give off a sexual vibe, men will only be interested in them for sex.

Here's the truth: You are a sexual being and it's time to own it. When you cut off your sexual energy and try to hide it, men can feel you holding back. And men are responding to YOUR energy. They mirror you. When you hold back a part of yourself, that inspires men to hold back a part of themselves too. Repressed sexual energy makes a man not trust you because it indicates that you don't trust yourself.

Being comfortable with your sexuality is not an invitation for a man to use you as a sexual object. On the contrary, when you own your sexuality, men see you as a fully open and integrated woman and they are intrigued.

They want to know MORE about you, and your comfort with your body and sexuality has them feel comfortable with you. So, own your desire for this man and send him sexual vibes but be aware of your own boundaries and respect for yourself. He will mirror you.

4. TALK TO OTHER MEN AROUND YOU, IN HIS EYESIGHT

You want the man you're interested in to know that you are a catch and that he better pursue you right now. One of the best ways to do that is to talk to or flirt with other men around you, in a way that he can see it.

Now the key here is to make it look like you are wanted by many men, but not to make it look like you have actually chosen the other man you are now talking to and are therefore unavailable.

So, make this interaction with the other man long enough that the guy you're interested in can see it but short enough to keep him guessing as to what's really going on.

A really easy way to do this is to just ask a guy next to you for the time, for directions somewhere, for a drink recommendation if you're at a bar.

Now, you want to make sure that you don't give as much attention to this man. Just enough that the man you really want notices. But not so much that the man you want decides that you are for interested in this other man.

You want to leave a hint of mystery and intrigue. So make your interaction with another man short, but long enough for the one you're interested in to notice.

WHAT TO DO WHEN HE ACTUALLY COMES OVER TO YOU (HOW TO GET HIM TO ASK YOU OUT)

Ok, so you're flirting worked and the man you want has come over to you. Congratulations!

At this point, the battle is only half done ladies.

Now, your job is to flirt in such a way that it inspires the man to take the next step and ask you out!

5. COMPLIMENT HIM

Compliment him on something specific and make sure you indicate that you're attracted to him. For instance,, "I love your shirt color. That color looks hot on you."

Or "I love the way you stand. It's so sexy."

Or "Your voice/smile/eye color (etc.) is really attractive."

The key here is, that you want to include the words "hot, sexy or attractive" in your compliment specifically because this lets the guy know that you are interested and not just being nice.

Men LOVE to feel sexy too and they're not often told that they are attractive or sexy, so if you do this it will be a breath of fresh air and it will clearly indicate to him that you like him in a romantic way.

The compliment makes him feel safe to move forward and ask you out.

6. TOUCH HIM

Men love to be touched. Physical contact is one of the primary ways that men experience intimacy.

So, when you're in front of a guy and you touch him, that triggers feelings of intimacy (i.e. comfort that make him more inclined to ask you out.)

Also, most men don't really have that much physical contact with their male friends. So the physical intimacy and touch from a woman is special.

Think about it this way. Feel into the energy of giving a man a hi-five or a handshake. That's a totally friendly energy, right? You want to make your touch induce romantic chemistry, not the friendship vibe.

The key here is to touch him someplace slightly suggestive. A place where a lover or girlfriend would touch him, not a place where a male friend would touch him. Some great places to touch him are his knees - If you're sitting across from him or next to him, you can gently put your knee up against his. Or, you can touch his knee at a certain point during the conversation, especially when you are trying to emphasize a point.

His forearm - The skin on the forearm is generally very sensitive to touch as we are not often touched there. And, other men almost never touch a man on his forearm. So doing this initiates romantic chemistry versus the feeling of just being friends.

Again, when you want to emphasize a point during conversation you can gently touch or squeeze his forearm. This makes you appear open and friendly and can also send a little spark of chemistry between the two of you. If you look him in the eyes and smile when you touch him, that's a double whammy.

Bonus: You can add in a compliment here by telling him how strong his arms feel (if that's actually true). Just say, "Ooh your arm feels so strong. I love it."

NOTE: In order to touch this man you have to be physically close to him, and that's the point. Proximity is your friend here. Again, you want to indicate romantic energy, not friendly energy so stand closer to him than a male friend would stand to him.

Lean in and create a space of intimacy between the two of you. You want to be close enough that you can feel that spark of attraction in your chest and in the air between the two of you.

Stand a little closer to him than you feel comfortable with. I promise you that in this case proximity is better than distance.

The reason that this works is because it indicates to the man that you are open and confident. To get close you have to bring your wall down first. And men are responding to your energy so if you bring your wall down then he will too.

For example, if you are introduced to a man and hug him, pull in close.

Don't do that polite hug where you push your butt out so the only part of your body that touches is your chests. Get close.

7. ASK HIM FOR HELP (GIVE HIM AN EASY WIN)

Men love to win and they love to be helpful.

You want to give the man an opportunity to feel both of these things in his interaction with you. Men fall in love with a woman based on how they feel about themselves when they are with her. If they feel great about themselves when they are with you... like they are winning, helpful, making a difference, sexy and appreciated, then they will want to see you again.

So an easy way to have him win when he first meets you is to ask him for help.

It doesn't matter what you ask him for, the main thing is to make sure you really appreciate his answer and let him know how much it helps you.

If you're at a bar, you can ask him for what drink he recommends. (he'll probably buy your drink for you too).

Then when the drink arrives, make sure you visually and verbally show him how much you enjoy it and thank him for recommending it for you. Something like "Oh my god this drink is the best. You have great taste. Thanks so much for recommending it for me."

Do not be afraid to use the phrase "I need your help."

Asking for help from men doesn't make you weak. It's actually a smart thing to do because men are designed to serve women.

If a man senses that he can serve you and really make a difference for you, and that you appreciate him and his help, he will LOVE how he feels when he's in your presence. That will make him want to see you more, so he will HAVE to ask you out!



WHAT IS YOUR DATING PERSONALITY TYPE?

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Want to know more about your dating personality , listen to the podcast about your personality by clicking below!

TOTALLY SINGLE TOTAL CATCH



OVER-GIVING MARTYR



CRAZY TOWN DRAMA QUEEN



**CHRONICALLY SINGLE/
MISS INDEPENDENT**





Are you ready to meet your dream man but just not quite sure how to figure it out, or do you feel like you have tried every trick in the book but have had no such luck? That is why I created Man Attraction Bootcamp...to show you EXACTLY what you need to know to get your man!

Are you ready to attract a top 1% man?

YES NICOLE!

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about Nicole Moore

Nicole Moore is a love coach who helps powerful, influential women find their ideal partner. Using her signature Love Works Method, she's helped thousands of women find lasting love fast.

Nicole started her company while she was in a relationship she thought would lead to marriage. Instead it resulted in emotional abuse and her boyfriend cheating on her. Suddenly single as a life coach, Nicole had to start following her own advice and take every tip she'd ever taught a client – and it worked. She found her dream man exactly one year after following her program and is now happily married with a beautiful son living in Encinitas, CA.

Nicole has three life coaching certifications, including certification from New York University. She's been featured in Money Magazine, Forbes, and Greatist.com.

For more information, visit Nicole at www.lovethebestmethod.com.