

VERY simple tricks that instantly boost your confidence with women

# **VERY Simple Tricks That Instantly Boost Your Confidence With Women**

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## **For Men**



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## **Why fear of approaching women?**

This is probably one of the most mind boggling questions a man can have!

Why does fear of approaching women even exist in the first place?

Fear of heights makes sense because if you fall, you die, right?

But fear of women???

Here is an explanation:

When you want to approach someone, you connect with that person on a subtle level.

This means that on a psychic level, you violate their personal space.

This is totally unspoken and subtle.

It is like the fear of public speaking.

The reason why people are usually challenged by the idea of public speaking is because when you are in front of a crowd you feel everyone's judgement and emotional impressions.

Basically, you are bombarded by millions of energy impressions and to be able to stand these impressions, you need to be strong and not be touched by all that.

With approaching women, it works in the same way.

As soon as you intend to connect with her, you receive an emotional response from her energy field.

This is her subtle shield which protects her.

Why does she have such a shield?

Well, everyone has!

This is why the average person can walk through a busy street without being bothered by other people.

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Every time, you connect with someone, you break through that shield (break the ice) and establish a connection.

You never hear about these energy dynamics because no one ever measures them or proves their existence.

The fact that it hasn't been proven doesn't mean that it does not exist.

Think of radio waves.

One day, someone was able to measure them.

Did that mean that they did not exist before that?

Of course not!

They did exist! We simply did not measure them or sense them before.

With interpersonal energy exchange, it is the same thing.

You feel someone's excitement, or sadness.

Yes! Most of it can be explained through body language as well.

Now, what does this have to do with dating confidence?

Well, when you approach a woman, you receive a whole range of emotional signals coming from her.

You need to break through these shields to reach her.

The first reaction is a defensive reaction on her side.

Before you even speak or approach her, there is a signal coming from her which says: "Back off".

It's an energy threat!

This signal she sends out is a defence mechanism which protects her when she goes into the world.

When she is in her own space at home, she relaxes and drops her weapons a bit, but not totally.

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We have been trained to do that for thousands of years.

It is part of our animal instincts.

Look at cats interacting with each other.

They are territorial, right?

Well, with women and men, the same happens.

The moment you come closer to a woman you break through that shield and threaten her personal space.

This is why you feel this energy reaction.

When you respond with fear and stay away from her, it means that the whole protective shield energy is working.

She stays protected!

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## **Start with small steps**

This is why it is essential to start with small steps.

Easy steps you can take are:

- Establish eye contact and smile
- Say "Hi" and walk away
- Send a message online
- Etc.

These are very easy steps you can take which are non threatening!

This is the best place to start to build up confidence.

Take any of these 3 techniques and practice them for a week.

For instance, you make it your goal to smile and establish eye contact with at least 10 women every day.

This in itself will boost your level of confidence instantly.

You dare to establish and sustain eye contact.

Yes! It is that simple.

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# **Train your confidence muscle!**

Yes! Train!

It is like going to the gym.

Confidence is power and power is something you build up.

If you want to build up muscle, you focus on a three months target and practice at least 3 times a week.

With dating confidence, you do the same.

Practice is what makes you strong and good at it.

Now, most guys hide behind their fears because they don't know how the confidence process works.

They step back systematically and give up because they have no battle plan.

Here is your battle plan!

Practice a lot!

Every time you respond to fear and stop taking action, you lose points!

Now, the reason why you keep moving forward is because you focus on easy targets first.

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## Easy targets

Focus on connecting with any girl, not just the ones that score a 9 or 10 in your scale.

This is another key mistake guys make.

They think that because they chat with a girl, this means they must want to spend the night with her.

Absolutely not!

Train and practice with anyone.

The key is to activate your social power.

You chat with women or men!

You practice small talk!

You connect!

Every time, you connect with someone, you discover that it's actually easy and ok to break through their shield.

You discover that this old animal fear or defence response to human contact is useless in 90% of the cases.

We no longer need it in most life situations.

In fact it is a hindrance to happiness.

Imagine how many opportunities you did miss in life because you did not dare to connect with a woman you were attracted to!

It's a crazy, right?

You want to break through that useless shield and respectfully rediscover the act of connecting.

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Now, what we tackle here is thousands of years of subconscious conditioning!

This is why so many guys break their teeth on that wall!

They hit it a couple of times and give up because they don't see a way around it!

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## **Why women need you**

Another essential mind trick to help you speed up your success!

Women need you!

They need you to approach them and give them power by being super confident.

This shield we talked about is a prison for them!

Yes! They subconsciously create it but it isolates them as well.

How many times have you seen women desperately chatting as a group by themselves waiting for something to happen?

Did you notice what happens when they go home alone without having connected with a single guy?

Now, imagine how they feel when they see the prospect of a cool date with an interesting guy the following day!

They call each other and discuss in detail what happened and how you approached her.

In fact, this simple step you took might be the highlight of the week, month or even year!

Do her a favour and free her from her prison ;)

(I like that idea, don't you?)

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## **Practice with anyone, not just girls you are attracted to**

The key is to activate your social power!

This means being able to strike and interesting conversation with anyone, not just women you are attracted to.

Once your social confidence is high and you find it super easy to converse with anyone, approaching women you are attracted to feels 10 x easier!

Really!

Another simple technique to use is to establish eye contact and smile to anyone while walking through a busy street for instance.

This is one of the key stepping stone skills that you want to practice to boost your confidence level.

It is non threatening and will already give you a totally new confidence edge.

When you are able to establish eye contact and smile with confidence, it makes you instantly likeable to women.

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## Focus first on what is easier!

If you focus first on approaching women on the street or in a supermarket, the level of challenge is high.

This type of situation is probably the most challenging for the average guy.

Why?

Because in these situations, women are often busy with something else.

You know very little about them and creating a good connection instantly requires you to be already pretty good at approaching women.

If this is your target, by all means, go for it!

Now, if you still find public places too challenging, here are other options that work great as well.

Yes! You do have various "challenge" levels when approaching women.

In the following examples +++++ is max challenge + is super easy easier:

- Supermarkets or street +++++
- Clubs +++
- Office or work ++
- Social events ++
- Online +

You see that online, work and social events are much easier.

While public places or clubs are slightly more challenging.

This is why online gives you a training ground where you can easily practice your skills.

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Sending a message online to a girl your never met is super easy!

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## **Train online!**

That's the easiest place to start!

It's a great way to practice openers and connect with many women easily.

Remember that you are not trying to find your soul mate right now.

Put that target aside for a couple of weeks and focus only on training your confidence!

This is it, really!

Check my other e-book on internet dating for men.

I describe many ideas you can start applying straight away that will boost your confidence.

Now, why would you practice online rather than live?

Honestly, it is up to you.

Choose what you prefer.

If you find the "live" scene too challenging at first, dating sites are a much easier step.

On top of that, you can develop opinion openers and teasing lines that you will then use when going live.

Again, it is a powerful way to train these skills.

Now, here is what you can do to practice online your teasing and opening skills.

Register in a dating site and create a simple profile.

Next, make a search for women in your age range + town or country

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Next, select one woman's profile and check it for a minute.

You check what she says.

After that, find out something in what she says you can tease her or challenge her about.

Write a short two lines message and send!

Do that again a few times.

Within a couple of weeks, you can become super good at it.

Now, this is the number one skill you want to practice!

If you are looking for a skill or something to develop, this is it!

Choose a dating site and practice sending 20 to 50 messages a day for a week.

I guarantee you that this will instantly boost your confidence!

Again, there is much more in my internet dating e-book.

Go and check it out!

It is available in the channel where you accessed this e-book

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## **Next step! - Go live!**

The first step when you go live is cafes, clubs, social events, office flirts, etc.

These are situations where you have reasons to interact with women.

In fact they expect you to.

If you are at a social even and simply stand there without connecting with anyone, it looks weird, right?

So, women do expect you to interact with them.

What does it tell you?

That there shields are partially down.

They are within a semi-secure environment and they are ready for interaction.

The only thing that is missing now is a couple of conversation openers and that's it, right?

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## Practice openers!

You two types of openers that work really well:

- Opinion openers
- Teasing lines

You don't need anything else, really!

A teasing line is more than just a line. It is the key to an interesting playful exchange with a woman.

It is not a line, it is a conversation direction.

You can start with a great line and then follow up with another one once she gives you an answer.

Having a great opener and following up with a boring question of course kills the magic instantly.

So, remember that your first line is only the first step you can build up front.

See beyond that first line and already ask yourself: what can I say next that will follow up on the original tease?

If you have no idea what to say when you stand next to her, of course you'll say something stupid or inappropriate!

Prepare!

Train!

Remember that you have been now practicing these openers online.

You are much more familiar with what works and what doesn't.

You know how to be confident but not arrogant or aggressive.

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## **The right power measure**

A woman needs to feel safe!

This is where many guys fail!

They went through a couple of dating manuals and hear about confidence or even being a jerk to create sexual attraction.

The thing is that you need a certain degree of humour, otherwise, you sound aggressive and pushy.

If you are too aggressive, this triggers her defence mechanisms because she does not want to be with someone who sounds like a potential threat to her security.

Being aggressive is misusing your power.

You do that when you come too close, too fast, touch her body too soon, or verbally challenge her in an aggressive way.

You do that as well, when you are rude.

Successful teasing approaches challenge her in a playful way, they don't aggress her.

If you attack a girl verbally, you are emotionally abusing her and she will defend her space.

She might feel some sexual attraction but she feels threatened as well which forces her to retreat emotionally.

Tame your power!

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## Cool openers

If you get one single idea from this e-book, this is it!

Be prepared!

Thinking about a cool opener once every few months when you see an attractive girl shopping right in front of you, does not work!

It is like asking you to tell jokes to an audience of a 100 people without preparation.

The best way to win this challenge is to be prepared!

What type of openers work?

Here are some teasing lines examples:

- These potato chips are for your kids, right? (wink)
- Guys are much better than girls at this aerobic thing... I will prove that to you straight away!
- I recall you from last week... remember, we had a chat about your dog... you don't remember? That's right... You had been drinking a few breezers already. Is it a habit for you to forget things you are ashamed of? Want to know what we did next?...
- I love this dress – The cute flowers, go pretty well with your hair style... Job well done! I bet your hairdresser is gay – I bet you don't let straight guys handling your hair... See let me try...
- Etc.

Okay, the long term idea is to learn to improvise!

It is like playing music! It is not a skill you can fake!

Many guys believe that they can just learn a couple of pick up lines and this will make them super good at connecting with girls.

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That's not the way it works. You know that already, right?

So, why learn and practice a couple of openers that work well?

Learning this skill is like dancing the salsa.

You want to discover a few cool steps and keep these in mind in the beginning when you go out.

If you have been practicing that skill online the way I described earlier, then applying the same techniques face to face is your next challenge.

Again, it just takes going out well prepared a few times to become quickly good at it.

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## **Would you date yourself?**

Key question to ask yourself!

Why?

Because if you would not, you need to make changes straight away!

If there is anything in your personality, attitude or looks you don't like, do something about it!

- If you think you are too skinny, train!
- If you think you are too fat, lose weight!
- If you think you are too formal, loosen up and ad style to how you present yourself
- If you feel your conversation is uninteresting, practice some teasing lines or opinion openers.
- Etc!

If there is room for improvement and you score only at a fraction of your real potential, do something about it now!

You can sit down, wait and hope that what you don't like about yourself will go away... It won't!

Women know instantly how you feel about yourself!

If you don't like yourself, they discover that within the first 30 seconds of interaction with you!

Your conversation topics, body language, tone of voice betray you in one way or another!

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## **Watch your body language + Tone of voice!**

More than 90% of what a woman perceives from you is transmitted via your body language and tone of voice!

This is an essential piece of information!

Why?

Because if you focus too much on what you say and forget to stand straight and talk loud and clear, you'll absolutely miss the point.

A very simple way to boost your confidence is to adopt a confident posture!

This is it!

Stand up and look at yourself in a mirror!

Stand straight.

Lower your shoulders.

Imagine a string pulling up from the top of your head.

Bring your chin slightly closer to your chest until your spinal chord is straight and slightly stretched.

Now, sit on a chair.

What does a sitting confident posture look like?

You know that already, right?

What about tone of voice?

Here is what you can do:

Record yourself!

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Imagine that you need to give a one minute speech on a topic you are familiar with.

Listen to what you said and the way you said it!

How good is your tone of voice?

Between 0% and 100% how confident do you sound?

Then do it again, adding clarity and intensity to what you say.

How high do you score now?

See how it works?

Within 5 minutes of practice you can already increase the quality of your tone of voice by 20 points!

This is easy!

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## **How high is your confidence level between 0% and 100%?**

This is a quick and easy way to assess how high you score.

Do it now:

Between 0% and 100% how high is your level of confidence with women?

Suppose you score 60%.

Next, ask yourself:

What can I do that will easily raise my confidence from 60% to 80%?

Is it:

- More fashionable look?
- Better posture and more confident voice?
- More experience with women?
- Better teasing skills?
- Easily establish eye contact with women?
- Light conversation skills?
- Going out with a wing man?
- Anything else?

What do you notice?

First, that you can actually increase your level of confidence!

Second, that all these steps, no matter what they are, require action!

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Every time, you take action you take a small risk and win a noticeable victory as well!

This is the next big element to understand!

Every time you step back, you don't just miss an opportunity, you reinforce a fear and hesitation pattern!

So, if you want to win this confidence battle, you need to do one simple thing:

Start taking steps!

Stop finding excuses!

Stop withdrawing your power and hiding behind reasons not to take action.

There is absolutely no reason that justifies not taking action.

Dating and interacting with women is a game you win because you practice and take action.

Every time you hesitate or step back, you let someone else score exactly where you should have been winning!

So simple!

Take action now!

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## **Find a wing man**

Going out with a friend immensely boosts your social power.

Women are turned off by guys who look lonely or desperate.

They love the fact that you have at least some friends.

That's the first positive for wing men.

The second positive is that you reinforce the fact that you are there to train these skills together.

If you open a set, he will be there right next to you taking care of the other girls while you focus on your target.

He will force you to go for it if he sees you hesitating.

Prepare together before you go!

Discuss strategies or ideas and best place to hang out.

If you have no wing man, don't use this as an excuse, ok? ;)

Your wing man might make it easier but you are still the one who needs to take action.

When you are good at wing man or not makes no difference!

You still hit the target every single time! (Almost ;))

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## Debriefing time

Because we talk about strategies, it is essential to measure your progress.

You can ask yourself question like:

- **How good was I this evening between 0% and 100%?**
- **What are the key mistakes I made if any?**
- **What were my good points?**
- **What are the key aspects of my approach I can improve?**
- **What did work really well?**
- **What did not work at all?**
- **What would I do differently if I was given another chance with that girl?**
- **Etc.**

In other words, you analyze what happened!

The day after a social even for instance, sit down and answer these questions above.

If you learn from your mistakes and improve your game, this quickly gives you a new edge!

You make changes where needed!

If you find it challenging to do that by yourself, sign up for a couple of coaching sessions with me.

I'll give you fresh perspective + Direct feed back + New strategies

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## Summary – Here are your core strategies

Here it is to summarize!

- **Connect with anyone** - Not just women you are attracted to.
- **If you would not date yourself** - Find out why and make changes
- **Practice teasing and opening lines online** – Find out what works and what doesn't for you.
- **Before you go out** - Write down a few teasing lines or opinion openers you want to focus on.
- **Watch your posture and tone of voice!** – 90% of your message is transmitted through these.
- **Practice a lot!** – Build up your confidence muscle.
- **Debrief and learn from your experiences!** – The day after going out, sit down and analyse what happened.

Go for it and enjoy!

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## **Find your unique style!**

Here is the deal!

You already have what women want!

All you need is to polish it a bit!

You need to take the mind frames you already have and take them to a whole new level of power and presence!

When you check what women are attracted to, you discover that they are triggered by a whole range of qualities that sometimes contradict each other.

Here is an example:

Women often say that they want guys who can express their feelings.

On the other hand, you know as well that women want guys who are confident.

Is that confusing?

Not at all!

Why not? Because these qualities complement each other!

Here is what really matters!

That you own whatever you express!

It is an art!

You want to master that art no matter what your natural qualities are!

I see a whole variety of men being successful with women!

Some of them are in good shape, some others are more skinny.

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Some of them work on their appearance, some other don't care much.

Some will have routine approaches, some others will simply say bluntly what's on their mind.

Listen!

The point is simple!

If you don't really know who you want to be, you can imitate others who are successful at this.

That's a good start!

Eventually, you will notice that your own approaching style starts emerging and you feel successful no matter what that style is.

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# Alpha male!

Yes!

That's a core mind set to practice!

What does alpha male mean?

It simply means:

- More power!
- More presence!
- Comfortable in your own skin!
- Have ambitions!
- Can connect with any woman any time
- Owns his emotions and thoughts
- Etc.

These are only my own definition!

If you need to remember just one core idea, take that one:

Alpha male = More power!

If it's not clear for you yet, google "alpha male" and check what you find. It will give you more clues.

Think about this:

How alpha are you?

You know instantly what I mean, right?

0-100%? How high do you score?

Give yourself a mark and write it down.

Now, what will take your alpha rate from x% to 100%

Think about this for a moment:

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What are the qualities you need to develop more to have more presence and more power?

If you are interested in women, the answer will look like:

- Better body
- Social skills
- Make more money
- Expand your social circle
- Be more fun
- Etc.

If you're not sure where to start give me a call and I'll easily direct you.

You can make it more specific and ask yourself these questions:

- How comfortable are you in social situations?
- How is your grooming?
- Can you easily start a conversation with anyone?
- What does your average evening look like?
- Are you an exciting person to be with?
- What's your core ambition in life?
- Etc.

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## **Why so many guys fail**

They fail because they have the information but don't apply it!

They simply never take the time to train these skills!

Look! Social presence is a power that you build up!

You train it like a physical muscle!

Be consistent with your focus.

It takes 3 months of daily practice to become good at this.

Many guy will give up on the first sign of rejection!

That's not good enough!

You need to see this as a life training experiment.

The outcome is not that essential, really!

At this stage, all you want is to train these skills!

There are two aspects to what you do now: theory and practice!

The theory is important of course!

Mentally and emotionally understanding these dynamics is essential!

But no matter how good you are at understanding these things, you are only half way there if you don't practice!

Think about climbing the Everest.

What's the point of studying the maps and reading the accounts of other explorers if all you do is look at the mountain and do nothing.

You need to start walking one step at a time, one approach at a time.

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Every woman you have the potential to meet is an opportunity to train these skills.

If you avoid women or avoid taking the step, you miss your chances!

Not good!

You might think:

“Well, I am not just going to approach women on the street?!”

Why not?

Are you saying you don't have the skills or the guts to do it?

You are saying that you miss that?

Well, imagine that you would have that power!

Imagine how much this would change your life.

You see a girl passing by, you like her, you engage a conversation, she gives you her number, you meet her the same evening.

How fun is that?

Do you want that skill?

Say “Yes! I want it!”

So, how will you develop that skill?

Will you develop it by listening to your fears and giving up or will you observe your fears and do it anyway!

Have you ever tried?

Have you ever experienced this sense of achievement when you actually do it and it works?

It's a whole sensation of pleasure and satisfaction filling you up!

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It feels incredibly good!

What's even funnier is that once you do it and succeed, you realize that all it took was some guts!

That's all!

The good news is that approaching women day time in public places is only one small fraction of the possibilities you have!

Many guys think that this is what you have to aim for.

You can do it if you want but you have dozens of other options.

You have clubs, the internet, social events, work, public places.

You can connect with women you are attracted to or just with anyone.

If your level of approach anxiety is high, you can train these skills with anybody, men or women without distinction.

The first goal is to activate your social skills, not to find your long term life partner.

You simply strike conversations with anyone.

Always say yes when someone invites you to a social event!

This is always an exciting training ground to develop these skills.

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### ***Get rid of approach anxiety!***

The best way to overcome any fear is to confront yourself with the situation and do it!

I know that you have many therapy like approaches that help you with any forms of anxiety.

I won't go into details here because I want to focus on another way to do it.

I want to simplify it to the max!

The first time your approach a woman, you might feel slight discomfort or anxiety.

Why?

Because it's new!

If you are shy or don't know how to strike a conversation, that's the skill you want to train.

Make it a point to systematically train these skills.

For the next week, decide to start 5 new conversations/day.

It is really simple!

All you need to do is focus!

How does that help you with women you are attracted to?

It helps you because it is a gradual process!

If you can have an interesting conversation with anyone, it's way easier to have a thrilling moment with a girl you are attracted to.

You build up connection at will!

That's the skill you want to train!

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And you have dozens of opportunities to train that skill all the time!

It might be:

- A shop assistant.
- The girl at the coffee shop.
- Someone who sits next to you in the subway.
- A stranger at a social event.
- Etc.

The next point is that you don't have to engage in a deep conversation!

All you have to do is just say "hi" or validate the person who is right next to you.

Here are some example:

- As you pay for your coffee, look at her straight in the eyes and say "I like your smile... You look really happy today! What's on your mind?"
- To the person in the subway "make eye contact, smile, say hi as you sit down next to her"
- At a social event "what are you drinking? That's the punch? Hi! I am..."
- Etc.

You see! It's simple!

These are not some complicated routines where you have to come up with a cocky line!

No, they are not ready made lines I use all the time.

I just made them up to give you some examples.

That's the first skill!

It is the ability to lightly connect with anyone.

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And that's a skill you can easily train!

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## **Be dominant?**

In my experience, you don't need to be dominant all the time.

What you need to do is be able to be directive when needed.

For instance, you are at a club and you want to start a conversation with her.

She stands in the middle of the way and other people pass between the two of you which interrupts your flow.

Look at her in the eyes and say "Come here..." to get her to be closer to where you stand.

You say that gently but firmly.

You can as well take her hand and invite her to follow you.

All you did was giving her instructions.

Can you see how sexy this is for a woman?

A guy who can take charge and be directive scores way higher in her mind than somebody who can't!

Do you have any idea of how much women complain about guys who can't make decisions!

Insecurity is a killer!

It destroys sexual attraction instantly!

Women want to know that you can take charge because it gives them security.

They want to feel that power.

In the previous example, the term "dominant" should be replaced by "directive".

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That's what you just did in that situation when you firmly invited her to follow you.

You were directive.

And she liked it.

Here is another example:

You had a nice evening, you look at her straight in the eyes and you bring her body firmly against yours.

That's a dominant move.

It's directive and powerful!

Being dominant is one of the cards you can play.

If you use it all the time, it wears out.

The idea is to play with your power.

You can be gentle and suddenly shift gears and be more directive.

It's like a recipe.

Too much salt kills the taste.

You can use the dominant card in a similar way.

Be subtle!

Yes! Women love it!

It creates instant sexual attraction!

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## **Is it even an attitude you want to develop?**

Develop more power?

Be more present and in the moment?

Be able to trigger sexual attraction in her?

Ad all that while being more authentic and true to yourself?

Let me think...

Hmmm...

Of course you want these skills!

You demand them!

You request from the universe to be flooded by the power to connect with any woman you want at will!

Whaou!

There is so much denial on this topic!

It blows my mind away!

Here is why you might even hesitate when given the chance to develop these skills:

It is because you believe that skills like seduction or being an alpha male are dangerous or unethical.

Is that correct?

You are afraid of what you might connect with once you unleash fully your true inner power!

Do you see how crazy this is:

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Don't you trust yourself with that kind of power?

Do you believe that this will lead you to do stupid things and abuse women?

Is this what you think?

Then you are missing a core point!

It is your responsibility to use this power in wise ways!

What do I mean?

That energies like fire, money or political power are all valid!

They are simply raw forms of energy!

If your values are unclear, you might abuse what is given to you!

This is where clear values and conscience steps in!

If I give you the tools to make a million dollars, would you take them or would you hesitate because you have no idea how to use that money wisely?

You know what?

You have a very valid point here!

That's where you are being tested as a human being!

When you are given extra power, how do you use it?

With extra power comes extra responsibility!

You heard that before!

You might get this feeling that this is a type of power you can't handle.

You might get the feeling that you don't know what kind of unlimited source of energy you are playing with.

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Guess what?

I agree!

Unleashing your full human potential always requires you to take the control seat and be in charge!

When you say "yes" to a new given set of skills, you need the right mind set to handle what is given to you!

Many men will step back at this point because they are literally afraid of their own power.

They are afraid of what they feel coming!

Is this you?

If this is you, I am ok with that!

Really I am!

You might be in a position in life in which the sudden flow of this type of power would destroy everything you have today and replace it by a whole new life.

You might be attached to some small things in your life.

Things that are insignificant but represent your present identity.

It might be the way you dress, your social circle or the books you read.

It might be the unfulfilled dreams you have in your mind for the last 5 years!

When you get this type of new power, it unleashes change!

And change is challenging!

It forces you to adapt to a whole new you!

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This takes energy!

It shifts everything in and around you!

You might love your comfort zone.

Too much energy at once will destroy your comfort zone and bring you to a place in you that you won't even recognize!

Do you see how it works?

We are talking about unleashing your true unlimited potential!

The trigger skills I offer you right now concern the way you relate to women.

It could be another trigger.

It could be body, money, emotional power or spiritual awakening.

You are reading this book, so you probably want to improve your game with women!

How many times where you faced with wanting to connect with a woman you like and having no idea how to do it?

Are you ready to change your game?

Are you ready to win?

Say yes and you are in!

It all starts with a simple committed decision!

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## Do women like that?

Here is a fact!

80% of women are frustrated with men!

They are frustrated with some or all the guys they know because these guys have no idea of how to effectively relate to them!

A woman will mislead you!

If you ask her:

“Should I attend a pick up event with 100 other guys and learn these skills?”

Most women will be offended, especially if it’s your girlfriend!

They think that seduction is manipulation to get from them what you want.

It could be true!

Now if what you want is to have a fantastic loving relationship with her, looks like your 2 agendas match, right?

So why would she want you to hold back?

Why would she discourage you from becoming a better partner?

Here is something that will really blow your mind:

It is because she is competing with you for power and control in the relationship.

The less power and skills you have the more power she has in the relationship.

This gives her an edge against you!

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She can't sponsor your own power and alpha awakening even though that's what she deeply needs!

Half of the dynamics in relationships have to do with power struggles or power balance!

You think it's about sex, romance and love?

That's true!

But those dynamics account only for 50% of what you see happening in couples.

The other 50% are competitive patterns between two partners!

See how it works?

Who decides?

Who controls?

Who is in charge?

Who leads?

A leading position gives you an edge!

A couple is like a team!

If you encourage your team partner to gain more power, this increases the value of your team but might lower your hierarchical position in the team!

Nailed it?

It's called conflicting interests!

This is why women usually resist energetically sponsoring these steps in you because they are afraid to lose the control they have over you!

They are afraid as well to lose you!

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These skills make you way more attractive to other women!

She knows that!

She knows that soon, she might have to compete with other women to get you!

So, there you have it!

She loves having a partner, a male friend or a lover who is fully expressing these alpha qualities.

And at the same time, she's afraid of the consequences!



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## What does it even mean?

Being more powerful means that you gain control over what comes to you.

If you live your life like a victim, more power gives you back the control seat!

It's fun, right?

It's one step on the path to life mastery!

Got that?

Interactions with women is one of the core life environments you want to master!

You have more environments!

You have:

- Business and career
- Nature
- Social situations
- Family life
- Body
- Spiritual evolution or your connection with the invisible or the absolute
- Etc.

Being with women and mastering that is one of the core skills you want to develop.

This is what it means!

Mastering your relationship to women.

It means as well mastering your sexual energy.

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If you take this one step further, it evolves towards mastering family life and being a fantastic father.

The skills you gain with women are skills that impact all areas of your life.

You might radically shift your diet because you realize that your present body no longer serves you.

You might apply the seduction skills to have more constructive chats with your team at work.

This might give you the drive to launch your own business.

Or you might develop a whole new edge when you are out in clubs!

These skills are a stepping stone on your path to life mastery!

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# Respect!

Big misunderstanding, ok?

These skills are not about disrespecting women or treating them like sex objects!

They can though!

It is really up to you!

You take absolute full responsibility for the way you decide to use all this.

You are responsible for your actions!

I simply give you a vehicle!

And yes! I want to give you as well some guidelines that will help you direct your intentions in the right way.

Here are 2 core affirmations!

Repeat after me:

I love women!

Here is another one:

I respect women!

You see where I am going?

These are the values you want to put in the core of your inner navigator!

If you don't, you'll mess up and create pain!

Seduction is a double edge sword!

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You can hurt what you care for the most!

Yes, some women want to be sexually dominated!

They want to feel your extreme power while feeling emotionally and physically safe!

Not all of them!

Some women want a softer and kinder approach!

If you don't know what they want, ask them!

Take small steps!

See how she responds when you behave more male!

Does it trigger her sexual desire?

Does she get more excited!

Or does she look afraid?

That's what you need to test!

Some women want to feel your passion!

They want to be next to a rock who is never challenged by emotional intensity!

They need that kind of fire to feel alive!

Other women might like the transcendental peace that arises in the Sunday morning!

They want to relax in this calm space feeling 100% secure.

You need to find out!

You need to explore all that with her and adapt your energy level to her needs.

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Yes, you hear me right!

Her needs!

This is not just your agenda!

It is her agenda as well.

You can literally be in service to her, to her beauty, to her divine spark!

You can touch her body as if it was a music instrument and you can bring the most gorgeous feelings and mystical essences out of her.

The game is subtle and you have many different moods you can play.

You can play with fire!

You can play with bliss!

You can trigger all that in her if you are skilled at this art.

She gives you the gift of trust by allowing you in her sacred inner circle!

What will you do with it?

How will you use this privilege!

You think that you can just rush into her life, do your thing and step out?

If you abuse her trust, you will suffer the consequences!

Why?

Because her life is backed up by powerful invisible forces!

So is your life!

A sacred dignity lives in each human being!

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If you abuse that, you betray one of the most sacred contracts you have with yourself.

If you disrespect her, this creates an inner spilt and you feel internally divided and conflicted.

This is where sensations like guilt and shame arise.

This is why a man who abuses a woman often come back begging for forgiveness.

They come back to them begging for another chance because the guilt they feel destroys them internally!

It consumes them!

You don't want to enter in conflict with this type of power, believe me!

You want to respectfully partner with these forces and use them as a drive in your own life!

You have to choose the values you want to stand for!

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## **Emotional vulnerability?**

Emotional vulnerability is sexy!

Why?

Because women need to know they are safe with you.

A guy who is like rock totally insensitive could be dangerous for her and her kids.

That's an instinctual primal response from her.

She needs to know she is safe and that she can access your feelings if needed.

A guy who combines both power and capacity to express feelings scores high in a woman's mind.

Why?

Because it shows you care!

To assess your capacity to be emotionally touched, here are some of the hints she will be looking for:

- Are you abusing the waitress and being disrespectful?
- Do you care for nature, animals and the planet?
- How do you treat kids?
- How do you treat women?

She asks herself these questions subconsciously when she speaks with you.

If you don't want to blow it, the subtle hints you give her must be:

- Yes, I respect every human being!
- I care for the planet!
- I love kids and know how to relate to them!
- I would never hurt a woman!

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These are core values she wants to feel in you.

She wants to know that you can be touched and reached if needed.

How do you let her know that you are that kind of guy?

By including these ideas in your conversation.

You can say things like:

- "Cute" if you see a dog on the street. Say it clearly enough to make sure she gets it.
- You smile to the waitress and talk to her in a kind way, make eye contact and say thanks.
- "My kids! I enjoy a lot when they are around. We are having a good time".
- Treat her with respect throughout the date. No road rage on the way back because an idiot drives slowly!

Listen! You don't need to be a hero at that!

She simply need to feel safe with you.

These needs are deeply embedded in her.

Why?

Because she needs to protect her kids.

Think of survival in the wild 40 thousand years ago.

A partner who would not have capacity to emote could run away and think of his own survival without protecting the kids.

Nature has programmed that need for safety in her because in ancient history, the survival of the human race was from that specific protective behaviour from males.

The human race needed males who cared to be able to survive.

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That's part of the preservation instinct and gives security to a tribe or a family.

See how it works?

This is why emotional vulnerability and your ability to be touched and caring makes you sexy, attractive and a potential good partner.

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## **How to be good at this**

Practice!

This book might be the only information you will ever need on the topic!

Information has no value if you don't put this into practice!

How do you practice?

You connect with women!

That's field practice!

Without this field practice, your efforts are close to useless.

Here is what usually happens with guys who want to be more successful with dating.

They will read a couple of books, research, journal or go to some pick up classes.

They might be inspired to practice a couple of times when they go to a club with some friends.

They will try some of the techniques they learned.

They will like them.

Keep them in mind.

Get distracted in the following days.

Forget about these ideas until they are out and meet a woman they are attracted to.

They try to connect and mess up the opportunity.

That's what happens in 80% of the cases!

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What's missing?

Practice!

Way more practice!

You might have the information!

if you don't practice, this info is worth nothing.

If you want muscles, you need to hit the gym!

If you hit the gym once or twice and forget about it, you know that's not going to work!

To build up muscle, you need to go to the gym at least twice a week for 3 months.

That's the kind of practice that will get your results.

What will get you solid skills with women?

Approach 5 women every day for the next 3 months!

That's the type of target you have to set!

Will you get rejected and blow it a few times?

Of course you will!

Stop!

Right there! Stop!

I can hear your doubts!

I can hear you thinking:

"Yeah, right... whatever... I will do it my own way... I will find the shortcut, the magic trick that will give me all that instantly..."

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Ha! Good one!

Men! You are fooling yourself if this is what you think!

There is NO magic trick!

There might be a couple of connecting tricks that will slightly better your chances here and there!

Of course there are!

But those will give you temporary, isolated successes!

This is NOT what we are talking about!

What we talk about is being able to connect with any woman, any time!

This is mastery!

Connecting with women is not something you practice for 5 min and forget for the rest of the year!

Dating power is an attitude you practice and embody for life!

It is there to stay!

You might put it aside for a bit when you enter a committed relationship and recall the skills when you are single again.

80% of the guys who read this material will miss the point.

They will read these words and it won't sink in deep enough.

They will think:

"All I want is a girlfriend"

No! That's not all you want!

You want a fantastic relationship with that woman too!

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How will you keep your couple excited if you have no idea about female psychology and needs!

Are the skills you need to approach a woman similar to those you need in a relationship?

Yes! They are!

Why?

Because the woman you are in a relationship with remains a woman!

And this woman responds to you in instinctual ways even if you are in a committed relationship!

She will be triggered by your presence!

She will feel your tone of voice or body language!

She will be thrilled when you are skilled at pleasing her!

Believe me!

The woman you will meet wants you to have these skills!

That's if your goal is to be in couple.

If you want your freedom and date casually, that's the same story of course!

Why do you think so many women divorce their husbands?

You realize that in the West, 50% of marriages end in divorce within 7 years!

80% of these divorces are initiated by women!

Why?

Because women get bored in their marriage!

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They feel limited!

They realize that the romantic dream they had in mind is not being fulfilled!

Yes, they might get the comfort and security but so often, the thrill is gone!

How will you keep the relationship exciting if you have no idea what she wants or how to trigger sexual attraction in her?

Do you get this?

These are skills you want long term!

If you don't develop them, you will miss them more than once in your life!

When you have them, you use them all the time!

The satisfaction you get from effectively connecting with women any time you want fills you every day.

It gives you pleasure!

This ability to connect is one of the core life skills you want to develop!

What are other essential life skills?

- Making money
- Taking care of your body
- Communicating effectively with others
- Mastering your thoughts and emotions
- Connecting with your destiny line
- Connecting with the absolute
- Etc.

Connecting with any woman at will scores up there!

It is basic!

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It is essential!

Why is it that this stuff is not part of basic education?

Honestly? I believe that society got side tracked!

We focus way too much on practical skills and fixed knowledge!

Emotional intelligence is way more important to succeed in life than knowing history facts!

Do you understand that?

Our education system is not adapted to today's needs!

Imagine a cave man learning about mathematics!

What's the point if he has no idea how to hunt!!!

He would die, right?

Well, in today's world, men have sexual needs and they often have no idea how to have them needs fulfilled because they never develop the skills.

This is profound, ok?

It is VERY profound!

You need to put all that in perspective and see the larger picture.

Developing dating skills is an access to something that will blow your mind away!

It is one of the access keys to happiness, fun, joy, pleasure, satisfaction and life fulfilment!

These ideas are emerging stronger and you will hear them again!

You need to get this!

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These skills are some of the essential building blocks to your success and happiness!

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## **Better yourself!**

That's the inner drive you want to tap into!

Ambition!

Urgent need to do better!

That's the fire that will get you to achieve what you want in life, including being more successful with women.

We bring in the big picture because that's what women want!

They don't want a guy who can pull a few conversation tricks but is useless as a partner!

They want the full package, not some isolated elements!

When you approach her and start a conversation, she sees everything!

She sees what you say and what you don't say!

If she doesn't pick it up straight away, she might get it in the next date.

The point is that you don't need to fake it!

Being able to connect with any woman you want is a complete art.

To master that art, you need to master yourself and be able to influence aspects of your personality at will.

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## **Conclusion**

I hope you enjoyed this material!

Feed back? Questions? Success stories?

Email me at [francisco@vitalcoaching.com](mailto:francisco@vitalcoaching.com)

For one on one coaching power kicks by phone with me:

<http://vitalcoaching.com/coaching.htm>

For more topics on dating and personal power go to:

<http://vitalcoaching.com>

To your power

Francisco Bujan

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