

The _____
IRRESISTIBLE WOMAN
_____ *Live*

Welcome to The Irresistible Woman Live



Dear Irresistible One,
Welcome to the Irresistible Woman Live! This weekend you will begin your journey towards creating and experiencing success, passion and fulfillment in your career and in your love life! A life in which you CAN have it ALL! We acknowledge and respect your commitment to living an amazing life and love! For over a decade, we have been on a mission to provide women with the skills and tools they need to create the loving relationships their heart's desire. Through the work we have done ourselves to create our extraordinary lives and relationships with our husbands, the research we have conducted, and the work we have done with women all around the world---we have developed a unique, introspective and highly effective training and coaching methodology, we call HeartWork©. This HeartWork© will empower you to access and break through your blind spots and Love Barriers, and will cause a fundamental and permanent transformation for you in the area of love so that you are able to create, attract, and keep an extraordinary relationship with a man who will adore you and who you adore!

We are excited and honored to have this opportunity to be with you this weekend and to share with you what we know will make a profound difference for you. We invite you to have fun, to take in the information and coaching we will provide you with, and to make a commitment to yourself to immediately put it into practice! Take the actions that will have this weekend create a line of demarcation in the story of your life and love life! Allow this life-changing event to rock your world as you unleash the Irresistible Woman within!

With Love,

Gladys & Michelle
The Love Twins

My Love Inventory

Directions: In the left column, write down the things that you admire and love about yourself and your love life. In the right column, write down what is not working and you want to transform in yourself and your love life. Be open and honest with yourself without judging anything you write down.

What I love & admire
about myself & my love life

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What I want to transform in
myself & my love life

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My Intention for This Weekend Is...

Directions: Use the space below to set a powerful intention about what you want to receive and create in your life as a result of actively participating in this weekend's event. Use the questions below to guide you as you set your intention.

Why am I here this weekend?

What breakthrough do I want to create for myself this weekend?

What difference do I want this weekend to make in my life and, specifically, my love life?

My Intention for this weekend is...

My Challenges...

Directions: In the space below, list some of the challenges you have faced in your love life.

What are some of the challenges that you, as a smart and successful woman have faced in the areas of dating, love, and relationships?

How have these challenges impacted your love life or relationship(s)?

Who Am I Being in Intimate Relationships?

Directions: Choose yes or no for each of the behaviors and ways of communicating that you recognize you have exhibited in your romantic relationships. Be 100% honest with yourself as you answer, and avoid judging yourself.

1. I compete with my partner and try to out-do and impress him.

YES

NO

2. I strategize to make sure I get my way and I don't get taken advantage of.

YES

NO

3. I like to plan everything so that it works out perfectly and I always have a plan.

YES

NO

4. When it comes to what I want, I'll do whatever it takes to get my way.

YES

NO

5. I often tell my partner what he should do, what to say, how to act, what to wear, etc.

YES

NO

6. I feel uncomfortable accepting compliments, help and gifts.

YES

NO



7. I am so busy I usually don't have time to enjoy the things I like to do.

YES

NO

8. I often feel that if something is going to get done, I am the one that must do it.

YES

NO

9. I doubt my partner's ability to take care of things on his own without my help.

YES

NO

10. I do the planning, shopping, scheduling, etc. for us.

YES

NO

11. I prefer to be in control.

YES

NO

12. I criticize or correct how my partner does things.

YES

NO

13. I feel uncomfortable being vulnerable.

YES

NO

14. I tend to take over tasks and projects.

YES

NO

15. I find it challenging to switch out of "Work Mode" when I am home.

YES

NO

Notes

HeartWork: Context & Mindset

Directions: Take a moment to honestly contemplate what your context and mindset are when it comes to men, dating and relationships. This exercise is designed to help you tell the truth to yourself so that you can identify any preconceived and disempowering contexts that are operating in the background. The context you have in the areas below are actively impacting the way you think, speak, and behave in your romantic relationships, your experience and your partner's experience in the relationship, and the results you are able to produce in this area of your life.

FOR SINGLES:

When it comes to men:

I think...

I feel...

I believe..

When it comes to dating:

I think...

I feel...

I believe..

When it comes to relationships:

I think...

I feel...

I believe..

FOR GIRLFRIENDS AND WIVES:

When it comes my boyfriend/husband:

I think...

I feel...

I believe..

When it comes to the level of intimacy in my relationship:

I think...

I feel...

I believe..

When it comes to my relationship/marriage:

I think...

I feel...

I believe..

Masculine Energy vs. Feminine Energy

Ways of BEing that Work at Work (Masculine Energy)	Ways of BEing that Work in Romantic Relationships (Feminine Essence)
Competition	Partnership
Strategic	Spontaneous
Driven	Intentional
Aggressive	Assertive
Determined	Nurturing
Protective	Vulnerable
Analytical	Heart-centered
Directive	Cooperative
Controlling	Magnetic
Single-focused	Open-minded
Cautious	Trusting
Managing	In sync
Correcting	Compassionate
Demanding	Alluring
Busy	Available
Pretentious	Authentic
Logical	Introspective
Independent	Collaborative
Decisive	Mindful
Intimidating	Mesmerizing
Arrogant	Confident
Bossy	Inspiring
Presumptuous	Gracious
Pursing	Attractive
Win-Lose	Win-Win
Intense	Committed

Masculine Energy vs. Feminine Energy

Directions: Follow the instructions below.

1. Read through the Masculine Energy column on the left and place a checkmark next to the ways of being, thinking and behaving that you have been bringing into your dating and romantic relationships. Remember to be honest and avoid judging yourself or answering the way you believe you "should" answer.

a. What impact have these behaviors had on your relationships?

b What impact have these behaviors had on you?

2. Read through the Feminine Energy column on the right and place a star next to the ones that you consistently have been bringing into your dating and romantic relationships.

a. What impact have these behaviors had on your relationships?

b What impact have these behaviors had on you?

Masculine Energy vs. Feminine Energy

Continued...

3. In the same column, circle the ways of being, thinking, and behaving that you have not been bringing into your relationships, or have not done so consistently?

What difference would raising your Feminine Energy by bringing these ways of being, thinking and acting have on your future or existing relationship?

The Truth Revealed

Directions: Complete the sentences below, and be completely honest with yourself in your responses.

1. I've been pretending _____ to hide
_____.
2. I've been pretending and hiding this because I am afraid of _____
_____.
3. How this has impacted my relationship to myself is _____
_____.
4. How this has impacted my romantic relationships is _____
_____.
5. I've been hiding and pretending this to avoid _____
_____.
6. The price I've been paying by hiding and pretending this is _____
_____.
7. What I am forgiving myself for is _____
_____.
8. I am choosing to go of _____
_____ once and for all!
9. The truth is _____
10. Now that I am no longer hiding or pretending, I am able to _____
experience _____ in my relationship to myself.
11. Now that I am no longer hiding or pretending, I am able to experience _____
_____ in my romantic relationship.
12. Now that I am no longer hiding or pretending, I am now able to see that I am (Select a word that describe who you really are beyond the mask) _____.

Let Your True Colors
Shine Through!

"Up until this moment, I was
pretending _____ to hide
_____.

I am choosing to let that go
once and for all.

The truth is _____.

Now I can see that I am
_____."



The Irresistible Essences

- **BEing Magnetic**
 - The ability to attract what you want into your life
 - BEing captivating and enchanting
- **BEing Authentic**
 - Having the courage to be who you really are; not pretending to be anything or anyone else; nothing hidden
 - BEing real, true, transparent, and genuine
- **BEing Gracious**
 - Living in a state of receptivity, grace and gratitude
 - BEing grateful, appreciative, accepting
- **BEing Inspiring**
 - To breathe life into
 - To motivate and stir up feelings and thoughts that bring happiness and inspiration to others around you
 - BEing uplifting, motivating, and positive
- **BEing Confident**
 - To know and love yourself
 - BEing, knowing and believing, down to your very core, that who you are is enough
- **BEing Alluring**
 - To be the kind of woman that men want to be with, and women want to be
 - BEing charismatic and charming
- **Being LOVE-able**
 - Able to give, receive and attract love freely
 - BEing deserving of love

The Power of Acceptance

Directions: Answer the questions below, and be completely honest with you yourself in your responses.

Write down something that you have struggled bringing acceptance to about yourself that you are choosing to bring acceptance to now.

Why have you struggled to accept this?

How long have you been resisting this?

What are you making this mean about you?

What impact has this had on you/your life?

Are you willing to authentically bring acceptance to this?

What immediately becomes possible for you and your life in the area of love and relationships by bringing acceptance to this?

Communication Skills for the Irresistible Woman

The Three Cs's



Complaining
Criticizing
Correcting

The Three P's



Provide
Protect
Please

The Three A's



Admiration
Appreciation
Affirmation

Communicating Like an Irresistible Woman

1. What is something you have complained to your man about that you want and don't have, or have and don't want?

a. What's a new way you could communicate this using the Irresistible Communication Skills?

2. What is something you have told your man to do/stop doing?

a. What's a new way you could communicate this using the Irresistible Communication Skills?

3. What is an example of something you have told your man he did wrong or could do better?

Communicating Like an Irresistible Woman

a. What's a new way you could communicate this using the Irresistible Communication Skills?

Being an Irresistible Woman Action Plan

Directions: Whether in actions or behaviors, write down what you will Stop Doing, Do Less, Keep Doing, Do More, and Start Doing. We encourage you to continue to update this chart throughout the weekend.

	Area of Focus	Stop Being	Start Being	Stop Doing	Start Doing	Notes
Friday						
Saturday						
Sunday						

More Practice

Area of Focus	Stop Doing	Do Less	Keep Doing	Do More	Start Doing



Notes
