

Pheromone Perfume: The Confidence & Attraction Play-Book



By Smarter Attraction

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01

For the person who wants to feel confident, magnetic, and unforgettable - without pretending to be someone else.

What If Confidence Wasn't Something You Had to Fake... But Something You Could Wear?

Discover the scent ritual that helps you feel calmer, more desirable, and naturally magnetic - whether it's a workday, a first date, or a night that changes everything.



Dear You,

You've probably had moments like this...

You walk into a room and instantly compare yourself.
You over-think what to say.
You wonder if you're coming across "enough" - attractive enough, interesting enough, confident enough.

And maybe you've tried to "fix" it.

New outfits.
New routines.
Even telling yourself to "just be more confident."

But confidence isn't something you switch on.
It's something you build.
And what most people don't realise is this:

Confidence starts in the body.

Not in positive thinking.
Not in pretending.
Not in being louder.
It starts with how you feel in your own skin.

Imagine This Instead...

You move 10% slower.
You breathe deeply.
You hold eye contact just a second longer.

You're not chasing validation.
You're not over-explaining.
You're not shrinking.

You're present.
Calm.
Magnetic.
And people lean in.

That's the energy behind **The Pheromone Perfume.**

This Isn't "Just a Fragrance"

Yes, the Pheromone smells incredible.
But that's not what makes it powerful.
What makes it powerful is the ritual.
When you apply it intentionally - on moisturised skin, on pulse points, before a social moment - something shifts.

You stop rushing.
You reset your posture.
You breathe deeper.
You remember who you are.
And that changes everything.

The Real Reason Most People Don't Feel Magnetic

It's not because they're unattractive.
It's because:

- They're overstimulated and stressed
- They've disconnected from their body
- They're stuck in "doing" instead of "being"
- They're waiting to be chosen instead of choosing themselves

And when that becomes your default...
desire fades.
Confidence wobbles.
Spark disappears.

The Pheromone Effect

When used intentionally, it becomes an anchor.

A reminder.
A shift.

You don't spray it and hope someone falls
at your feet.
You spray it and decide who you're being
today.
Confident at work.
Playful on a date.
Warm at dinner.
Unforgettable on a night out.

And because scent is deeply tied to
memory and attraction...
You don't just look different.
You feel different.
And people feel that.

Here's Exactly What You Get

When you choose Pheromone Perfume,
you're not just getting a bottle.
You're getting:

- A step-by-step guide on how to apply it
for maximum projection or intimate pull
- The "Less But Better" spray rule (so you
never overwhelm)
- Skin prep secrets to make it last longer
- Layering techniques to create a
signature scent
- A simple Day / Date / Night ritual
- A 7-Day Confidence Challenge
- A 7-Day Desirability Challenge
- Attraction and dating scripts
- Relationship spark reset rituals
- Printable trackers to build real
momentum

Because what you're really building isn't
just an attraction.
It's self-trust.
And self-trust is magnetic.

What Changes When You

Show Up Differently

When you move slower...people notice.
When you hold eye contact...people lean
in.
When you stop over-explaining...people
respect you.
When you choose yourself...others follow.

Confidence isn't loud.
It's steady.
Desirability isn't perfection.
It's presence.
And presence can be practised.

This Is For You If...

- You want to feel more confident without
pretending
- You want dating to feel lighter and more
natural
- You want to reignite the spark in your
relationship
- You want to feel desirable again - for
yourself first
- You're tired of shrinking
- You're ready to embody your next level

And If You're Wondering

"What if it doesn't work for me?"
Here's the truth:
No perfume can do the inner work for
you.
But ritual can.
Consistency can.
And small daily actions compound fast.
That's why Pheromone Perfume isn't sold
as magic.
It's sold as momentum.

You're at a Crossroads

One year from now, you will absolutely arrive somewhere.
The only question is...where?

Will you still be over-thinking?
Still shrinking?
Still waiting?

Or will you be the person who:
Keeps promises to herself or himself.
Moves with calm confidence.
Feels safe being seen.
Attracts instead of chases.

If you want different results, you need a different ritual.

Here's What To Do Now

Click the link below and:
Order your Pheromone Perfume.

When it arrives:
Take a shower.
Moisturise slowly.
Spray with intention.
Stand tall.
Take six slow breaths.
And say:

"I embody. I don't chase."
Then walk into your life differently.

P.S.

Confidence isn't found.
It's built.
Desirability isn't given.
It's embodied.

And sometimes the smallest ritual - one spray, one breath, one decision - is where it begins.



02

The Pheromone Perfume Guide: How to Apply, Layer, and Get the Best Results

We naturally produce body-scent signals shaped by sweat, skin oils, and the skin microbiome. Over time, our scent signature can change as our skin and glands change with age. And in modern life - daily showers, deodorants/antiperspirants, fragrance products, and layers of clothing - natural scent cues can be softened or masked. That's why choosing a consistent signature fragrance becomes powerful: it lets you show up with intentional presence, every day.



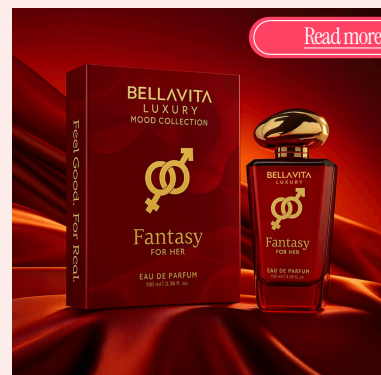
[Read more here](#)



[Read more here](#)



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Your fragrance isn't just a scent - it's a ritual.

And ritual creates results.

In this chapter, you'll learn:

- Where to apply for the best projection + closeness
- How many sprays to use (and when)
- How to layer so V1 lasts longer
- Common mistakes (and easy fixes)
- A simple "Pheromone routine" for day, date, and night

The 3 Things That Change Results

If you want the best experience, these matter most:

1) Skin prep

Dry skin "drinks" fragrance quickly.
Hydrated skin holds it longer.

2) Placement

Where you apply changes how people experience you:
closer, intimate "pull-in"
or more noticeable "aura"

3) Amount + timing

A little can be irresistible. Too much can overwhelm.

Mini reflection:

What do you want most when you wear V1 Pheromone Perfume?

- compliments
- confidence
- date-night spark
- subtle daily glow
- being memorable

How Many Sprays Should You Use?

There's no single number - it depends on the moment.

The simple guide

- *Every day/work/daytime*: 1-2 sprays
- *Social/dinner/drinks*: 2-3 sprays
- *Night out/date night/colder weather*: 3-4 sprays
- *Warm weather*: go lighter (heat makes scent bloom)

Rule of thumb:

If you can smell it strongly all day, you may be using too much.

Fragrance should invite people closer, not announce itself from across the room.

THE "LESS BUT BETTER" RULE

Start with 1-2 sprays.

You can always add one more later.
It's easier to add than to undo.

Where to Apply Pheromone Perfume

Think of application points in two categories:

A) "Close & Intimate" Points (best for dates)

These create a soft, magnetic bubble:

- sides of the neck
- collarbone/chest
- behind ears
- wrists (if you won't wash your hands often)

B) "Aura & Presence" Points (best for social / compliments)

These create a gentle trail:

- back of neck (hairline area)
- shoulders

- inside elbows
- lightly on clothing (one mist)

The Golden Rule

Don't rub your wrists together.

Rubbing can break down top notes and change how it develops.

Skin Prep: Make It Last Longer

If your perfume disappears fast, it's usually skin prep.

The "Moisture Sandwich" (best longevity)

1. Shower / clean skin
2. Moisturise (unscented lotion is ideal)
3. Apply Pheromone
4. Optional: a tiny bit of moisturiser on top (light dab only)

Quick fixes if you're in a rush

- moisturise just the neck + wrists
- apply after a warm shower (skin holds scent better)

Tip: Hydrated skin = longer-lasting scent.

Layering: Smell Expensive, Not Messy

Layering is how you create a signature.

Option 1: Keep it clean

V1 Pheromone + unscented moisturiser = the purest experience.

Option 2: Layer with matching vibes

Choose one of these "mood families":

- *Warm & sweet* (vanilla/amber/caramel)
- *Fresh & clean* (musk/cotton/light floral)

- *Sexy & spicy* (woods/pepper/amber)
- *Fruity & flirty* (berry/citrus/tropical)

LAYERING RULE

If you're mixing fragrances, keep one dominant. The Pheromone should remain the "main character."

Hair & Clothing (Do This the Right Way)

Hair

Fragrance clings to hair beautifully - but be careful with alcohol-based sprays.

Best practice:

- spray once into the air and walk through it
- or spray onto a hairbrush (lightly), then brush through

Clothing

Clothes hold scent longer than skin, but can change how a fragrance smells.

Best practice:

- one light spray on the inside of clothing (jacket, scarf, collar area)
- avoid delicate fabrics (silk) and light colours if staining is a concern

Timing: When to Apply for Maximum Effect

Best moments to apply

- Right after showering (clean skin, warm pores)
- 15 minutes before you leave (let it settle)
- Before a social moment (dinner, date, event)

Re-apply strategy (if needed)

Instead of re-spraying everywhere:

- add 1 spray to one spot (neck OR wrists), not both
- keep it subtle

Mistakes That Reduce Results (And Fixes)

Mistake 1: Over-spraying

Fix: Reduce to 1–2 sprays for daily wear.

Mistake 2: Spraying on dry skin

Fix: Moisturise first (even a tiny bit helps).

Mistake 3: Rubbing wrists

Fix: Spray and let it dry naturally.

Mistake 4: Mixing too many scents

Fix: Keep layering simple: V1 + one supporting product.

Mistake 5: Expecting perfume to do everything

Fix: Pair it with your energy ritual: posture, breath, eye contact, presence.

- Store fragrance away from sunlight/heat
- Apply to pulse points, but don't rub
- Less is more (especially in warm weather)
- Confidence rituals amplify results

Order your Pheromone Perfume Here.



The Pheromone Routine (Day/Date/Night)

Here are three ready-made routines.

DAYTIME (subtle glow)

- 1–2 sprays: neck + wrists
- 6 slow breaths
- affirmation: “I move with calm confidence.”

DATE (close + magnetic)

- moisturise neck/collarbone
- 2–3 sprays: neck + chest
- slow down your movements
- affirmation: “I attract with presence.”

NIGHT OUT (aura + trail)

- 3–4 sprays: neck + shoulders + clothing mist
- playlist + posture reset
- affirmation: “I’m unforgettable.”

Quick extra tips

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03

Build Self-Confidence & Self-Empowerment

Confidence isn't something you're born with. It's something you build.

This chapter will help you:

- Build real confidence through daily habits
- Calm over-thinking and feel more grounded
- Create a simple routine that makes you feel powerful
- Use journaling + affirmations to rewire your self-talk

Key idea:

Confidence = self-trust.

And self-trust is built when you keep promises to yourself.



This signals: *"I am safe."*

And when your body feels safe, your mind becomes stronger.

Say once:

"I can be nervous and still be powerful."

60-second Mirror

Practice

Look into your own eyes and read one line out loud:

"I am confident and calm."

"I trust myself to handle what comes."

"I do not shrink myself."

"I belong in every room I enter."

"I choose myself every day."

"I am becoming more confident every day."

If that feels too intense:

Start with this:

"I'm learning to trust myself more."

Journaling That Builds Confidence

Journaling isn't just about emotions - it's about *proof*.

A) The Win Log (daily)

Write:

- 3 wins (tiny wins count)
- 1 brave moment
- 1 promise kept

Today's Win Log

1. Win:

2. Win:

3. Win:

Brave moment:

Promise kept:

B) Fear — Power Prompt

What am I afraid of?

Worst case scenario:

If it happens, what would I do?

Best case scenario:

This turns fear into a plan — and plans create power.

Visualisation (2 Minutes)

Confidence grows when you rehearse success in your mind.

"Movie Scene" Visualisation

- Close your eyes and imagine:
- You walk into a room
- You are calm and grounded
- You make eye contact and smile
- You speak clearly
- You leave proud of yourself

Focus on how it feels in your body:

Relaxed shoulders. Steady breath. Open posture.

One line to anchor it:

"I know who I am."

Meditation for Calm Confidence (5 Minutes)

This is for over-thinking, anxiety, and “I don’t feel good enough” spirals.

5-Minute Practice

1. Sit comfortably
2. Focus on your breath
3. When thoughts appear: silently say “thinking”
4. Return to breath
5. End with one sentence:
“I choose calm. I choose courage.”

Reminder:

You don’t need to remove fear. You need to lead anyway.

Evening Routine: Release + Respect (3 Minutes)

Confidence grows when you don’t punish yourself.

Night Reflection

Answer these:

What am I proud of today?

What do I forgive myself for today?

What is one thing I’ll do tomorrow that proves I’m committed to myself?

This closes the day with self-trust instead of self-judgement.

Micro-Bravery: Confidence Is Practised

Confidence isn’t found. It’s trained.

Choose 1 tiny brave action daily:

- Compliment someone
- Ask a question in a group
- Wear something slightly bolder
- Post something without over-editing
- Say no without explaining
- Start the conversation
- Do the thing you’ve been avoiding for 10 minutes

My micro-bravery action for today:

Affirmations + Quotes

Daily Affirmations (present tense)

Choose 3:

“I am confident, calm, and fully myself.”

“I trust myself to handle anything.”

“I take up space with ease.”

“I choose myself, and I back myself.”

“I do what I say. That’s my power.”

“I am allowed to be seen.”

“I am becoming unstoppable through consistency.”

Confidence Quotes (short, printable)

“Confidence is built, not found.”

“Discomfort is the price of your next level.”

“You don’t need to feel ready. You need to feel committed.”

“Keep promises to yourself. That’s self-respect.”

“Be brave enough to be bad at something new.”

7-Day Confidence Challenge + Tracker

The Rule

Each day: One Promise + One Breath

Reset + One Win Log entry.

7-day focus:

Day 1: Keep one promise

Day 2: Speak 10% slower

Day 3: Posture practice

Day 4: Do the avoided task (10 min.)

Day 5: One boundary (“No” / “That doesn’t work”)

Day 6: Ask for what you want

Day 7: Celebrate proof + plan your next week

Tracker (printable)

Day	Promise Kept? (Y/N)	Brave Action	One Win	Confidence (1–10)
-----	---------------------	--------------	---------	-------------------

1

2

3

4

5

6

7

Further Learning (Books / Audiobooks / Films)

If you want to deepen confidence and self-empowerment:

Books / Audiobooks (high impact, popular)

The Confidence Code - practical confidence research + actions.

Atomic Habits - identity-based habit building (confidence via consistency).

The Gifts of Imperfection - self-worth, courage, letting go of perfection.

Daring Greatly - vulnerability as strength (great for being “seen”).

You Are a Badass - fun, bold mindset shift.

Feel the Fear and Do It Anyway - classic confidence-through-action.

The Six Pillars of Self-Esteem - foundational self-esteem framework.

The Power of Now - presence and calm (quiet confidence).

Untamed - self-trust, self-leadership, empowerment.

Films (empowerment + “be seen” energy)

Legally Blonde - underestimated - unstoppable confidence.

The Devil Wears Prada - identity, presence, ambition, boundaries.

Erin Brockovich - courage, voice, self-belief.

Hidden Figures - competence, resilience, owning your brilliance.

The Pursuit of Happyness - perseverance and self-trust.

A couple of confidence-forward podcasts

The Mel Robbins Podcast - action-based confidence and boundaries.

On Purpose with Jay Shetty - mindset, calm, purpose-driven confidence.

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04

Feel More Desirable (And Act Like It)

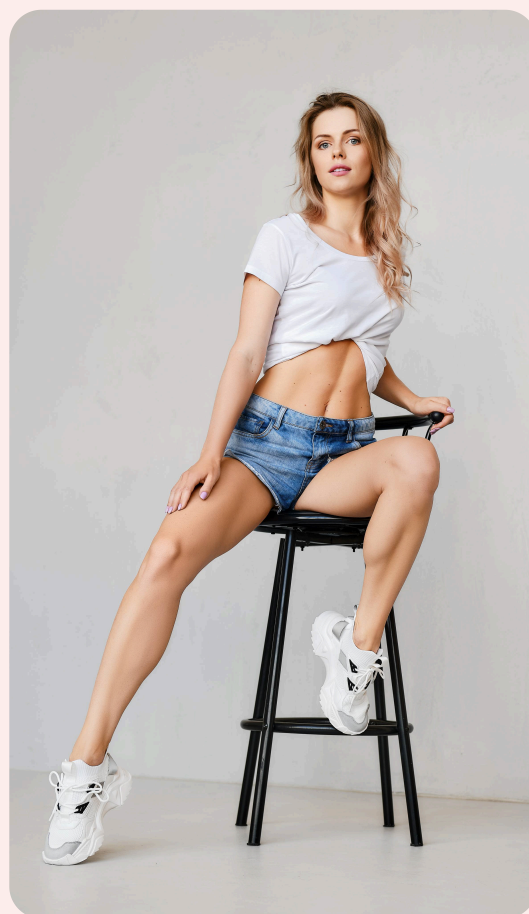
Your energy shifts when you stop waiting to be chosen...and start choosing yourself.

What this chapter gives you:

- A daily ritual to switch on “desirable energy”
- Confidence + sensuality habits that don’t feel forced
- Journal scripts to build self-worth and magnetic presence
- A 7-day challenge + tracker to lock it in

Key idea:

Desirability isn’t perfection. It’s presence + self-permission + self-respect.



What “Desirable” Actually Means

The Desirable Energy Formula

Feeling desirable usually comes from four pillars:

1. Self-permission

You allow yourself to be seen. You stop shrinking.

2. Self-care

Your body feels valued. Your nervous system settles.

3. Self-expression

Your look, scent, voice, and vibe match your identity.

4. Self-respect

Your standards and boundaries create magnetic energy.

When these are consistent, your energy becomes:

Relaxed. Warm. Confident. Playful. Unbothered.

Mini Reflection

Circle what you want more of:
Presence / Calm / Playfulness /
Confidence / Softness / Boldness /
Mystery / Warmth

Write one sentence:

“My desirable self feels like

_____.”

The 3-Minute “Desirable On Purpose” Ritual

Do this every morning (or before a date/event)

You’re not waiting for validation. You’re choosing your energy.

THE DESIRABLE ON PURPOSE RITUAL (3 MINUTES)

- Scent anchor (spray your Pheromone Perfume)
- 6 slow breaths
- Inhale 4...Exhale 6...(repeat x6)
- Ask: *“How does my desirable self move today?”*
- Choose one behaviour to embody it:

Pick ONE:

- Move 10% slower
- Speak 10% slower
- Soft eye contact + small smile
- Shoulders relaxed, chin level
- Stop over-explaining
- Say “no” once without guilt

Identity line (say it once):

“I embody. I don’t chase.”

The Mirror Moment

This is a simple practice that trains you to feel comfortable in your own gaze.

How to do it:

1. Look into your own eyes
2. Relax your jaw
3. Soften your eyes

Say one line out loud (choose one):

“I am desirable because I am me.”

“I’m allowed to enjoy being seen.”

“I carry myself with confidence and ease.”

If it feels awkward...

That’s normal. Keep it short. The goal is not to “feel perfect.”

The goal is to teach your nervous system that being seen is safe.

“Act Like It” Without Being Cringe

Desirability often looks like **calm attention**.

The 7 behaviours (tiny, powerful)

Tick one to practise today:

1. Move 10% slower (rushing = anxious energy)
2. Speak 10% slower (signals calm confidence)
3. Finish your sentences (no trailing off)
4. Hold eye contact 2 seconds longer
5. Open body language (uncross arms, relaxed shoulders)
6. Receive compliments (“thank you” then pause)
7. Ask a better question (presence is seductive)

Compliment receiving script

Practice this exactly:

“Thank you, that’s sweet.” (smile, pause)
No deflecting. No joking it away. Let it land.

Self-Respect

Many people lose desirability when they slip into approval-seeking.

Replace audition energy with self-respect:

- Don’t over-explain
- Don’t rush replies to prove you care
- Don’t accept half-effort
- Don’t shrink your standards

BOUNDARY LINES (STEAL THESE)

“That doesn’t work for me.”

“I’m not available for that.”

“I’ll think about it and let you know.”

“I prefer _____.”

“Let’s plan properly.”

Reminder: Self-respect is attractive because it signals:

“I value myself.”

Journaling Pages

A) “I Am Desired When...”(Evidence Journal)

Complete these:

I feel most attractive when I

I receive positive attention when I

People respond warmly to me when I

B) Turn-On List (Life + Love)

Write what truly lights you up (not just physically):

- Effort
- Consistency
- Playful flirting
- Deep conversation
- Kindness + confidence
- Being chosen
- Feeling safe

My top 5 turn-ons are:

1) _____

2) _____

3) _____

4) _____

5) _____

C) The Glow List (Permission to be seen)

10 things I like about my face/body/style:

- 1) _____ 2) _____
- 3) _____ 4) _____
- 5) _____ 6) _____
- 7) _____ 8) _____
- 9) _____ 10) _____

5 things I love about my personality:

- 1) _____ 2) _____
- 3) _____ 4) _____
- 5) _____

Visualisation + Calm-Sensual Meditation

2-Minute Visualisation: "Walk In"

Close your eyes and imagine:

- You walk into the room calmly
- Shoulders relaxed
- Soft smile
- You're not scanning for validation
- You feel warm, steady, playful
- Focus on feeling: grounded + open + present.

5-Minute Calm-Sensual Meditation

1. Sit comfortably
2. Breathe slowly
3. Scan your body (jaw, shoulders, belly) and soften
4. Repeat gently:
"I am safe to be seen."
"I receive attention with ease."
"My presence is powerful."

The Pheromone Perfume Desirability Ritual

Pre-date / pre-night-out / pre-social event
(5-7 minutes)

V1 DESIRABILITY RITUAL

1. Freshen up (hands/neck/wrists)
2. Moisturise slowly (like luxury, not rushed)
3. Spray Pheromone Perfume
4. Put on a playlist that matches your vibe
5. Say: "I don't chase. I attract."
6. Choose ONE embodiment action:
 - slower movement
 - softer eyes
 - relaxed shoulders
 - fewer words, more presence

Your "Signature Touch" (choose one detail)

- ☐ jewellery / ☐ hair / ☐ lips / ☐ nails / ☐ outfit texture / ☐ heels/boots / ☐ watch / ☐ glow skincare

One intentional detail = instant upgrade.

7-Day “Feel Desirable” Challenge + Tracker

The Rule

Each day: Ritual + 1 behaviour + 1 journal line.

Small actions compound fast.

Choose your daily behaviour focus:

- Day 1: Move 10% slower
- Day 2: Speak 10% slower
- Day 3: Eye contact + soft smile
- Day 4: Receive compliments
- Day 5: Don't over-explain
- Day 6: A boundary line
- Day 7: Show up anyway (micro-bravery)

Tracker (printable)

Day	Did the Ritual? (Y/N)	Behaviour Practised	One Win (1 line)	How I Felt (1–10)
1				
2				
3				
4				
5				
6				
7				

Desirability isn't something you wait for. It's something you practise.

Bonus: Further Learning

If you want to go deeper into self-worth, confidence, and attraction dynamics:
Books & audiobooks (confidence + feminine/masculine presence + self-worth)

The Gifts of Imperfection - self-worth and being seen.

Attached - helps people stop chasing and choose secure love.

Come as You Are - desire, confidence, and the science of arousal (great for women).

Mating in Captivity - desire and keeping the spark in relationships.

The Power of Now - presence (quiet magnetism).

Atomic Habits - becoming the version of you that embodies confidence daily.

Films (embodiment + self-respect glow-up energy)

Legally Blonde - underestimated — adored.

Crazy, Stupid, Love - confidence shifts and attraction dynamics.

Hitch - presence, flirting, confidence (more playful).

The Holiday - self-worth and fresh chapters.

Eat Pray Love - self-rediscovery and embodied confidence.

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05

Attract New Romantic Partners

Attraction isn't about convincing someone. It's about becoming you - and letting the right people lean in.

In this chapter, you'll learn:

- How to create more romantic opportunities (without chasing)
- How to flirt naturally (without feeling cringe)
- How to make first impressions warmer, smoother, and more memorable
- How to date with standards, confidence, and self-respect

Core truth:

The goal isn't *"make someone like me."*

The goal is meet more people + show up as your best self + choose what matches you.



The Attraction Framework

Attraction grows from 4 ingredients

1. Presence - calm, engaged energy
2. Warmth - friendliness, openness, ease
3. Standards - self-respect, boundaries, discernment
4. Opportunity - more rooms, more conversations, more chances

When these align, you become:
Approachable. Memorable. Magnetic.

Mini Reflection

What do you want right now?

- a relationship
- dating + fun
- meeting new people
- healing + starting fresh
- confidence and momentum

Write your intention in one sentence:
"I am open to_____."

The "Meet-Cute Mindset" Reset

If dating feels heavy, this page changes the energy.

Replace pressure with play

- You're not trying to win anyone.
- You're simply creating space for connection.

Try this mindset line:
"I'm here to connect, not to perform."

The 3 rules of magnetic energy

- Curiosity over impressing
- Play over perfection
- Self-respect over chasing

THE 5-MINUTE ATTRACTION RITUAL

This is your "switch-on" routine for confidence, warmth, and flirt energy.

1. Freshen up (hands/neck/wrists)
2. 6 slow breaths (inhale 4, exhale 6)
3. Spray your fragrance (anchor the identity)
4. Choose your vibe (circle one):
Playful / Elegant / Warm / Mysterious / Bold
5. Say one line:
"I'm open, relaxed, and I let things flow."

Choose ONE behaviour focus:

- ☐ eye contact + soft smile
- ☐ speak slower
- ☐ ask better questions
- ☐ stop over-explaining

Reminder: You don't need to be fearless.
You need to be present.

Where to Meet People?

Attraction needs **opportunity**.
Opportunity needs **visibility**.

The "2-2-2 Rule" (simple and social)

Each week, aim for:

- 2 places where people mingle
- 2 moments of micro-flirting (small chats count)
- 2 follow-ups (swap socials, send a message, suggest a plan)

Easy places to expand your orbit

Tick the ones you'll try this month:

- coffee shops/bookstores
- gym classes/yoga/run clubs
- friends' parties/birthdays
- networking events
- museums/exhibitions
- volunteering
- dance/language classes
- live music nights
- hobby communities

My next two places:

- 1) _____
- 2) _____

Flirting That Doesn't Feel Cringe

Flirting is simply: **warm attention + a hint of play.**

The "W.A.V.E" method

Warmth: smile, relaxed energy

Attention: listen fully, ask a real question

Validation: small compliment (not overdoing it)

Exit: end on a high note (leave them wanting more)

5 easy flirt lines (clean, confident)

"You've got good energy - I like it."

"You're fun to talk to."

"Okay, I'm curious...what's your story?"

"You've got great taste."

"I'll be honest, I noticed you."

The power move: end first

When it's going well, say:

"I'm going to get back to my friends - but it was lovely meeting you."

This creates healthy tension and keeps you in self-respect.

Conversation Prompts That Create Chemistry

Chemistry is built through emotion + specificity (not interview questions).

Great first-convo questions

Pick 3:

"What's been the highlight of your week?"

"What do you do when you want to feel alive again?"

"What's your perfect Sunday?"

"What are you currently obsessed with?"

"What's something you're proud of lately?"

"What's your idea of a great date?"

Make it personal (upgrade any question)

Instead of: *"Do you like music?"*

Try: *"What song instantly puts you in a good mood?"*

Write your 3 favourites to use this week:

1. _____
2. _____
3. _____

Texting That Builds Attraction

Texting isn't where you prove yourself - it's where you set the tone.

The 3 texting rules

1. Warm and light
2. Don't over-explain
3. Move toward a plan (chemistry grows in real life)

Copy-paste templates (low pressure, high charm)

"I enjoyed talking to you - you're easy to chat to."

"This made me think of you"

"You seem fun. Want to grab a drink this week?"

"I'm free Wed or Fri - what suits you?"

"Quick one: are you more coffee date or a cocktail date?"

If they're inconsistent

Try one clear message:

"I'm enjoying this, but I'm into consistency."

If you want to plan something, let's do it."

Then step back. Your standards do the work.

First Date Energy: Calm, Confident, Chosen

The first date isn't a test. It's a vibe check.

5 "Green Flag" feelings you want

- I feel safe
- I feel seen
- I can be myself
- Effort is mutual
- I don't feel anxious or confused

First date do's

- Ask questions that reveal values
- Share stories that show personality
- Keep it 60-90 minutes if you want it light
- Leave with warmth, not desperation

First date don'ts

- Don't audition
- Don't overshare pain too early
- Don't ignore red flags because they're attractive

End-of-date line:

"I had a really nice time. Get home safe."

Warm. Classy. Confident.

Standards, Boundaries, and Red Flags

Attraction without discernment becomes heartbreak. This page protects you.

Your non-negotiables (write 3)

1. _____
2. _____
3. _____

Boundary scripts (use as needed)

"That doesn't work for me."

"I'm not available for last-minute plans."

"I prefer clear communication."

"I'm looking for something consistent."

Red flags to take seriously

- Mixed signals + excuses
- Love-bombing then disappearing
- Disrespect, nagging, or jealousy framed as "jokes"
- You feel anxious, not excited
- They push your boundaries

Reminder: The right person won't require you to betray yourself.

Further Learning (Books / Films)

For a deeper understanding of attraction, connection, and dating with confidence:

Books / Audiobooks

Attached - attachment styles and choosing a secure connection.

Models: Attract Women Through

Honesty - attraction through authenticity (despite the title, principles apply broadly).

How to Talk to Anybody - social skills, conversation, approachability.

Mating in Captivity - desire dynamics (useful even while dating).

The Charisma Myth - presence, warmth, power.

Films (confidence + connection energy)

Hitch - playful dating confidence.

Crazy, Stupid, Love - dating, growth, and self-respect.

7-Day “Attraction” Challenge + Tracker

The goal: more visibility + more conversations + more follow-through.

The Rule (daily)

1. Do the 5-minute ritual
2. Create one “moment” (chat, compliment, DM, event, invite)
3. Log one win

7-day focus

- Day 1: Start 1 conversation
- Day 2: Give 1 genuine compliment
- Day 3: Ask for a number/socials (if it feels right)
- Day 4: Suggest a plan (coffee/drink/walk)
- Day 5: Go somewhere social
- Day 6: Practise one boundary (no over-explaining)
- Day 7: Reflection + plan next week

Tracker (printable)

Day	Did the Ritual? (Y/N)	Social Action	One Win (1 line)	Confidence (1-10)
1				
2				
3				
4				
5				
6				
7				

06

Reignite Passion in an Existing Relationship

Love doesn't disappear - it gets buried under routines, stress, and "same day, same week."

This chapter helps you bring the spark back on purpose.

In this chapter, you'll learn:

- How to create anticipation again (the secret ingredient)
- Simple rituals to shift you from "roommates" back into lovers
- Communication prompts that increase intimacy (without pressure)
- A 7-day spark challenge to reset connection

Core truth:

Passion isn't something you "hope happens."

It's something you create through presence, play, and intention.



Why Passion Fades (And How to Bring It Back)

Passion often fades for totally normal reasons:

- stress, work, and mental load
- lack of novelty
- feeling unseen/unappreciated
- routine touch (quick peck, autopilot hugs)
- resentment building quietly
- tiredness, low body confidence, low energy

The Passion Reset Formula

You don't need grand gestures.

You need:

1. **Safety** (emotional security)
2. **Novelty** (new experiences)
3. **Anticipation** (space + tension)
4. **Attention** (focused presence)

When these return, spark returns.

Mini reflection:

What's missing most right now?

Safety / Novelty / Anticipation / Attention

The 3 Levels of Spark

Passion isn't only "sex." It's a ladder:

Level 1: Emotional Spark

Feeling understood, chosen, appreciated.

Level 2: Playful Spark

Flirting, teasing, laughing, inside jokes.

Level 3: Physical Spark

Touch, chemistry, desire, closeness.

Key: If Level 1 is low, Level 3 feels harder.
So we rebuild from the bottom up - fast.

Write one thing you want more of:

The 10-Minute Daily Connection Ritual

This is the simplest "we're a team again"

reset.

THE 10-MINUTE CONNECTION RITUAL

Pick any time: morning, after work, or before bed.

Rules:

- phones away
- eye contact
- one person speaks at a time
- no fixing (just listening)

Ask each other:

"How are you really?"

"What do you need this week?"

"What's one thing I did that you appreciated?"

Tip: This creates safety - and safety creates desire.

Bring Back Anticipation (The Secret Ingredient)

Anticipation is what turns love into a spark.

Five ways to build anticipation again

Tick one to try this week:

- schedule a date (not "maybe")
- send a flirty message at midday
- dress up at home for no reason
- create a "private cue" (a scent, phrase, look)
- tease plans: *"I have an idea for later..."*

The "Private Cue" Idea

Choose one:

- a fragrance you wear only for intimate moments

- a playlist that signals “date night energy”
- a phrase like: “Meet me in the kitchen in 5 mins.”
- a look: longer eye contact + a smile

Write your private cue:

The Scent + Touch Reset

It's about shifting out of “house mode” and into “lover mode.”

The 60-second reset (do anytime)

1. Walk closer.
2. Put your hand on their chest/arm/waist.
3. Hold eye contact for 2 seconds.
4. Smile.
5. Say something simple:

“Come here.”

“I miss you.”

“You look good.”

“I want you.”

Upgrade: 6-second kiss

A quick kiss keeps you in roommate energy.

A **6-second kiss** brings you back into intimacy.

Try tonight:

One longer kiss. No expectation. Just closeness.

Flirting Like You Used To (But Better)

Long-term attraction needs play.

Easy “daily flirt” ideas

- compliment something specific (“You look so good in that.”)
- playful teasing (kind, not mean)

- “Remember when...” nostalgia
- whisper something in passing
- a cheeky touch while you walk by
- sit closer than usual
- dance in the kitchen for 30 seconds

Flirt lines for couples (classy + fun)

“I keep thinking about you today.”

“You’re my favourite person.”

“You’re trouble...and I like it.”

“Meet me later. I’ve got plans.”

Write your favourite line:

Communication Scripts That Build Intimacy

These are designed to create closeness without *starting a fight*.

The “Closer” questions (ask one per week)

“What’s something you’ve been carrying quietly?”

“When do you feel most loved by me?”

“What do you wish we did more of together?”

“What’s one thing we can improve this week?”

“How can I support you better right now?”

Appreciation script (simple, powerful)

Use this:

“I really appreciate you for

-----.”

“It makes me feel

-----.”

“I love you.”

This rebuilds emotional spark fast.

Date Night Reset (No Phone, No Autopilot)

You don't need to be expensive. You need to be intentional.

The 3-part date formula

1. **Newness** (new place, new activity, new conversation)
2. **Presence** (phones away, eye contact, slow pace)
3. **Closing ritual** (kiss, cuddle, shower together, massage)

Date ideas that bring spark back

Tick one:

- candlelight "home restaurant" night
- walk + hot drink + deep questions
- dress up and go somewhere you've never been
- cook together + music + dancing
- "first date recreate" night
- hotel night (if you want a big reset)

Plan your date now (write it):

Day: _____

Time: _____

Place: _____

Reignite Physical Spark (Without Pressure)

Pressure kills desire. Safety and play revive it.

The intimacy ladder (use this if things feel awkward)

Start wherever feels easy:

1. sit close
2. long hug
3. 6-second kiss
4. cuddling
5. massage
6. shower together
7. deeper intimacy (only if it flows)

"No pressure" invitation lines

"Want to be close tonight?"

"Can we cuddle for a bit?"

"I miss touching you."

"Let's just start slow."

If one of you feels disconnected

Start with emotional connection first:

"Can we talk for 10 minutes? I want to feel close to you."

Further Learning (Books /Films)

If you want to go deeper into desire and long-term passion:

Books / Audiobooks

Mating in Captivity - desire and keeping the spark alive.

The Seven Principles for Making Marriage Work - practical relationship tools.

Hold Me Tight - emotional connection and attachment.

Come as You Are - understanding desire (great for couples).

Films (connection + romance energy)

Before Sunrise - presence and connection.

The Notebook - romance and emotional intensity.

7-Day Spark Reset Challenge + Tracker

The goal: rebuild safety + play + anticipation in one week.

The Rule (daily)

- 10 minutes of connection
- one act of flirt or appreciation
- one touch moment (hug/kiss/cuddle)

Seven-day plan

- Day 1: 10-minute connection ritual
- Day 2: 6-second kiss + compliment
- Day 3: plan a date (put it in the calendar)
- Day 4: “private cue” + flirty text
- Day 5: dance/kitchen moment (30 seconds)
- Day 6: intimacy ladder (start at step 1)
- Day 7: date night or “home date reset”

Tracker (printable)

Day	10-min Connection	Flirt/Appreciation	Touch Moment	Spark (1-10)
-----	-------------------	--------------------	--------------	--------------

1

2

3

4

5

6

7

Final Note

You don't need to change who you are.

You simply need the tools to activate the most confident, magnetic, unforgettable version of you - on purpose.

This mini-book was created to help you do exactly that.

What you've learned inside

1) Confidence is built through self-trust
Real confidence isn't loud - it's consistent.
Every time you keep a promise to yourself, you create proof:
"I can trust myself."

You now have:

- The **Keep One Promise** daily rule
- Breath + posture resets for calm confidence
- Journaling scripts that turn fear into power
- Visualisation + meditation to feel grounded and capable
- A 7-day confidence challenge to build momentum

2) Desirability is presence + self-respect

Feeling desirable doesn't come from perfection.
It comes from being present, relaxed, and comfortable being seen - without auditioning for attention.

You now have:

- The 3-minute "Desirable on Purpose" ritual
- "Act like it" behaviours (move slower, speak slower, eye contact)
- Self-worth journalling scripts and glow lists
- Visualisation + calm-sensual meditation
- A 7-day desirability tracker to lock in your new energy

3) Attracting new romantic partners is about opportunity + standards

Attraction isn't chasing. It's showing up where connection can happen - and choosing what matches you.

You now have:

- A simple weekly visibility rule to meet more people
- Natural, non-criinge flirting frameworks and conversation prompts
- Texting templates that build attraction and lead to real plans
- First-date do's/don'ts + boundary scripts
- A 7-day "Attraction Momentum" challenge

4) Passion returns when you create safety, play, and anticipation

Long-term love doesn't die - it gets buried under routine.
Passion comes back when you rebuild: connection + novelty + attention + closeness.

You now have:

- The 10-minute daily connection ritual
- "Private cue" ideas to bring back anticipation
- Touch + kiss resets that shift you out of "roommate mode"
- Intimacy prompts and date-night formulas
- A 7-day spark reset plan with a tracker

5) Perfume works best when it becomes a ritual

The Pheromone Perfume isn't just a fragrance. It's a signal. A switch. A signature.

You now know:

Final Note

- How many sprays to use based on the moment
- Where to apply for “close & intimate” vs “aura & presence”
- How to moisturise and layer so it lasts longer
- How to avoid common mistakes (over-spraying, rubbing, clashing scents)
- How to build a Pheromone routine for day, date, and night
- How modern hygiene can soften natural scent cues - making an intentional signature scent even more powerful

Your new standard

You are no longer waiting to feel confident.
You're building it.
You are no longer chasing attention.
You're embodying presence.
You are no longer hoping for a spark.
You're creating it.

Your simple next step (do this today)

THE DAILY SWITCH (2 MINUTES)

1. Spray Pheromone Perfume
2. 6 slow breaths
3. Say: *“I embody. I don't chase.”*
4. Do one small brave action

Let The Pheromone Perfume be your reminder:

**You are allowed to be seen.
You are allowed to be desired.
You are allowed to take up space.**

And every time you wear it, you're not just smelling good - you're practising the version of you that gets everything she/he wants.

Order your Pheromone Perfume Here.

