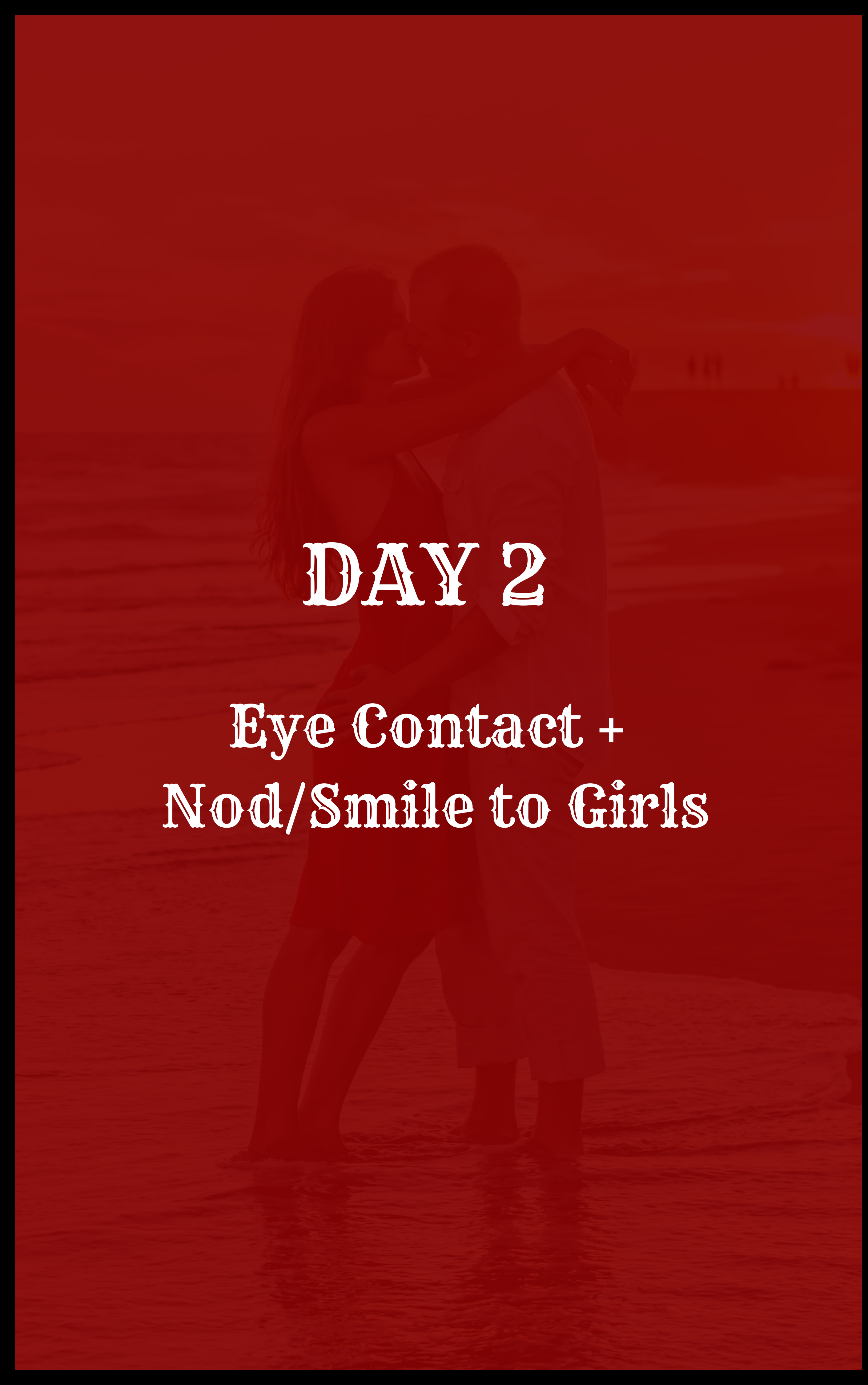


Attraction Academy

The 5-Day Approaching Challenge



Attraction Truth



DAY 2

Eye Contact +
Nod/Smile to Girls



Attraction Truth

Day 2: Eye Contact + Nod/Smile to Girls

The Aim of this Challenge

Now that you are comfortable with looking at girls, it's time to progress the difficulty of the interactions by adding a friendly nod/smile.

As you know, smiling is a non-threatening sign that we human beings use to communicate to other people that we are there to create an alliance instead of having intentions to kill. That's precisely what primates like monkeys do when they meet another monkey without having aggressive plans.

That's the reason why you must become acquainted with communicating those social signs to the new girls you meet from the very first moments.

This way, they'll immediately know that you're looking at them with positive intentions and not to harm them.

Moreover, by smiling, you won't make them produce cortisol, the hormone of stress and cause of the notorious "fight or flight" response.



Challenge Requirements

1. Clean teeth & good breath;
2. Ideally being in a positive or, at least, neutral mood.



Challenge Goal

Go out and find 5 girls to whom you'll nod/smile while looking into their eyes.





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Social Experience Points Earned

Upon completing of this challenge, you will earn 61 S.E.P that you can use to get special coaching resources, trainings and even 1-1 support.

Challenge Briefing

As in the previous challenge, this can be done virtually anywhere. It can be a loud or calm place, an empty or crowded one, or simply in any area that you visit during your day. For example a supermarket, a bank, shopping malls, lines, streets, coworking places and so on.

Challenge Tips

Tip #1: If you decide to smile, just keep a normal one and don't make it too exaggerated, or it would seem very unusual to a woman you never met before. The simpler you keep things, the better, for now. The same holds true with nodding.

Tip #2: If you see that the girl is vacillating between starting/not starting a conversation with you, I'd suggest you go for it first as you'll boost your leadership skills.. If you don't feel like doing it, that's fine too, as that's not the aim of this challenge for the time being.

Tip #3: If girls ignore you, don't worry, probably they are busy, they didn't see you or they're just having a very bad day. Relax and move on with confidence!

What You Can Expect from This Challenge

Usually, girls will respond positively to you. However, this depends both on the country where you live, on the social context at the moment you do the challenge, and on the person, you'll be looking at.

There are no strange things to expect from this challenge, apart from those people smiling back to you or nodding back to you.

Sometimes, you might experience that somebody starts a conversation with you after you look at them. Those are the very social people that you encounter from time to time and that make friends easily. If that's the case, take advantage of the opportunity and have a 3 minutes talk with them.

Remember that if you need help with this one, [you can book an approach support session](#).



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Now It's Your Turn!

GO, GO, GO!

You don't have a second to lose! That's your chance to become a better version of yourself.

Destroy any fear you might have and show yourself how capable you are. You are one approach away from becoming a **TOP 1% MAN**.

Do it for your current family and future wife & kids.



✓ Challenge Completed?

Congratulations on having completed this challenge. You're the man. Imagine me giving you a support bro fist now, even at a distance.

Now tell yourself that you're AWESOME and let's move on with the next one.

Remember to keep your record of your Social Experience Points earned so that you can win your special gifts.

That's your new badge for having completed this challenge #2.

Sal Damata





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Your Challenge Report

1 - The Challenge Was:

- Very Easy
- Easy
- Intermediate
- Hard
- Very Hard

2 - The Challenge Went:

- Awesome!
- Very Well
- Alright
- Not So Well
- A Total Disaster



3 - What I Did Well:

4 - What I Could Have Done Better:

5 - I Feel Like:

- I can go on with the next challenge
- I'd like to repeat this one
- I need an easier one

Comments/Observations: