

Attraction Academy

The 5-Day Approaching Challenge



Attraction Truth



DAY 1

3-Seconds

Eye Contact with Girls





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Day 1: 3-Seconds Eye Contact with Girls

The Aim of this Challenge

The eyes are said to be the gateway to our soul since they directly reflect our state of being.

Moreover, they're the first communication channel we open with people. This means that mastering eye contact is paramount to creating, keeping, and growing healthy social relationships.

The power of communication that our eyes have is, most of the time, undervalued. My job today is to get you comfortable looking at women's eyes like you are supposed to do so that you can increase your social influence and charisma.

When you look at someone, you can do two main things:

- 1: Communicate something to the person without saying a word, being an active transmitter;
- 2: Understand their message from their eyes, being a passive receiver. This is something you'll master later on when you become proficient with eye contact.

To become a good transmitter and receiver with eye contact, all you need to do is spend less time talking to people and more time observing them.

This challenge is going to get you started with this.

Challenge Requirements

1. Having a place in mind where you can find girls to talk to;
2. Courage and eagerness to grow!

Challenge Goal

Look straight into the eyes of 5 girls (preferably that you find attractive) for 3-5 seconds.





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Social Experience Points Earned

Upon completing of this challenge, you will earn 53 S.E.P that you can use to get special coaching resources, trainings and even 1-1 support.

Challenge Briefing

As your first exercise, go out of your apartment and head towards a low/moderately busy area of your city. Don't go to a crowded place because not everybody will notice you there. Instead, go where there is a fair amount of people hanging out.

On the contrary, don't go to an almost empty place because you'll run out of women to socialize with very soon.

When you get out of your apartment, look at the women coming over you in the streets and look straight into their eyes for about 3-5 seconds.

With more experience, you'll be able to detect the mental state that the person in front of you is experiencing at that very moment. For now, that's not important, just train yourself to be comfortable with looking at women's eyes.

Challenge Tips

TIP #1: Don't be creepy when keeping eye contact with girls. It's essential that you keep a normal gaze and that you convey positive feelings to her instead of awkwardness.

Don't look at girls in a way that scares them or makes them feel uncomfortable. Just be as normal as you can, like when you look at your friends.

TIP #2: You can think about a particular energy you want to convey when you look at girls. If you meet a woman you like, you want to give her the energy of interest, appreciation, sexual attraction, love, etc.

TIP #3: If you don't know what to do when a woman is approaching closer to you, still look at her.

If you can't control your emotions, for now, use a pair of sunglasses so that you can practice looking at girls without them noticing it or seeing your emotional state at that moment.



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What You Can Expect from This Challenge

Some women will keep looking at you. Others will look away because of their social anxiety or shyness. Another group will probably be surprised by that, while others will simply ignore you.

Whatever happens, don't take it personally, it is just the current state of mind that that specific person is experiencing. What matters is that you practice.

Last thing. If you feel comfortable with this exercise, you can look at girls until they move away from the gaze first and "win" the eye contact battle. This is going to help you with your self-confidence even more, but it's optional for now.

Need a Hand with This Challenge?

If you want my friendly & expert support for this challenge, you can book a 1-1 call at a special offer of only \$77 instead of ~~\$150~~, only for internal users of challenges like you.

The call will last about 30 minutes (usually enough to complete every challenge) and I will ensure you complete the challenge or you don't pay.

Book our session here and let's complete this challenge fast and with confidence!

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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 #1.

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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: