



# HOW TO **STAND OUT** IN THE DATING ARENA



W O R K B O O K

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## ABOUT DANNI

Danni Crews is the author of 'The Ticking Heart' and creator of Couples School and Queens Code. She is a wife, mum, friend, therapist and eternal student who believes in the power of great relationships.

Danni started her career as a journalist before she ventured into all things love and relationships. She is an active member of the Family Therapy Association and has a Post Graduate degree in Relationship Counselling, a Diploma in Family Therapies and holds a Masters in Training and Development.

# STEP 1

# GET OUT OF YOUR HEAD

# AND INTO LIFE

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This is not a time to hide behind the comfort of your swipe finger or the computer. Real intimacy is where it's at, because that's what people are craving. And that means face-to-face communication. It's all about connection this year and that is going to be your number 1 secret weapon for making every man want you. You're prepared to show up and converse and connect. You're the real thing!

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You're going to be saying 'yes!' To life, to living, to love. No more wondering where all the great guys have gone. Because they're thinking where are all the great women? And guess what, you're going to be right there. So this is about seizing opportunity. If you're ready, if you feel it in your heart that you want to meet an awesome guy, then get off the couch and start saying yes. When your friends ask you to join them... yes! It's when you're in the practice of dating and loving the attention... that someone special will show up. Because you're in a place of abundance NOT limitation.

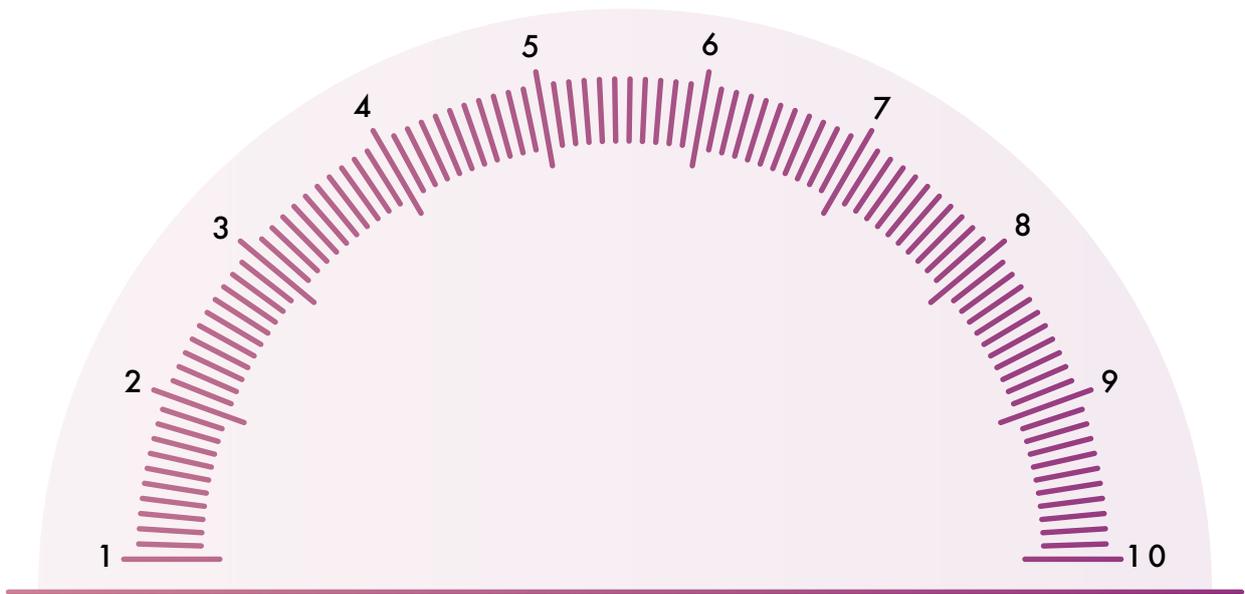
Saying a wholehearted "Yes" to the vulnerabilities inherent to the journey of opening yourself to the possibility of authentic love can be a little overwhelming. Perhaps even terrifying.

Here's the thing. It takes courage to love. We WILL be rejected, many many times. But so what!?! There's someone right for you. Interestingly, when you're out there on the dating scene, this is more often than not when you will meet someone. Because you're open and you're putting it out to the universe that you're available and ready for love.

# EXERCISE

## GET OUT OF YOUR HEAD AND INTO LIFE!

On a scale of 1-10, 10 meaning I put myself out there a lot, how much do you say 'yes' to going out?



List 3 ways you can say 'yes' more to life.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## STEP 2

# RELEASE THE FOX

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A foxy woman uses her femininity. Now every woman defines femininity differently. It's made up of both socially-defined and biologically-created factors. I'm looking at a combination of both, which is what's also appealing to a lot of men. What I'm referring to is a woman with a strong mind and soft outside. She's intelligent and assertive but can also step back and let the man be the lead. Let's face it, many of us want a guy to be proactive. However, if we're constantly taking the lead, then a guy naturally steps into a more passive role.



## 2. BE FOXY

We forget that we are brilliant, sexy, and adaptable beings like no other. And that our power lies not in competing with or trying to be like men but in embracing our natural and womanly strengths of compassion, enchantment, and tenderness. Dance with the ever-changing flow of both masculine and feminine energies within you and allow the fox to come out.

We are intuitive healers and masterful lovers. Our hearts run deep with emotion, and as we relax and embrace our own femininity, we unlock our inner foxiness. So why not fully embrace your feminine as well as your masculine energies. We all have both, and integrating them in a balanced way is the key to unlocking your full potential as a human being. Follow as much as you lead. Comfort as much as you command. Dance with the ever-changing flow of both masculine and feminine energies within you and allow the fox to come out.

What I'm suggesting here in practical terms is coming across as feminine. The way you dress. Yes, there's nothing wrong with wearing a dress or outfit that embraces you as a woman. A woman has curves... own them! Be feminine with your energy. Take a deep breath and relax and stop trying to complete. You already have it! Be assertive but don't be aggressive. Be clever, quick-thinking and adaptable. Be foxy!

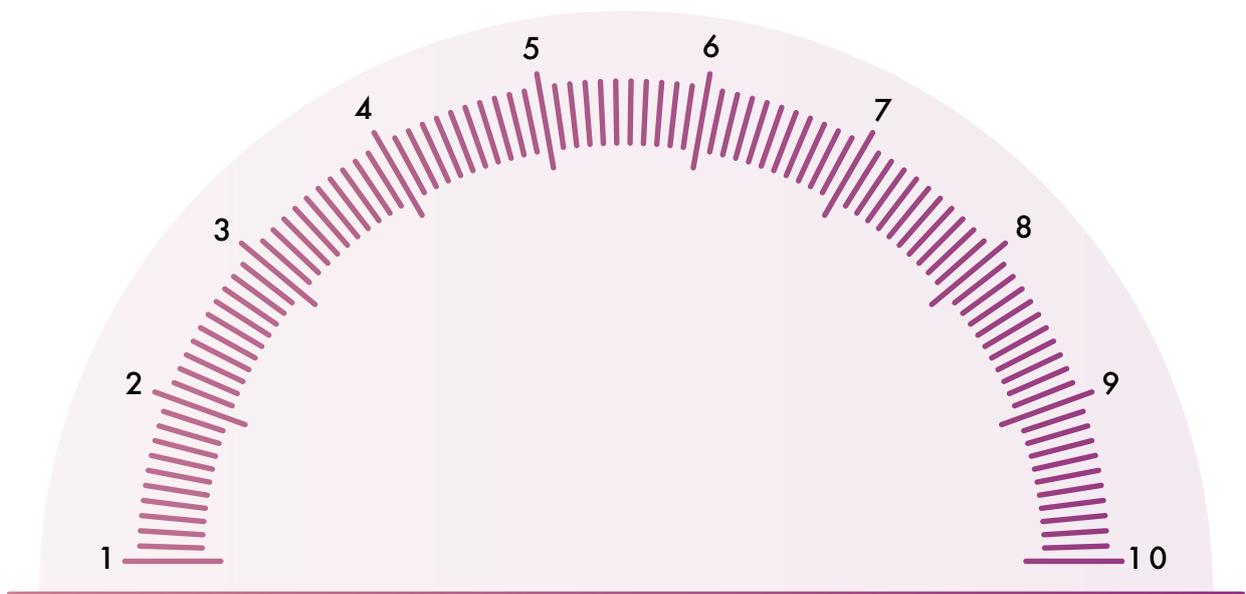
### HERE ARE 4 STEPS TO BE FOXY

1. Emphasise your best assets. Yes, there's nothing wrong with wearing a dress or outfit that embraces you as a woman. A woman has curves... own them! Be feminine with your energy
2. Relax. Take a deep breath and stop trying to complete. You already have it!
3. Be assertive. Assertive doesn't mean aggressive. Assertive people know how to state someone using clever language that states what they need. Be clever, quick-thinking and adaptable. Be foxy!
4. Flirt! It's all in the eyes and body language. I can flirt with you, or I can flirt with you. See how the eyes are my greatest flirting tool. And of course I need to your body language that's welcoming and open.

# EXERCISE

## BE FOXY

On a scale of 1-10, 10 meaning I am really feminine, how much do you embrace your femineity?



List 3 ways you can be more foxy.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



STEP 3

**CONFIDENCE**  
**CONFIDENCE, CONFIDENCE**

## 3. CONFIDENCE, CONFIDENCE, CONFIDENCE!

Self-confidence is about holding a healthy self-esteem and letting go of fear. Letting go of fear about how you look and letting go of fear about what others think. Because once you let go of fear and concentrate on your greatest assets, then you will be able to rock a room! And confidence is key.

So in order to feel, confident we need to concentrate on two things. Reframing fear and building our self-esteem.

### TURNING FEAR INTO EXPANSION

Every time I feel those butterflies, every time I can't hold a guy's gaze, every time I want to run away... treat that feeling as expansion. So every time I get out of my comfort zone I am expanding - growing - developing. That feeling is a good feeling, not something to run away from.

### BUILDING SELF-ESTEEM

Boiled down to its simplicity, self-esteem simply means appreciating yourself for who you are - faults, and all. The difference between someone with a healthy or good self-esteem and someone who doesn't isn't ability, per se. It's simply acknowledgement of your strengths and weaknesses, and moving through the world safe in that knowledge.

Which brings me to the question I'm often asked - how can I increase my self-esteem? Here's how.

## 1. MAKE A STRENGTHS LIST

What I recommend doing here is to get a piece of paper. Write at the top in bold letters 'Strengths'. Now list 10. Yes, 10. That may seem like a lot of the Strengths side if you suffer from poor self-esteem, but force yourself to find all 10.

This is your Self-Esteem Inventory. And this is what I suggest becoming very familiar with. So you know your strengths VERY VERY well. Keep that paper with you, take a pic of it with you phone and refer to it on a regular basis.

## 2. SET REALISTIC EXPECTATIONS

Nothing can kill our self-esteem more than setting unrealistic expectations. I remember when I was in my teens, I had thought, "I need to be a millionaire by the time I'm 30 or I'm going to be a failure." (Don't even get me started about how many things are wrong with that statement.) Needless to say, 30 came and I was nowhere close to being a millionaire. I was still working out what I wanted to do! My expectation was unrealistic, and my self-esteem took a blow when I turned 30 and saw how far away such a goal was.

Now my expectation is completely different of myself. If I'm able to nurture myself at some point on a daily basis, then I've met my expectations for the day. If I'm able to give something of myself every day then I've met my expectations. And if I am being authentic on a daily basis then I'm exceeding my expectations. Bottom line is you need to check your expectations if they keep disappointing you. Your self-esteem will thank you.

## 3. SET ASIDE PERFECTION AND GRAB A HOLD OF ACCOMPLISHMENTS. . . AND MISTAKES.

Perfection is simply unattainable for any of us. Let it go. You're never going to be perfect. You're never going to have the perfect body, the perfect life, the perfect relationship, the perfect children, or the perfect home. We revel in the idea of perfection, because we see so much of it in the media. But that is simply an artificial creation of society. It doesn't exist.

Instead, grab a hold of your accomplishments as you achieve them. So when I've eaten a healthy meal I'll say "awesome job, you're treating your body so well." When I've helped someone I say to myself "great job, you've helped someone today." It's about talking to yourself like you're talking to a great friend and accepting imperfection. If you do make a mistake, that's an opportunity to grow and learn. It's not like you, it's just something to learn from.

## 4. EXPLORE YOURSELF EMOTIONALLY AND PHYSICALLY

"Know thyself" is an old saying passed down through the ages, to encourage us to engage in self-exploration. Usually the most well-adjusted and happiest people I meet are people who have gone through this exercise. It isn't just about knowing your strengths, but also opening yourself up to new opportunities, new thoughts, trying out something new, new viewpoints, and new friendships.

I think it's really important to explore your best physical assets and emphasize these. For example I'm really curvy and I don't hide myself in loose dresses. But rather I emphasize those. A real man likes real curves. It took me a while to get this. Think about your best assets and look at drawing them out in a feminine way.

If you want a man who looks like a man, chances are he'll want a woman who knows how to dress as a woman.

So throw away the pants and baggy clothes if you're looking to attract a guy. Explore your femininity!

Then when you're married and very comfortable you can pull out the trackies.

## 5. SMILE AND LOOK PEOPLE IN THE EYES

Confidence comes from the inside out, however, I believe you can also fake it until you make it. Smile. A smile not only says 'I'm happy', but also says 'I'm friendly and welcoming'.

I know I made this all sound easy. It's not. Changing your self-esteem takes time, trial-and-error, and patience on your part. However, if you can make an effort to be more realistic with your own self, start praising yourself and start exploring new possibilities, I think you may be pleasantly surprised by the results. And remember to smile Good luck!"

# EXERCISE

## MAKE A STRENGTHS LIST

Write what you consider to be your

### TOP 10 STRENGTHS.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

- a. If you're having difficulty coming up with a whole 10, think about what others have said to you over the years. "You're an awesome listener!" "You're such an awesome mum." "You are so loyal, always there for people." "You have a great eye for detail." Even if you think the strength is too small to list, list it anyway. You may be surprised at how easy it is to come up with all 10 when you approach it from this perspective.
- b. This is your Self-Esteem Inventory. And this is what I suggest becoming very familiar with. So you know your strengths VERY VERY well. Now circle your top 3 strengths and write down what they are and what's behind those

### TOP 3 STRENGTHS

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Keep that paper with you, take a pic of it with your phone and refer to it on a regular basis.



STEP 3  
**THE HEALTHY FENCE**

## 4. THE HEALTHY FENCE

Ok so the healthy fence is metaphorical for having a healthy boundary. Boundaries to me are property lines that protect us. And we can open that fence up to let people in or we can ask them to stay out of our property line. Our boundaries define us. If we hold healthy boundaries, chances are we have happy and healthy relationships.

Do you:

- ♥ Have a strong sense of identity. You respect yourself?
- ♥ Know your own wants, needs, and feelings and communicate them clearly in your relationship?
- ♥ Value your opinions and feelings as much as you do others?
- ♥ Know when the problem is yours and when it belongs to someone else?
- ♥ Have a low tolerance level for abuse or disrespect?
- ♥ Ask for help when you need it?

If you answered yes, chances are you have really healthy boundaries. If you answered no to quite a few, then that area probably needs some work.

I look at boundaries as property lines which protect us, emotionally, physically, spiritually etc. If someone is stepping over our property line and we feel uneasy with this, then we need to call a boundary.

In other words say 'stop there, I'm not comfortable with that.'

If you have difficulty saying no, are bothered or pushed around by someone who's demanding, controlling, critical, pushy, or even smothering, it's your responsibility to speak up.

People with healthy boundaries have developed a separate identity from others, while knowing how to be part of a relationship. This means they're not dependent upon others to nurture their personal and spiritual growth. In healthy relationships boundaries are flexible. They grow and change. They can be lowered to promote intimacy or extended to promote safety.

So if you'd like to work on this area, start by saying no to things that make you feel uncomfortable or used. If something doesn't feel right, say it.

Practically speaking, here's where I would start. Let's say someone asks you to sleep with them on a first date and you're comfortable with that. (Let's face it, this is a very real situation!)

"I hear what you're asking and I feel a little uncomfortable sleeping with someone on a first date. I prefer to get to know someone really well first."

So what you're doing is stating how you feel about something and then stating what you need.

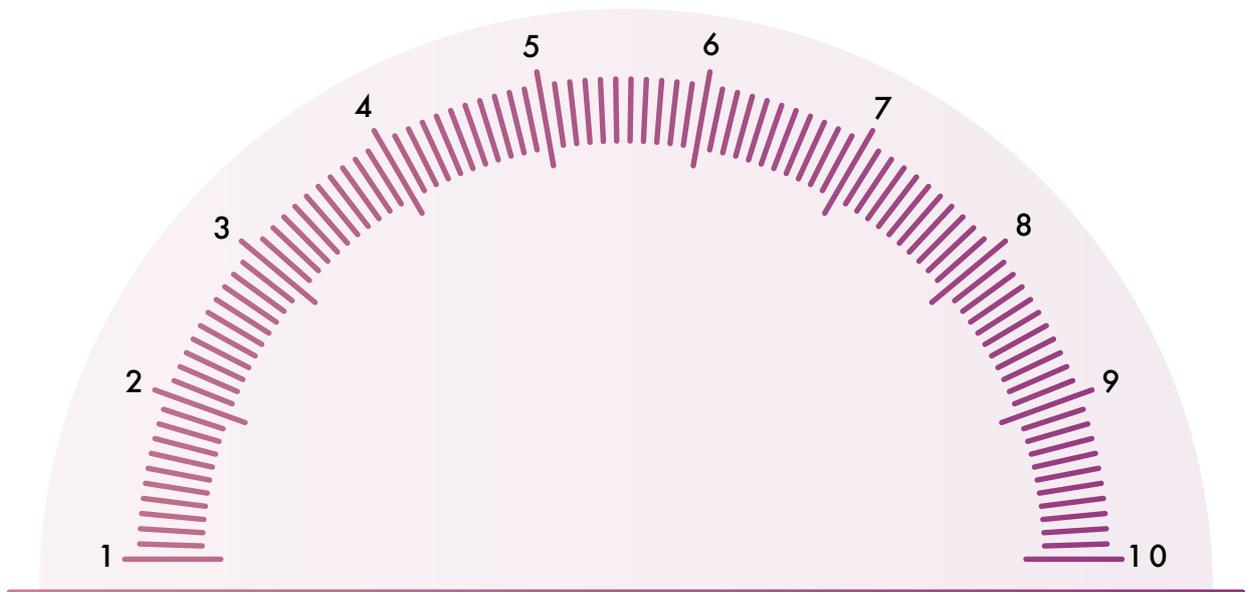
"I feel... I need (or prefer)..."

Ok this takes a little practice, however, it is one of the best tools.

# EXERCISE

## THE HEALTHY FENCE

On a scale of 1-10, 10 meaning I have really healthy boundaries, how healthy is your fence?



List 3 ways you can have a healthier fence?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_