

# Carlos Xuma's Natural Attraction Blueprint



## - WEEK 1 CHECKLIST -

### CHECKLIST:

This week's objectives:

- **To understand and breakdown your fears and shyness with women**
- **To have a firm "Inner Game" strategy for managing and controlling your fears and and shyness**

By the end of this first week, you'll have an understanding of how to re-engineer your inner game, as well as have a strategy for dealing with your anxieties in the moment.

**STEP 1:** Watch the Personal Approach Blueprint **Week 1 Video Presentation**  
Available from your membership console

**STEP 2:** Listen to the Personal Approach Blueprint **Week 1 Audio Tutorial**  
Available from your membership console

Complete these **Week 1 Exercises**:

**STEP 3:** Inner Game Strategy Worksheet  
Download from your membership console.

**STEP 4:** Approach Baseline Worksheet  
(probably already completed during your pre-work)

**STEP 5:** Create your list of cool qualities  
(minimum 20). Try to list up to 50 qualities.  
Select your top 5 or 10.

**Optional STEP 6: BONUS - Watch the "Shining" video parody.** This is referenced in the week 1 video. I'll have it posted to your membership console as well.

**Optional STEP 7: (Optional, but Highly Recommended!)** - Get a copy of Richard Carlson's **You Can Be Happy No Matter What**. This book explains how to understand your emotions and moods, and manage them. (I credit 90% of my inner game victories with the content in this one short book.)

**Remember, you have two alternatives to sending me your assignment:**

1. Use the Form provided to you on your Weekly Content page (This is PREFERRED.)
2. Use the Private Message Form available in your "My Stuff" menu in the membership site.



## IMPORTANT NOTE:

I am ready, willing and able to help you with EVERY PART of this week's homework assignment!

If you need any assistance at all with this week's assignment, login to the coaching center at: <http://www.carlosxuma.com/blackbeltcoaching/> and let me offer suggestions, give feedback, etc., for each of these assignments. If you need help, I'm here!

(Or if you have any questions about the lesson at all!)

**Remember, you are entitled to ask ONE QUESTION PER DAY (Monday-Friday) related to the current topic for me to personally answer... so use this coaching access!**

Stay Alpha!

A handwritten signature in cursive script that reads "Carlos Xuma".

Carlos Xuma

**Alpha Lifestyle Coach**

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