1. Accept everything the way it is
2. Take responsibility
3. Work on yourself, not on women
4. Evict your inner-wussy (kick it out!)
5. Build a powerful, capable self-image that you love
6. Move your frame of reference inside (instead of looking **outside** to figure out if you’re on the right page, look in the **inside** to figure out whether everybody else is on the right page)
7. Stop making identity meaning out of external events (they disapproved us, whatever, it’s their issue)
8. Eliminate failure by learning from it (humans invented the concept of failure)
9. Compare your progress and success only to yourself, not to others
10. Evolve constantly and consciously. Always seek the next level. (what’s the next level and how do I get there?)
11. See yourself as high status. Build a high status self image.
12. Stop apologizing
13. Stop seeking approval
14. Stop giving approval in order to get it
15. Stop trying to trade status for approval
16. Untangle everything (past-present-future, physical-logical-emotional, fear of something and the actual event and other nonuseful combinations)
17. Surround yourself with success models (persons, books, audio, video, best to combine all of them)
18. Know your purpose and path in life and stay on it
19. Travel
20. Every day find your center, become centered and be the center. Get in touch with your ideal self image, your life purpose
21. Focus on the core skills and your inner game and the techniques will take care of themselves
22. Accept and embrace transitioned anxiety opportunity to see things from a beginner’s perspective automatically. Accept new change. Don’t be afraid of looking incompetent.
23. Learn to enjoy the process of learning more than the actual result of the learning. Learn to love it.
24. Teach others every great thing you learn immediately.
25. Never whine, bitch or complain. Ever!
26. Objectify your demons, so you control them instead of them controlling you.
27. Become selfish so you can become generous. You make yourself important first. You make yourself a priority in your life.
28. Surround yourself with success models while eliminating failure models. A lot of influences in your life are pulling you down, holding you back.
29. Keep doing what works and **stop doing what doesn’t work!**
30. Maintain your composure. (*enesevalitsus, meelerahu*)
31. Prove to yourself over and over that you can deal with rejection.
32. Learn to sacrifice short-term gratification to long-term success.
33. Learn how to always enjoy yourself no matter what’s happening around you. You are responsible for generating your experience of reality.
34. Value yourself and your time more than any woman.
35. Develop your awareness
36. Learn to control your emotions
37. Become unbelievably honest, authentic and blunt when it’s time to be direct. Don’t be a pussy around the issue.
38. Learn to identify social status by communication and body language instantly
39. Become an expert on your own self deception habits.
40. Balance learning, practicing and doing
41. Constantly improve yourself.
42. Stop projecting your strengths and weaknesses onto others.
43. Eliminate destructive or negative habits and replace them with positive, useful ones.
44. Recognize when you’re losing control of yourself and stop.
45. Make your territory yours.
46. Lead.
47. Stop idealizing women.
48. Stop idealizing relationships.
49. Let her problems be her problems.
50. Don’t support her with money.
51. Stop trying to impress women.
52. Take care of hygiene, posture, voice tone.
53. Eliminate every nervous tick, gesture, facial expression, and unconscious response to challenges from women.
54. Make yourself the most interesting person a women has ever met.
55. Set your life to meet interesting, attractive, available women automatically.
56. Behave as if you have a hundred women calling you every day.
57. Don’t be boring or predictable.
58. Learn to tell an interesting story.
59. Learn how to use cocky comedy.
60. Make friends with attractive women by becoming a guy women like to be around.
61. Learn how to turn a woman on mentally, emotionally and physically.
62. Learn the entire mating process of humans in detail.
63. Learn to read situations before acting or communicating.
64. Tease in every way.
65. Be honest, ethical and authentic with women. Always. Don’t be ashamed of your desires – in an ethical way.
66. Set a boundary as soon as possible. “Don’t touch me”
67. Look past the content to see the true meaning of what’s going on.
68. Engage her emotions and her body.
69. Turn everything into an adventure.
70. Convince yourself that what’s about to happen is going to be unbelievably fun and then convince her of it.
71. Leave her wanting more.
72. Go back to the basics.
73. When you find yourself when losing power with a woman, stop, step back and wait until she comes to you.
74. Have 3 female friends around you.
75. When you find something she really likes. Stop, pull back and make her really want it before you tease her a little bit more.
76. Learn how to make conversations interesting for the women.
77. Become a renaissance man. Keep adding skills in different areas that you enjoy.