

Please print this out and complete the exercises below:

1. When you are dating, make a list of the things you are trying to get men to do. (For example: ask you out, text you first, pursue you, get him to be attracted to you, commit, etc.)

2. When I look at this list, how it makes me feel is: (fill in a feeling or list of feelings below. for example, I feel sad, angry, embarrassed, etc.)

3. How I want to feel about myself and dating is: (fill in one word below)
 - o Now, take a picture of the word and post it in the group, and tag your post with **#Day1ChallengeAccepted**

What would change for me if I felt irresistible, and in control of the dating process is:
