



UDP ACTION PLAN

Welcome brother to the UDP 6 week action plan. The purpose of this is to put everything you have learned in the video lessons into practice, eventually achieving “unconscious competence” with women. But first you must put in the conscious effort.

We have designed for you a preparation phase followed by 30+ strategically designed challenges to instill into you the 6 core principles, along with many other essential traits to being naturally good with women.

It’s not going to be easy. You will have to push well past your comfort zone and overcome some serious internal programming along the way. But try your best to take on these challenges in a state of **play**, not work. It should be fun.

And if you have any questions you can ask them in the [weekly Q&A](#) with John & Sean.

Now go get it!

Preparation Phase:

Before you can jump into the exercises and have optimal success, there are a few things you need to do to prepare yourself. Take as much time as you need to complete the following tasks:

- Complete at a minimum Modules 1 & 2 of video training lessons. Continue video training lessons as you complete the action plan.
- Ditch all Pick Up Artist (PUA) material, do NOT watch any videos or follow any PUA’s. We need a clean slate and if you watch any PUA you will contaminate yourself and go back to square one.
- Find friends to go out with who know nothing about “game” but are sociable. These are the best people to go out with.
- Post in the group: Before you start, [post in the group](#) and introduce yourself, tell us your story and your goals. As a community we support each other, learn from each other and hold each other accountable. Look forward to meeting you!

Complete The Self Assessment:

I want you to go out today to a busy street, mall or social event with the intention of enjoying your day but along the way, if you see any girls you are attracted to, I want you to express your desire to them, try to exchange numbers with them, set up dates, kiss them - the whole 9 yards. (Without Alcohol) I know that you may not be capable of this right now. That's ok! The whole point of this assessment is to figure out what is holding you back from this social freedom.

I want you to be super conscious of what you are feeling, and record on your phone everything that is holding you back from being socially free. I have listed some common ones below:

- Fear of rejection
- Fear of judgement/what people think
- Low self esteem (Not feeling like you are enough) (Not feeling like you have anything to give or offer women)
- Having "approach anxiety"
- Feeling a lack of autonomy or purpose outside of the pursuit of women & sex
- Putting too much weight on getting the girl. Becoming obsessed and needy, or revolving your world around her)

Record your specific challenges below:

Now knowing what is holding you back, I want you to take extra actions towards overcoming these blockages everyday throughout this program.

We have provided some solutions for the most common ones above (Coming Soon).

Start Building Autonomy & Value:

During this action plan you will be doing challenges, but it is important to remember that this is not the main goal.

Other companies teach guys to become pick up artist robots, who have to go out every day **hunting** for women, having to **approach** 20 girls a day and blast through **approach anxiety** and fear. If they don't **close** their **targets**, they are unsuccessful and go home empty. This is needy, unattractive and creepy.

Yes, you're going to start out forcing yourself to go out and talk to girls, which is similar - but you want to maintain 99% autonomy outside of women to eventually evolve beyond that. You want to become a man who is living an exciting, social and adventurous life. Through your daily adventures you will **naturally** come across hundreds of women, and if you choose, you can **invite** them into your world. If they say no, that's okay. You cannot lose because you are already winning.

This is non needy, powerful and attractive.

Throughout this action plan I want you to start building this exciting life. This autonomy and fulfillment without women. And perceived value in yourself as a man.

Throughout and after this program complete the following:

- If you live with your parents, or somewhere with no women around - then work towards getting your own place in a small hip city where you'd run into 4 girls you'd marry just going out to get some milk from the shop.
- Pick up at least 3 new hobbies or join 3 new social groups. Some examples would be joining a gym, a yoga studio, cooking classes, chess club, toastmasters or a recreational sports league. (Make sure there are some that are social) Consider websites like [Meetup.com](https://www.meetup.com) or [MySocialCalender.com](https://www.eventbrite.com) or [eventbrite.com](https://www.eventbrite.com)
- Figure out what your purpose is in life. Find your passion. Your ideal career. Then start moving towards it by taking at least 1 action a day towards this goal(s).
- Detox your social media. Remove 1/3 of all the people that you added randomly or tried to pick up and haven't spoken to. Just delete them - you're better than that!
- Revamp your wardrobe. Throw out anything you don't wear anymore and invest in new clothes. Find a style that works for you and dress for success everyday. ([StyleGirlfriend.com](https://www.stylegirlfriend.com))

- Keep working on yourself. I know you are working on yourself right now, but take this into every area of your life. Stop eating junk food, hit the gym, meditate etc. Consider enrolling in the [Menprovement 30 Day Challenge](#) if you don't know where to start.
- It is completely optional, but I highly encourage you to stop watching porn. Learn more about the benefits of quitting porn [here](#).
- Learn to be an incredible lover. This is not often spoken about, but imagine how much confidence you would have going to hit on a hot girl if you knew you were the guy who “knew things” sexually and could give her orgasms & sexual pleasure she never experienced before in her life.

You would truly feel like the guy with a million dollar check, in that if she doesn't want to partake in your unconditional expression of desire - she is the one missing out!

Consider [learning sensual massage](#), [how to make a girl squirt through fingering](#), how to last longer in bed, [how to be multi-orgasmic yourself](#) & even how to give a full body energetic orgasm.

The point of all of this is to become a man who's main priority is not women, but when he does see a woman he likes he takes action and shares that desire with her. He has purpose. He has passions. He's not obsessed with getting with her, or revolving his thoughts around her.

And when he does talk to a girl he likes he is already whole and believes in his own value enough that he truly feels as if he is extending an invitation to her rather than just trying to get something from her.

At this point, feelings that used to be seen as approach anxiety, will now be interpreted as excitement, adrenaline and a sign of intense attraction.

Mindsets For Success

Before you begin the challenges, I (Sean) just wanted to share some truths that will help you greatly along the way.

1: You're going to suck at first, and that's ok!

When I first started doing this I was insanely shy and nervous. I remember the first time I talked to a random girl. It was at the mall and I must have walked around for hours, stuck in my head and unable to talk to anyone.

When I finally talked to my first girl I don't think she understood a single word I said. I was in and out of there so fast and I think I blacked out a little. When I did get my first number, I obsessed over her thinking about what to text all day, eventually fucking it up. Fast forward a few months and I was leading girls home within hours of meeting them, in the middle of the day.

The point is, you are going to suck at first - and that's OK! The more women you talk to the better you get and the easier it is.

2: Not every girl is going to like you - and that's ok too!

Even now if I (Sean) go out and talk to 10 girls today, 3 of them will ignore me, 1 will tell me to fuck off, 4 will be very nice and flattered but in committed relationships and maybe I would hit it off with 2.

You can't control other people's reactions. You can only express yourself, and accept whatever comes.

Maybe she just got fired and she's pissed off, or vice versa maybe she just got dumped and wants to fuck the next guy who hits on her. You just never know.

Don't take any reactions personally.

Final Instructions:

It's time to go out and start putting what you've learned into practice.

Take your time with these challenges if you need to. It's not feasible for many to go out every day, so go at your own pace. Use them more as a guide than a structure, but the more you do - the better.

Important! The goal of this program is not to have you become a guy who goes out and hunts for women like a pickup artist. This is not attractive and leads to fear. But while doing an action plan centered around learning to talk to girls it can be very easy to fall into that.

Remember, you want to remain autonomous. You want 99% of your autonomy to be outside of women and this action plan. And let the last 1% of your autonomy be with women & this plan.

So have your challenges for the day in mind, but always have a bigger purpose for going out. To enjoy the day, work out, have fun with friends, work on your social skills, expand your comfort zone. Make sure it puts you in a place where there are people and girls naturally around. Then, if the opportunity presents itself, do the challenges, you'll always have your main purpose to fall back to regardless of how it goes.

And most importantly, have as much fun as possible.

Audio Coaching:

As you go through the program, use these pre-recorded coaching audio's if you need while you are out and about. It's easy to forget everything when the adrenaline kicks in!

1: Important things to remember on your first days out ([Link](#))

2: What to do if you are feeling stuck or too afraid ([Link](#))

Week 1: Unplugging from The Matrix

In order to become socially free with women, you have to be socially free in your environment. We live in a society full of rules, etiquettes, laws, codes, do's & don'ts. The people that can see the rules and break the rules, are the real artists. They're also the best with women.

Day 1-3: Breaking Social Norms

On Day 1-3 your challenges are aimed at training you to be comfortable going against social norms and breaking the status quo. This is essential because it is not considered "normal" to chat up girls in the shops, streets or subways but these are some of the best places to meet women.

Day 1: Beginner

- Use the disabled toilets in public
- Cross the road on a red man (Only if it's safe! Do this at your own risk if you are 100% sure there is no traffic coming.)
- Go into McDonalds and order a pizza

Day 2: Intermediate

- Ask for a male contraception pill in a Pharmacy (or ask for something they don't sell)
- Beg for money from a homeless person. (you can always give it back to him after!)

Day 3: Advanced

- Order a meal backwards (start with the coffee, then the dessert, main course, starter, cocktail)
- Jump underneath someone else's umbrella as they're walking
- Find your own way to break a current societal etiquette and [post it up in academy group](#)

Day 4-6: Stop Caring What People Think

I find this to be the most common thing that holds men back from interacting with women. This is the case for me (Sean), as I find it harder to ask random strangers for a high five or to dance in public than tell a girl she has a nice ass. It's fear of judgement, and the way to overcome it is by realizing that noone gives a fuck what you do. They'll forget about it 1 minute later. This understanding, in combination with continuous exposure to what makes you uncomfortable is the solution to this problem. So have fun.

Day 4:

- Give a high five to 5 complete strangers
- Do pushups in the middle of a mall or any unusual place
- Sit down in middle of crowded pavement/sidewalk and meditate

Day 5:

- Sit down in an elevator and ride it up and down
- When stopped at a stop light just stare at the person in the car next to you. When they look, keep your composure and just wink or blow them a kiss.
- Stand completely still in a busy area of the club such as the dancefloor (without talking).

Day 6:

- In the middle of town scream "YEAH BABY" at the top of your lungs
- Go out tonight and dance as crazy and free as you can
- Stand on a bench in a public place in an awkward position, such as the titanic pose.

- Tell someone about your new job jacking off horses
- Walk a banana down the street on a bit of string

You don't have to do ALL these challenges, but these are some good ideas for you to work on not caring what others think.

Day 7: Reflect and Post in The Group

If any of these challenges are particularly hard for you, then continue doing them throughout the program until they are not. [Let us know in the group](#) how week 1 went for you and what sticking points you had so we can all advise each other and grow together!

Day 8-10: Start Being Social (Bringing The Heart Into It)

Being good with women is not about being an unsocial guy who leaves his cave every once in a while to hunt for women. It's about being social with everyone, including the women you find attractive. I want you to start thinking about being social in general, not just to those who you want to fuck. (watch exclusive video - "[Talk to Everyone](#)")

Day 8: Beginner

- Make the waitress smile / laugh next time your out to eat or drink ([video example](#))
- Turn a transaction into an interaction (bus driver, shopkeeper, check out girl, barista etc)
- Get to know the cleaning lady (if you don't have one in your building find someone similar)

Day 9: Intermediate

- Hold an umbrella over people's heads in the rain and walk with them
- Take your local homeless person for a coffee
- Pick a small leaf or make a rose out of a napkin and hand to a stranger

Day 10: Advanced

- Find your own way to create some Social Artistry and post it up in [academy group](#)

Day 11: Giving vs. Taking

- Buy some roses and hand them out to random people (what does it feel like to hand out unconditionally, without the need for them to accept?)
- Beg for money on the streets from random people / then hand out money to random people (feel the energetic difference between what it feels like to try and take vs. to simply giving away). [Watch the exclusive example video.](#)
- Spend 1 hours focussed solely on random acts of kindness. Observe your environment and see how you can offer a bit of kindness or support to anyone around you. How does it feel to be completely outward orientated?

Day 12: Learning to Play (Level 1)

- Go out on the town with your friends and just focus on having fun. Don't worry about women, just have fun! If women come into the equation, great - but don't worry about it.
- Watch the [play video](#) from minute 23:00 on.
- When you go out at night instead of judging the night by how well you do with women, on each hour, instead score how much fun you are having out of 10. Can you keep improving the score each hour?

Day 13: Inner Bonding

- Complete the [inner bonding exercise in lesson 10](#)

Day 14: Reflect & Post in The Group

As you prepare to start interacting with women, reflect on all the positive things that have come out of your interactions with people these last 14 days. Realize how you didn't need to get anything from these interactions and try to bring that into your interactions with women. Let us know [in the group](#) that you've finished this week and any tips for the next guy.

Week 2: Interacting with Women

So far your interactions have been platonic. It's great to not have an outcome in mind and to be tantric in your interactions, but when you like a girl you must express your desire. It's a beautiful thing to wash over her. If you can do that, while having fun, letting go of needing an outcome it's ironic how easily desirable outcomes happen. From here on out we are going to step it up and work towards being romantic with women while trying not to fall back into old needy and fearful habits.

Day 15: Warming Up

- 1.Walk down street, make eye contact with girls
- 2.Walk down street E.C and say Hi to girls (whilst walking away)
- 3.Walk down street E.C, say Hi and (stop as you do it)

Day 16: Progressing

- On A4 paper write "I *heart* [your name] and get a photo of 1-5 girls holding it
- Ask for a selfie with 3 different girls (different reason/context for each one)
- Ask to take photo of a girl on your camera/phone (up to you to find the right context)
- Ask to see a girl's smile if she's wearing a mask. "Can I see what you look like without the mask?"

Day 17: Letting go of The Need For Outcomes

- Stop 3 girls and tell them you think they look absolutely beautiful today. Tell them to have a great day and leave without needing anything. Resist the urge to have to get their number and don't create fantasies of what would have happened between you two in your head.

Day 18: Expressing Desire

- (Verbal) Verbalise you like 5 girls ("Hi you're cute, you're sexy, you're hot, Youre FUCKING SEXY". (vary according to the girl type and scale up what you say to overt)
- (Non verbal) Now instead of verbalising your intent, we are going to say it with an attitude: "Hey how are YOU? "Hi, Who are YOU!". They should feel the feeling as if you said it verbally.

Day 19: Learning to Play (Level 2)

- Propose (find a creative way to fake propose to a girl in public)
- Pretend to know someone "OMG HEY how you doing?"
- Go to a coffee shop and instead of ordering a drink order the baristas phone number: "Can I have....your number"

- Open with a close “Excuse me, will you be my girlfriend?” “Hi, do you want to go for a drink” (you know it’s not going to work! So then you just do it for the fun of it). This gives you the perfect flow.
- Go out with your boys/girls and just tear it up on the dance floor. Don’t hold back! ([Watch Dancefloor Video](#))

The point of these is to self entertain, but don’t hesitate to escalate and hit on her during or after the interaction. Just don’t lose the goal of simply having fun! You’re already winning, just invite her into your fun bubble.

Day 20: Losing The Fear of Rejection (Reframing rejection into social momentum)

Often when you go out, your social, physical and sexual skills are not simply good or bad, they are based on momentum, especially on a night out. Anyone can do this. The reason why people look at me with jaw dropping is I’m constantly getting rejected (thru your eyes). But the difference is rejection does not exist in my reality - each girl that appeared disinterested were just opportunities for me to build up my social muscle. Social rejection as a form of play = social god mode. After a while these so-called rejections are a joke. The feeling is opposite = its liberating, it’s not rejection anymore its social god mode.

- Purposefully get rejected 1-5 times (can you start to enjoy it more as you do it? How’s this changing your mood and mindset). Is it actually a rejection at this point? Are you reframing “rejection” into you playing with these girls?
- When you get an objection get one last bit of investment from them before leaving, by asking one more question for e.g

“No problem, by the way I’m John…”

“I’m Sally.”

“Ok well don’t look back in anger”

“I love Oasis”

“I can tell from your hair!”

And then see if you can continue the conversation. You’ll find that girls will default to putting up a bit of resistance with every new guy she meets, but if you can be the one that accepts the objection and keeps going, often the conversation continues or really opens up.

- When the girl is clearly disinterested, ask for feedback from her on what you could do better to improve your interactions. “Hey, listen before you go, can you do me a favour, I’m trying to improve my interactions with women. Can you give me one bit of feedback so I can do better next time”. Most women will say “you’re fine” as a way to eject herself quickly. But be persistent.

Day 21: Reflect and Post in The Group

How did this week go for you? Did anything change now that women are in the mix? Did any of these interactions turn romantic without that even being your goal? Let us know where you're at [in the group!](#)

Week 3: Building The Fundamentals

Day 22: Emotional Intelligence

One of the core 6 principles. EQ is the missing ingredient to modern dating advice. In the macho pick-her-up mentality, very little effort is given to develop this skill. Mainly because of her experience, her emotions are barely considered. Only conquering her is the objective. But this is what will set you apart from labouring in the junior leagues with those douchebags and coming across as an adolescent, to becoming a social master and having awareness in every moment. Whether it be with her, with yourself or her friends or even the environment. If you get this aspect right, all your conversation and communication will flow naturally.

Watch Exclusive Action Plan E.Q Videos

- 1: Learning girl types and how you adapt ([watch](#))
- 2: Energy mastery (adjusting your energy based on the girl) ([watch](#))
- 3: How to understand a woman by her hands ([watch](#))

Think about and practice **discretion**:

- 1: Using your EQ how would you ask a girl out in front of the man she is walking with? Try it!
- 2: How does the change in environment affect how you go up and talk to a girl. Square, busy high street, quiet street?
- 3: How would you talk to a girl who looks like she's in a rush?
- 4: Go up to a girl in a crowded place and show her a text on your phone saying "you're cute". Why is this more powerful than a quiet place?

Think about and Practice Group Dynamics: ([Rewatch Video Lesson](#))

- 1: How would you talk to 2 girls if you fancy one of them?
- 2: How do you enter a mixed group of men and women?

3: How do you enter into an interaction with a man and a woman?

- Go out and start conversations with groups of two or more girls
- Think about how your proximity, touch, voice and intention change depending on the environment you're in. (busy main road, middle of square, in a noisy bar, supermarket)
- Think about logistics: If you want to take a girl back home you should be thinking about the following:
 - Who's she with?
 - What is she doing tomorrow?
 - What are her plans for the rest of the evening?
 - Where does she live?
- Using your EQ, start a conversation with a girl and make an assumption about her as an opening remark. Examples:
 - Her mood
 - Her situation
 - Something personal about her

Day 23: Stopping Women

Stop a girl on the street using the 5 different ways. ([watch video](#))

- 1: Stop her while she walks by and you are standing still
- 2: Stop her by walking alongside her, walk with her if you want
- 3: Walk up to a girl or girls who are already stopped and begin conversation
- 4: Stop a girl who is walking towards you (head on)
- 5: After stopping her ask if you can walk with her (just start walking as you do)
- Create one of your own ways of stopping a girl

Stopping girls (when we normally would avoid)

- Stop a girl with headphones on
- Stop a girl who's on the phone

- Stop a girl who's walking with a guy
- Stop a girl who's in a rush
- Stop a girl that's just got into a shop

Day 24: Learn to be 100% Honest

- Be COMPLETELY honest to 5 girls this week (maybe girls you know, or don't know).
- Play honesty game with a girl (we can each ask any question and other person has to answer it, but you can't repeat same question)
- Tell a girl you've just met exactly how you're feeling. "Hey I am EXTREMELY nervous and practicing talking to women right now...)

Day 25: Practicing Leading

- "It's my birthday. Can I have a kiss..." (notice how i said it as a statement not a question. If you ask it as a question women will take the path of the least resistance,
- Lead with time extension - "You were going this way, let me walk down the street with you"
- Lead 1-5 people (can be 3 feet, to end of street, to new pub etc)

Day 26: Instant Dates

- At the end of a good convo, instead of leading to a phone number, ask her on an instant date to the nearest coffee shop.

Day 27: Interact with 1 new girl in following environments:

- 1) cafe
- 2) bar
- 3) public transport

Write down how it went and how you adjusted to the new environment

Day 28: Reflect and Post in The Group

How was this week for you? Are you starting to get numbers or dates? [Let us know in the group!](#)

Week 4: Embodying Techniques

Ultimately relaxing and moving from your head to your body, is the place to come from when you are talking to women but just in general too. Often when we are nervous we are trying to engineer an interaction in our heads. If you think about the moment before you kiss a girl, that moment should be extended back so that that becomes your relaxed sexual state in more of your interaction. Here are some examples to put you more in your body and your balls energy:

Day 29: Slow Down

We talk fast when we're nervous. It can also kill attraction.

- For 30 seconds talk at your normal speed while alone. (perhaps just say what you did the first hour you woke up, or describe your fave tv show). Then, try saying the same thing, at 50% speed, then 10% speed.
- On date practice dropping the speed of your voice, especially when things are becoming more intimate. As you do this, redirect your focus to the energy between the 2 of you.

Day 30: Sexualizing Conversation

- List 3 spicy conversation topics

- _____
- _____
- _____

- List 3 sexualised conversation topics

- _____
- _____
- _____

- Start a conversation with a girl you find attractive and use spicy conversation (move from small talk to spicy/more charged topics) - "When was last time you watched porn" "What's your special talent" "Have you been arrested" ([Example Exercise](#)) ([Live Example](#))

Day 31: More Conversational Techniques

- Watch lessons on conversation ([1](#)) ([2](#)) & practice the techniques below
- Observational:** Make observations around women in public (wow it's cold in here, I cant believe they've got 80's on repeat here, etc). Lead into conversation.
- Using Assumptions:** "Swedish?" "Your boyfriend is late" "Your friend is taking too long in the toilet" "You look bored of this place". "You're a dancer aren't you"
- Active listening:** Practice active listening in conversation - so challenging what she says before immediately validating. (see question>challenge>validate video)
- Story-telling:** Practice telling short stories (90 seconds max)
 - A story that tells of an embarrassing moment (only a high status person can take the piss out themselves)
 - A crazy adventure story
 - A sexual story

Day 32: Creating & Releasing Pressure & Tension

- Watch [creating & releasing tension](#) (from minute 29:13)
- List 20 ways to create tensions and 20 ways to release tension

- _____
- _____
- _____
- _____
- _____

- Read erotica: Read a chapter of "The delta of venus" - using a highlighter pen - highlight all the areas of tension and all the areas of release.

- Find your way into a conversation with a lovely lady and practice creating and releasing tension.

Day 33: Practicing Touch

- Watch academy video on [touch](#)
- Find your way into a deep conversation with a girl or perhaps a date. When talking to the girl you're with on the date, you are going to touch her when the following happens:
 - She says something ridiculous, important, crazy, or deep. The touch is like disagreeing by saying "no way!" or validating by saying "no way, thats awesome"
 - When you want to make a really important point: Start with a touch - The touch is like saying "Oh my god I must tell you something..."
 - When you or her laughs
 - When you touch her as a sort of punishment "You little rascal", "you cheeky monkey!" or as a reward: "wow that's amazing"
 - When you are distracted by someone else but your hand on their leg is showing you're still connected to them.
 - When handling something together like a phone or magazine

Day 34: Intimate Touch

- Go out with your boys, focus on having fun - but if you find yourself in a conversation, remember to incorporate intimate touch. In a noisy bar or club, you won't be able to hear people without talking into their ear. At this point, you're going to use this opportunity to create more of an intimate touch, follow the [advanced touch videos](#).

Day 34: LEADING (pulling the trigger)

Become more comfortable with leading and start becoming aware of this during your interactions. During your next interactions, purposefully lead the girl through the interaction. You can follow an example sequence found below:

- Start conversation topic with girl
- Change conversation topic
- Lead her around
- Encourage people towards you by beckoning them over

- Go up to a girl and say “can i borrow you” and bring her over to your group
- Take a girl by the hand and lead her around
- Invite her back to your place
- Go in for the kiss
- Undress her
- Lead the sex

Day 35: Reflect and Post in The Group

By this point you should have noticed a huge difference in yourself since you started. [Let us know](#) about your progress and success! Did anything cool happen? We would love to hear it and it will motivate others.

Week 5: Mastery is Artistry

I used to think mastery was about learning and memorising as much as possible and then internalising it so that I rattled it all off perfectly. I also thought that mastery was reaching a point where I could get any girl any time, any place. Anyone teaching this is teaching snake oil. True mastery is the humility to know that not all girls will like you, despite the “game” you have. Mastery is about understanding this and being able to let go of all outcomes whilst still entering into every conversation from a place of potential and possibility. Mastery is about not memorising lines or routines but being able to become the Artist. The artist develops their own style, they don't care if you like them or not, and they dont impress, they express. They also don't know what the final picture looks like as they are immersed in the process of it. This is what social heartistry is about

- Reflect and post in the group examples of you interacting with girls using your own style and identity (using your own humour/play etc)
- What have you learnt about social dynamics since doing the program?
- Can you give examples of how your emotional intelligence has improved?
- Phone numbers:** As you go through your interactions with women, start to exchange phone numbers if you would like to continue the interaction. BUT! Avoid asking for numbers if there is an opportunity to continue interaction in that moment. An instant date (number later) is always more powerful than just a number.
- Texting:** [Watch video on texting](#) to learn how to stay in contact with girls, how to solidify things & set up dates.

- Setting up dates:** Watch the [lesson on first dates](#), and start setting up and going on dates with the girls whose numbers you get.
- Start to optimize your [environment and your logistics](#). One end of the spectrum would be living in a small town with your parents, and no privacy. The other end would be having a flat on the main strip in an awesome city, with a hot tub on the roof.

Week 6: Moving Forward & Bonus Challenges:

Congratulations man on completing the action plan! Take a screenshot of you first group post, and now [tell us where you're at now](#) - I am sure it's an incredible difference.

From here on out continue your practice and lifestyle and pursue whatever sex or love life that aligns with your truth.

We hope you will stick around in the community and help advise the guys who are now where you once were.

If you want to know what it's like to reach social mastery, here are some things John has done on his adventures out in the world. If you want to try them, have fun. DISCLAIMER: we do not take responsibility for what happens!

- Jumped into a taxi with girls getting into and drove off with them.
- Went into a candle lit restaurant and asked for the gf's number in front of the bf
- Walked up to a girl on street and kissed her without saying anything
- What have you done?! [Add your own challenge here](#).