
How to Rock The 1st Date and Leaving Him Wanting More

Get to the Heart of What a Man Needs and He'll Give You All His Heart.



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Dating, Love and Relationship Expert

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Recap: Anna Who?

Author Bio

Anna Jorgensen is a dating, love and relationship coach in Vancouver, Canada.

Her first free ebook, **Ditch the Online Duds—Get Studs! How to Find “The Right One” Online** is available at www.wingmam.com.

Anna’s early years were in logging camps surrounded by good-hearted lumberjacks where she learned how the innate male mind thinks—Hustler wall-paper made an influence.

Despite severe shyness from lack of being properly “socialized” as a child (camp population: 300), Anna was comfortable with men and when she got past high school, she went after the ones she wanted. And got rejected. *Several times.*

She discovered that using phrases such as, “Why don’t you like me?!” were not the means to attract men.

After many rejections—and an actual boyfriend who dumped her soon after (probably for being desperate and needy)—Anna determined to not get rejected again. She studied and *practiced* how to get guys.

She got good at getting guys—but getting the guy doesn’t mean the guy is good to get. Nonetheless, she learned how to get guys—as in: understand them. (And get them—as in: Yay! He’s mine!!! or more like: Yay? Do I really want *him*??)

After taking a four year sabbatical from intimate relationships to self-study what was wrong with her “picker,” Anna, through a series of methods, finally figured it out and “fixed” herself. Now she helps men and women “get” each other and figure out what (who) they really want so they can *get* the right mate.

Disclaimer reminder: This ebook has sarcasm, political incorrectness, cheeky bits and swears. The first step to getting the (right) guy is being able laugh at ourselves and the ridiculousness of dating, love and life. Plus, laughing feels better. (And most men like happy campers—no camping required.)

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How to “Market Your Self” and Why It’s Important.

You know how when you’re shopping for something you notice the thing that’s packaged well? It catches your eye, draws you in and you’re compelled to pick it up—despite the price. You’re curious even if you’re not going to buy it because it’s way more expensive than the exact same thing next to it.

You know where I’m going with this. You’re the package. Now, before you get your back up, hear me out... You picked up the pretty package on the shelf! Or at the least you probably noticed it, right? Most people do.

Let’s bring this back to you. Whether you read my first ebook on “how to package” yourself for online dating sites or you’re off-line but have a “live one on the line” i.e. you’ve got your first date with a dude lined up—you want to “package and market” your best *you*. But, authentically.

This isn’t about creating a false representation—no one likes chic packaging containing crappy product. That shit gets returned. Be “good product” in *your* “best packaging” and you’ll feel good about the date no matter what happens.

What I understand about guys and why you give a care:

1. Most guys are clueless about ~~what~~ *women want*. This isn’t condescending, they’re just not built to be relationship aware. They’re built to build *things*. And provide and protect and procreate. And we like that about them!
2. Men get a bad rep because *we women* can’t relate to how men think, because we’re built to build *relationships*: to nurture, connect and communicate. Understanding this and “getting” men will help you get the right one and win him over in the way he wants to be won over. (And, I’m doing my best to teach men how to win you over the way you want to be won! Win-win.)

How to get the most out of these tips

Remember: women hold all the cards! Read tips. Apply them.

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Chapter 1

Rock The First Date, Rock His World. You Win!

You BOTH Win.

No preamble needed. Put on some music that moves you and read on...

Online Dating 101: Tips for Chicks! (The 1st Date)

1. Do make an effort. This is not the time to be all, "Well, if he really likes me he'll like me the way I usually am." Sorry, ladies, that's just lazy. Here's why: when you make an effort, it shows you respect him, and indirectly he sees this as you respecting yourself. And self-respect is sexy. And sexy is *sexy*.
2. Don't go overboard. You want to step it up a notch but not thirteen notches. If you usually wear jeans and converse and no make-up then put on a bit of eyeshadow and lipgloss not stilettos and faux fur. Subtle perfume—yes! (Unless you're allergic or *never* wear it.) Rule of thumb for the first date: 25% more glam than your usual MO. And choose one: cleavage *or* bare legs.
3. Do help him out with a date location idea. Assuming this is a dinner date, this means when he asks you what kind of food you like you tell him the name of some specific restaurants you usually enjoy. This way if you're a McDonald's kind of gal, he may not take you to a 5-star restaurant. That could be awkward for both of you. p.s. Please don't be a McDonald's girl.
4. Don't tell him where to take you. Let him decide. You're simply making it easier for him to make a wise choice.
5. Do tell him if you have food allergies! It's not his fault if you don't disclose.
6. Don't go into the date wondering if this is your future husband. I know, for many (*cough*: most) women I've met, they've wondered about the potential for nuptials or similar from the moment they met the man in the grocery store (*cough*: way before he ever existed in her reality.) You know it.
7. Do be curious. You are going on this date to get to know someone. Try this nerve-mending mind trick: Imagine that you already decided that this is

- man is *not* "the one" for you, but because he seems like an interesting person you want to add him to your collection of cool friends. You'll be less stressed and more your fabulous self. Guys dig realness and have an easier time relaxing, engaging and being themselves when you can do the same. #truth
8. Don't forget to flirt! If you do like the guy and are physically attracted to him it's a good idea to keep the sexual tension alive but at a tolerable level. What's tolerable? Depends on your style and personality, but it's going to be different than an interaction with your best friend or cousin. If it makes you blush a little, that's a good sign. If it makes him redden to the point of running—put the brakes on lady or you'll just end up a (sing:) lay, lady, lay.
 9. Do let him pay for the meal. And do thank him! A simple and classy "thank you so much for dinner, it was delicious" is enough. Skip "delicious" if it wasn't yummy, but still thank him. It's not his fault the chef sucked. Also, if you consider yourself to be a fundamental feminists, it's still ok to let him pay. You're letting him, it's not being taken from you. If you prefer equality offer to buy dessert elsewhere or pick up the tab next time. Even if you don't want a "next time" you've indicated your independence.
 10. Don't kiss him or anything else just because he bought you a meal / took you to a concert / did whatever for you! Exchange of sexual services—even a kiss—for remuneration—even a meal—is called prostitution. And that's still illegal in this part of the world. Plus, if you do anything you don't want to, it's just: yuck. You won't respect you, he won't respect you. Just. Don't. (Unless you want to. Then do. But with no regrets!)

Bonus "don't" notes: Don't get drunk. Don't be rude. Don't interrogate.

Bonus "do" notes: Before you leave home...do *twinkle*—give yourself a flirty *wink* in the mirror and tell yourself, "Girl, you got this!" It's silly and will make you laugh. Take that feeling with you to the date. Do smile. Do laugh. Do leave him wanting more—if you like him!

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Which brings me to... attraction...

Unless you simply cannot imagine ever kissing him, like everrr, give him another chance *if* there was an emotional and/or intellectual connection. Yes, even if there wasn't rip-his-clothes-off physical attraction.

Hint: How's that worked out for you so far? (Yeah, me neither.)

Of the hundreds (maybe thousands) of long term couples I've interviewed, 95% of the women did not find the guy physically attractive right off. So don't write him off!

If he wants to see you again, give him a second chance. What's the worse that could happen?

- You could waste your time. Not true. You could gain a friend. A friend that has friends. Maybe single, guy friends. (More on this in my WakeUP2Luv course.)
- You could disappoint him. Yep. But he's a grown up. If you're honest— Example: “Not sure if there's a romantic connection on my part, but I did enjoy our date—willing to take a risk on date #2?”—then no harm done.
- You could _____ (insert excuse here). Really? That's all you've got?? (Once again, *I know* this isn't always fun. But, I do practice what I preach, and I've set up several girlfriends with great guys I didn't have physical chemistry with by being open-minded about getting to know them.)

Nothing changes if nothing changes.

Next topic...

What to Do, Say, and Text After the First Date.

Blustered by Tummy-tickling Butterflies? Good!

Whether or not there were fireworks, there are certain high-value-woman protocols to follow after a first date. Why? Because you're a classy lady, after all.

Plus, we get back in life what we put out. And even if you don't believe that, it still feels better, so put out good, good, good, good vibes.

Online Dating 101: Tips for Chicks! (The 1st Date)

1. Do text him a "thank you" after the date, whether you hit it off or not. Yes, even if he is a jerk-face. He bought you a meal or a coffee or a biscuit, he deserves a "thank you." (Yep, even if he didn't buy you squat. He showed up. Be classy.)
2. Don't wait three, five, nine days to communicate if you like him. Games are for little girls not grown ups. If he doesn't reply right off, maybe he's not interested. Or! Maybe he's busy. It's okay to text him to find out. Kindly.
#youthfulspirit #grownupattitude
3. Do tell him if you'd rather be friends, or nothing. This takes guts. Disappointing someone is tough, but kind.
4. Do let him initiate communication equally. Let him come to you. Motto reminder: always leave him wanting more. Hint: he gets the same advice!
5. Don't ask right away when you can see him again. Men smell desperation just like you do, and it doesn't smell good. Let him come to you. If he's interested, he will.
6. Do believe him if he tells you he's not ready for a serious relationship—and don't blame him if you didn't pre-filter better before meeting him. If he's a fibber, take the high road. At least you got a meal out of the deal. Next!

7. Don't wait in the wings with the hope that he'll change his mind. Dangling a carrot you can't have is a form of self-S&M. (There are other places for that.)
8. Do drop your pride so you can take advantage of a possible opportunity...
9. Don't write off friendship! He has single, available guy friends and feels guilty for not liking you *that* way even though "you're an amazing gal."
10. Do use originality when you text him. "Hey" "Hi" and "How's it going?" are unoriginal. What made you think of texting him? Use that. Unless you're lonely. Or thinking of your ex! Then, refrain. Refrain!
11. Don't text or call all the time. If you like him, he probably has a life. Plus, men are built to chase. Cave-man crap, but still true today.
12. Do have a full life. A gal with her own varied interests is interesting. Plus, this gives you something to talk about.
13. Don't give up before going out at least a couple times. If you got this far, there might be something here. Remember: no one is perfect, not even you.
14. Do ask him the timeframes that work best for him to receive texts and /or calls. Does he work days? Evenings? He will be uber impressed you respect his time, most women don't.
15. Don't assume anything! Anything! (Anything.)
16. Do tell him you'd like to go out again without actually asking him out. If he likes you, he will ask you. I promise.
17. Don't chase him. No.
18. Do keep verbal communication short-ish and sweet—under an hour—leave something to talk about face to face and for there to be a reason to get together in person.
19. Don't bring up 'exclusivity' in the first month of dating even if you've spent every other day together.
20. Do be brave—give 100% of your vulnerability. This does not mean being: needy or clingy. It means: a new potential relationship is exciting *and* as scary as your first grey hair—relationships are risky. You risk exposing yourself to hurt or someone else feeling hurt. Both suck. But you want something—*someone*—special, and that'll take serious courage.

Summary

I don't know if you've ever been in love before. I have and it is an amazing feeling. *Amazing*. It's actually physiological. All kinds of chemicals and hormones make it so. I want this for you!

It is challenging to keep a level head when our heart is on the line and our thinking is all wacky. I hope these Tips For Chicks to Rock the First Date will help you when you find the fellow that makes your heart flutter and simply makes life better by him being in it.

If you follow these tips, and if he's the right one, you'll win his heart—which is a win-win for both!

And I win because I live vicariously through your wins :)

xo

Anna

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If you're still having trouble finding, attracting or keeping Mr. Right For You, my WakeUP2Luv online study-at-home-in-your-pjs program might be right for you. Inquire within! (Or actually, check out my website: www.wingmam.com)

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