

# *Attract The Man You Want!*

**Module Three**



**Create Your Powerful 4D Vision To Attract  
The Love & Romance You Desire & Deserve**

**Barry Selby**

Relationship Attraction Expert

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## 3. YOUR PERFECT FIRST DATE

After the first two modules, it's time to get more specific and inspiring!

You may have had some challenging dates before. You may have experienced dates that absolutely did not match your expectations or preferences. You may also have had some great dates, or some simply average ones.

The good news is, as you matriculate through these heart-work assignments, you will demonstrably change your future for the better.

This particular assignment provides you with a very special opportunity to metaphorically wipe the slate clean and *design* your perfect first date.

You have immense power in your potent imagination (even if you were told differently before). You are much more creative than you may have given yourself credit for, even if this feels beyond your abilities. Be open to possibilities, be willing to explore, you may even be surprised by how good it could be.

You will create your heart's vision of what you honestly deserve, your intentional new reality of what's possible, a romantic date you truly desire to experience and enjoy, fully and happily.

This will be a hand-written exercise, not typed, although if you wish to, you can audio record this and then transcribe it, if your creative flow works better that way.

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What does “design your perfect first date” mean exactly?

You will have full freedom, space and unlimited possibilities to write about your choice and preference for how you wish your next first date with your ideal man would unfold. You know, the one you described on your vision board?

Building on what you have already started to embody and think about, from the first two assignments, begin to consider what it would really be like to have your perfect first date.

Spend quality time in your own imagination, intentionally experiencing yourself enjoying your perfect first date.

Explore and express what you really want. Imagine how perfect your perfect first date could be. Describe how your perfect first date would feel, how it would look, even how it would sound, including the conversation between you and your date, the sounds of the environment you are in for your date.

What does he do? How does he behave? What does he say? How does he treat you? How do you interact?

You are the creator of this vision, every single element of it. You decide the venue, the food (if you choose a dining date), the movie (if that’s on your agenda), the service, the location, time of day, the weather, and especially your date itself.

If you could design, create, illustrate, illuminate, build, construct, plan, script, and enjoy your perfect first date, what would it look like, sound like, feel like, smell like, taste like (yes, even taste)? What happens? Where do you go?

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What does your man look like (use broad strokes here, rather than identifying a particular person)? Perhaps more importantly, what does he feel like energetically (does he feel strong, present, calm, exciting, confident, reliable, trustable, etc.)?

How does your date present himself? What is he wearing? Is he stylish? Artistic? Nerdish? Formal? Casual?

What is your type, really? Does he open the door for you (I certainly hope so, I trust he is a gentleman)? Does he appear rough-hewn or clean shaven? Get detailed in your description.

Is his sex appeal overt or is he more mysterious and exciting of what is hidden? How does he treat you? How does he treat others? How do others respond to him? How do others respond to the two of you?

How do you get to the date? Does he pick you up? Do you ride in a limousine? Or a helicopter?!

Hey, this is your vision, make it resplendent and lavish if that's your wish. Or make it simple, elegant and light-hearted, if that's more your authentic feeling. Perhaps you rent a pair of bicycles and ride to a picnic.

It is totally up to you. Make this big, make it lavish, make it stylish, make it real, make it the way your heart wishes it to be. Feel what this would be like for you.

Design your perfect date like a wonderful romance movie, in technicolor, with spectacular lighting, rich feeling, even with stereo sound. It's your movie, so you have full creative expression! You are the master artist of this date, the director, set decorator, casting director,

makeup artist, costumer, and more. You have full creative control to envision all the aspects and feelings of this new experience. Imagine this as your biggest, brightest and perfect date, exactly how you wish it to be.

This is all for you, so you choose how it is for your fulfillment, no-one else's. It's not for anyone else, definitely not for your parents, not for your friends, not for anyone but you. Enjoy creating your brand new perfect first date.

**Some key reminders for this process:**

- **Write this in the first person**, so you describe the whole date and experience from your perspective.
- **Write it in the present** as it is happening, so it becomes a living experience.
- **Write it in the affirmative**, so your descriptions are all about the positive experience, without any negative terms or labels. If you find yourself writing a negative statement – for example “he doesn't show up late” (based on your past experiences) – change it to a positive statement – “he is punctual and arrives early in anticipation.” I trust you get the idea?

As I mentioned earlier, you will be writing this out by hand. There is a lot of documented research and proof that handwriting has a greater impact in your physiology and mind, and you embody things more easily and deeply, compared with typing with a keyboard. That is why I recommend it so often!

And why I know you will find this more powerful by writing this down!

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OK, you have your instructions, time to begin creating and describing your perfect first date.

Get writing!

# AFFIRMATIONS

Here are a few more powerful affirmative statements to add to your daily practice and support.

Again, read each affirmation out loud, facing a mirror, looking in your own eyes. Read these affirmations each morning when you first arise and each evening before you go to bed. Take time to breathe fully between each one. And smile while you do this, your life is getting better and better all the time.

***I enjoy nurturing and taking care of myself, more and more each day.***

***I live with passion in support of my dreams and it shows.***

***My love for myself is a magnet for my lover who is already seeking me.***

***I choose my self-care wisely, and I am important in my own life.***

***My vision of my relationship is real to me, even now.***

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