

# 109: Demystifying the Process of Seduction

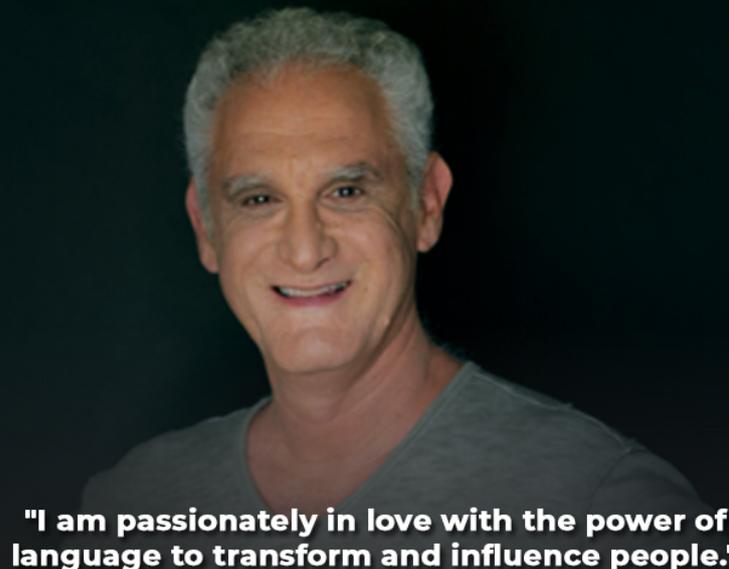
## 10 Point Checklist

### Ross Jeffries

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"I am passionately in love with the power of language to transform and influence people."**

**ROSS JEFFRIES**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Master the art of language and use it to transform my way of thinking and influence others to be better.
- Practice mindful meditation at least 15 minutes everyday to clear my mind and help me focus on my thoughts and desires in life.
- Create daily affirmations and remind myself that inside every woman, something wonderful is sleeping, waiting for me to awaken it.
- Learn how to take away the limitations in my identity by choosing the right words to describe myself. Instead of saying “I am socially awkward,” say “I have yet to master the skills of social interaction.”
- Understand that if I can get someone to imagine and perceive something as their own thought without persuasion, they won't resist.
- Understand the fundamental differences between men and women. When it comes to dealing with feelings, men focus on one emotion at a time, whereas women have emotions about emotions.
- Stop feeling ashamed and thinking negatively about myself as my thoughts also reflect my actions and affect my decisions when it comes to meeting a person.
- Learn how to improve my internal dialogue and control it when I am talking to a person. Focus on the conversation and human interaction rather than my own thoughts.
- Keep a journal and use it to reflect deeply my life and guide me in my decision making.
- Improve my confidence with women by claiming Ross Jeffries' free gift at [seduction.com/free](https://www.getyourselfoptimized.com/demystifying-process-seduction-ross-jeffries/).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/demystifying-process-seduction-ross-jeffries/>