

Make Him Worship You

by International Relationship Expert

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Lesson 4: The Morning Ritual

Raise your hand if you've ever wished your man would get more excited at the thought of spending time together.

Yes! I can see all the hands madly waving in the air!

Have you ever felt upset or unappreciated because it seems like your boyfriend, husband, or perspective lover doesn't really want to do things with you?

Do you wish he'd actually show an ounce of ENTHUSIASM at the thought of going out for lunch, visiting your mom, or going for a stroll around the shops with you?

This simple 3-step morning ritual will leave him dripping with desire for you. He'll be leaping at the chance to spend quality time with you, and actually MAKING AN EFFORT to form exciting and intimate connections with you.

In fact, these 3 steps will leave him almost unable to say 'no' to you

You'll be as irresistible as an ice-cream is to a 4-year-old kid (in other words, devoured).

If you want MORE quality time, MORE connection with your partner and MORE enthusiasm on his half, you'll be amazed at the immense power this ritual places in your hands.

Use it wisely. This ritual is incredibly powerful, so don't use it too often. I'd recommend once a month as ideal.

Why are men so reluctant to spend enough quality time with their women??

Take a second here and think about how guys spend their time with OTHER GUYS.

Does a man phone his friend and say “Oh hey buddy! I haven’t seen you in ages. It’s time we had a catch-up. Lunch?”

NO WAY.

No man organizes to get together with another man, in order to “catch up” or “spend quality time together” or even just HANG OUT.

They DO things.

This may sound ridiculously simple, even shockingly so, but this is the key to unlocking extra time with your man.

Guys play sports together. They go on bike rides, or go fishing, or play computer games, or help each other fix stuff.

The shocking simple fact: men LOVE plans with a goal attached

Chatting and connecting always happens with men, but it’s a by-product of the THING they’ve organized to do.

It’s a basic principle that men get enjoyment and pleasure from ACHIEVING things, rather than simply connecting with other people.

Women, on the other hand, enjoy experiences and communication. They get together with their friends purely for the pleasure of connecting and enjoying each other’s company.

Men are goal oriented – set him a goal and watch him beg to achieve it

If you want to spend more quality time, more CONNECTION time with your guy, you need to figure out how to attach a goal to your plan. It can be the simplest goal you can imagine, but most men need to feel like they've achieved something in order to feel like their time was spent in a worthwhile manner.

Imagine a man going shopping for some new shirts. Does he wander around the shops, chatting happily with a friend and happily trying lots of different things on (even things he doesn't need at all), enjoying the experience and making an afternoon of it?

No way.

He knows EXACTLY what he needs, and he races to the shop like someone's holding a stopwatch up to time him. He grabs a few shirts without looking at anything else, quickly tries them on, and buys only what he came for. BOOM, that's a "successful" shopping trip for a guy.

Want him to spend more time with you? All you need to do is find an activity with a goal.

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This powerful step is actually the THIRD AND FINAL stage of your new morning ritual.

The first two steps prime his brain, **shaping it to a state of excitement and enthusiasm**, ready to shout "yes!" at the thought of spending time together. Adding the goal is the last 'power' step that will have him leaping into action.

There are 3 steps in this incredible ritual. Each step will only take 1 or 2 sentences, but you MUST complete all 3 steps in order if you want to unlock the true power of this ritual.

Step One: Make yourself unavailable

Start your morning ritual by telling him about a plan that you already have to do SOMETHING ELSE – without him. Some ideas are:

- Pilates class
- Grabbing dinner with your friend
- The weekly cooking course you start next week
- Even just the book that you're planning on reading later that weekend.

MAKE SURE you quickly mention you have plans *without him* first.

Why is this critical?

It allows him the mental breathing room to realize that he's going to get to spend some time by himself, doing exactly what HE wants to do, at some point soon.

Mentioning your OWN PLANS first is like **releasing a super tight elastic band**.

This simple step creates extra space in your relationship gives him room to think, relax, and breathe.

It also makes him suddenly place massive VALUE on you.

By making yourself unavailable in the near future, you make him VALUE YOUR TIME TOGETHER.

You become something to be pursued, something to be valued and appreciated.

All that power in one simple sentence!

Here's an example of making yourself unavailable in the near future:

Ritual step 1 (your plans): *"Darling, don't forget I'll be swimming every Thursday night from now on, so I won't be around that night."*

Step Two: The sexy hint – but no sex!

You want him yearning to spend time with you and excitedly reaching for the phone when you call.

You want him MAKING AN EFFORT, trying hard to impress and delight you (even if you've been dating or married for years).

Step two will make sure he's completely under your spell.

After you've mentioned your own plans to do something all by yourself in the near future, the next step is to...

... hint at some spicy bedroom action!

Never talked dirty? Don't worry, you don't have to!

(By the way – should you choose to make this leap, please note that you've got full access to an entire bonus program, *The Good Girl's Guide to Texting Dirty*, which provides you with over 200 sexy

'done for you' texts and conversation starters that you can use right away. You'll find it under the 'Bonus Material' section.)

(Oh, plus – not to be the douchebag plugging my own team's stuff here, but if you want a seriously in-depth education on dirty talk, then you NEED to check out my friend Felicity Keith's program [Language of Desire](https://languageofdesire.com). At <https://languageofdesire.com>.)

It's as simple as this example...

1. **Ritual step 1 (your plans)** *"Darling, don't forget I'll be swimming every Thursday night from now on, so I won't be around that night."*
1. **Ritual step 2 (sexy hint)** *"I've even bought a new bikini. Maybe you can help me take it off in the shower when I get back...!" (naughty smile)*

By cheekily mentioning something a little sexy, or just HINTING at the possibility you're excited at the thought of some action later on, he'll be quivering with excitement all day.

Knowing that you find him attractive and juuuuuust maybe would like to have sex later is **enough to make him want to explode with excitement and pride.**

He'll be rendered nearly **UNABLE TO SAY NO** to the idea in your next sentence.

You could almost suggest anything now and he'd say yes. But use this power wisely, and not too often!

A playful hint will also put the sexual chemistry back into your time together.

By hinting at something juicy, you'll BOTH be looking at each other with excitement all through your date. You'll feel that zap of sexual chemistry and electricity, like you're on a sizzling first date, but even BETTER!

Don't underestimate the power of a naughty hint to make your relationship fun, and to make you absolutely irresistible to him.

Step Three: Your man-plan with a GOAL

Now it's time to phrase your request to spend time together. Just remember, it needs to be an ACTION or some kind of goal.

Example 1:

- **BAD:** "Want to go out for lunch tomorrow?" (**No goal**)
- **GOOD:** "Oooh there's a new cider on tap at the Old Rose bar. Let's go try it over lunch!" (**Simple goal makes it man-friendly**)

Example 2

- **BAD:** "Will you come shopping with me today pleeeeeease?" (**No goal**)
- **GOOD:** "I need a new pair of jeans. Will you come and help me find the jeans that look best on me?" (**Simple goal – buy a pair of jeans**).

Example 3:

- **BAD:** "Want to go for a walk? I need exercise and I'd like some company." (**No goal**)

- **GOOD:** "Come for a walk to the Horseshoe waterfall with me! I bet I can beat you there."
(Simple goal)

Putting your *irresistible* 3-step ritual together

Here's a full example of your 3-step morning ritual:

1. **Ritual step 1 (your plans):** "Darling, don't forget I'll be swimming every Thursday night from now on, so I won't be around that night."
2. **Ritual step 2 (sexy hint):** "I've even bought a new bikini. Maybe you can help me take it off in the shower when I get back...!" (cheeky smile)
3. **Ritual step 3 (plan with a goal):** "Will you come into the city with me tomorrow night? There's comedy show on, let's go have a laugh!"

Can you see just how powerful this quirky morning ritual is? It's almost impossible for him to refuse to spend time with you. Any man on earth will be hollering to spend quality time together, if you can follow these three simple steps in the morning.