



WORKBOOK

Housekeeping:

What time is the Masterclass each day? _____

The 15-minute strategy session offer expires _____ PST

My concierge is _____ Diane _____ Erin

The name of the FB group is _____

Prizes:

1. Woman who shows up all five days:

2. Woman who interacts the most on FB: _____

My intention for the next five days is





DAY 1: Miss Independent

(Kelly Clarkson)

Being too independent and self-sufficient

Four questions:

1. Have you ever allowed a man to take care of you?
Y / N
2. When a man offers you help, do you let him? Y / N
3. When a man opens the door for you, do you walk through it? Y / N
4. Do you ever ask men for help? Y / N

What is the #1 way you're turning off men? _____

What does it mean to be fiercely independent?

The hyper-independence is acting like a man. If you want to attract a quality man, you have to

_____.



EXERCISE for the Night:

The first step in changing behavior is acknowledging that you're doing it. If a behavior is unconscious, you can't change it because you don't know it's there. This exercise is designed to help you see how masculine you may seem to men.

Imagine you're meeting a man for a first date. As you get out of your car and walk through the front door, you have no idea he's watching you from a restaurant window.

What is he thinking about the energy you're putting out?

What about your body language? _____

Are you rushed and scattered? _____

Are you moving slowly, and are you in your body? _____

Would he be turned on or turned off? _____

Write what it would look like to be taken care of 10x

Examples:

If I let a man take care of me, I will feel vulnerable.

If I let a man take care of me, I will seem needy.

If I let a man take care of me, I might like it.

If I let a man take care of me _____



If I let a man take care of me _____
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If I let a man take care of me _____
If I let a man take care of me _____
If I let a man take care of me _____

What do I get out of being independent, and what is it costing me to stay that way?

What are three takeaways from today's session? If you're brave, post them in our Finding the Guardian of Your Soul FB Group.

1. _____

2. _____

3. _____





DAY 2: You Better Shop Around
(Smokey Robinson)
Rushing into Sexual Relationships Too Soon

If you want to have a deep, emotionally naked relationship with an amazing man who is on your level, you cannot lead with

_____.

Even if you feel that you don't jump into bed with men, how have you approached sex in past relationships? Was it something you entered into thoughtfully? Was it a conscious decision, or did it "just happen?" _____

The 3-Date Rule:

How soon is too soon to have sex? _____

3 dates x hrs per date ____ = hrs you've known each other ____

Does time spent texting and on the phone/Zoom count? Y / N

Do you do any of the following:

Project onto men who you think they are? Y / N

Quickly start to go into fantasy when you like a guy? Y / N

Assume a man has certain qualities without actually knowing if he possesses those qualities? Y / N

Spend time fantasizing about a future with him? Y/ N



Attach meaning to things that don't mean anything. For example, if a guy is nice to you, do you think that means he wants a relationship? Y / N

Feel like you are obligated to have sex with a man who takes you on a date, does something nice for you, or treats you in some way? Y / N

What can you tell yourself when you start to engage in any of these behaviors to break the pattern? _____

Client Story: What are two takeaways from this story?

1. _____

2. _____

Lasting love is based on _____

What are the different ways in which men and women react the morning after a casual sexual encounter?

Men: _____



Women: _____

Ask yourself:

Is jumping into bed getting me the result I want, or is it time to have healthier sexual boundaries with men? _____

As I am looking for a serious relationship, how would putting sex on the back burner affect the quality of men I attract? _____

Client Story: What are two takeaways from this story?

1. _____

2. _____



Exercise for Tonight:

How long do you usually wait to have sex? _____

Where has that gotten you in the past? _____

If you have slept with a man too soon, how did you feel the following morning? _____

How do you think he felt? _____

What would it look like to take sex out of your tool kit and not have sex too soon? _____

Consider the following scenarios:

You're at a party, you look beautiful, and you see a hot guy. He approaches you. You haven't had sex in a while, and he asks you to come over for a drink. What would you do? _____





You're on Bumble, and you see a guy who's four years younger than you. He's totally hot. You right-swipe on each other, and his opening line is, "Hey gorgeous?" You send flirty messages back and forth, and then, he writes, "Hey, it's early. What do you think about meeting up for a drink?" It's been a while since you've connected with anyone you like. What would you do?

ESTD



2003

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**DAY 3: R.E.S.P.E.C.T.
(Otis Redding)**

Men need to feel respected even more than feeling loved

Who actually wrote the song R.E.S.P.E.C.T.? _____

When a woman is in her feminine, her primary need is to feel
_____.

When a man is in his masculine, his primary need is to feel
_____.

What do women lead with to try to impress men? _____

How do men treat these women? _____

How do you attract a quality man? _____

True or False

High-caliber men pay attention and are looking for women who respect men. True / False

High-caliber men will pass on women who don't show them respect True / False

Men find women who compete with them playful True / False

MOCK DATE

Client Story: What are two takeaways from this story?

1. _____



2.

3 Things men have done to impress you and win your respect:

1.

2.

3.

4.

Why is it so important for a man to feel respected? _____

What happens when a man feels disrespected by you? _____

Write 3 ways women shame men.

1.

2.

3.



Write 3 ways women show respect for men.

1. _____
2. _____
3. _____

HOMEWORK: Acknowledging and appreciating men

One of the easiest ways to convey respect to a man is by showing appreciation. Find one man and —a male colleague, a relative, a stranger, or a date. Keep it brief. Don't use too many words. And tell him something you genuinely appreciate about him. You could say, "Dad, I just want you to know what a wonderful father you are and how much I appreciate how you're always there for me. You're my hero." Then, shut up and see how he responds. You will be surprised to see how a simple compliment can make a man light up."

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DAY 4: Bad Guy
(Billie Elish)
Breaking bad attachments

What are the three main attachment styles?

1. _____
2. _____
3. _____

Knowing about the three attachment styles will help you:

1. _____
2. _____
3. _____

People with a secure attachment style have a deep sense of _____ and _____ in relationships.

People with an anxious attachment style crave _____ and need a lot of _____ from their partners.

People with an avoidant attachment style have a strong need for _____ while also _____ a relationship.

True / False Questions

People who are anxious and avoidant are attracted to each other. True / False

Anxious /avoidant relationships are secure and drama-free.
True / False



People with an avoidant attachment have an easy time becoming secure. True / False

EXERCISE: Let's do a Guided Visualization:

Instructions:

- Close your eyes. As you imagine the following scenarios, pay close attention to your emotions and physical reactions:

1. A guy you recently started dating wants to go on a spontaneous weekend trip with you. **Write how you feel:**

2. You've been seeing a guy for three weeks. He usually responds immediately to your texts, but he still hasn't gotten back to you after several hours. **Write how you feel:**

3. You've been dating a guy for a month and he expresses a desire to spend more time together. **Write how you feel:**

Dating a secure person can feel _____.

Most people are looking for _____.



Any solid relationships must be built on:

1. _____
2. _____
3. _____

HOMEWORK:

1. Self-Reflection Statements:

Objective: Understand initial reactions to relationship scenarios.

Instructions:

- Read the following statements and rate your agreement on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree).

1. I often worry about my partner not loving me or leaving me.
2. I feel uncomfortable depending on others or having them depend on me.
3. I find it easy to trust my partner and feel comfortable being emotionally close.

Scores on the following page.



Assessment:

- High scores on Statement 1: Anxious Attachment
- High scores on Statement 2: Avoidant Attachment
- High scores on Statement 3: Secure Attachment

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DAY 5: Bring Me a Higher Love: **(Steve Winwood)**

Raising the bar and having a higher vibration

What is the REAL reason you haven't found your guy?

Who said: We don't attract what we want;
we attract what we are? _____

Client Story 1: Woman Who Right-swiped on a Hot Guy

What are two takeaways from this story?

1. _____

2. _____

It isn't a question of where you can meet quality men; it is a question of how you can be open to meeting quality men.

Five Negative Behaviors Men Pick Up On That You Do:

1. _____

2. _____



3. _____
4. _____
5. _____

What are the two things you need to do to raise your vibration?

1. _____
2. _____

Client Story 1: Woman Who Sabotaged Her Date

What are two takeaways from this story?

1. _____

2. _____

Four ways we help women raise their vibration:

1. _____

2. _____

3. _____

4. _____

**EXERCISE FOR THE NIGHT:
BOOK YOUR BREAKTHROUGH SESSION!!!!!!**

Thank you so much for doing us! We hope you gained a lot from these sessions. Please continue to join us for more incredible material.

We would love to help you find the Guardian of Your Soul.

Xx,

Lisa Shield and the Team