



Land a Man on Your Level®

5 Days to Uncovering the Keys to
Attracting Your Ideal Partner

WORKBOOK

This workbook is my gift to you. Please do the exercises
in it to help you gain even more clarity on
Finding the Guardian of Your Soul®

W E L C O M E

Hi There!

Welcome to my 5-day Masterclass designed to revolutionize your approach to dating and help you attract the partner you truly deserve. Over the next five days, we'll embark on a profound exploration of self-discovery, emotional vulnerability, and authentic femininity.

You'll learn to shed the weight of your past, reinvent yourself, and master the art of emotional nakedness. We'll delve into the intricacies of male-female dynamics, dispel common misconceptions, and unlock the secrets to creating deep, lasting connections.

This workbook is your companion on this journey, filled with powerful exercises and insights that will challenge your perceptions and expand your understanding of love. Whether you're struggling with past patterns, seeking to embrace your feminine essence, or yearning to understand men better, you'll find the tools and wisdom here to transform your love life.

Are you ready to step into a new world of dating? I can't wait to begin this life-changing adventure with you!

Xx.

Lisa Shield

ABOUT ME

I am a sought-after love coach with 20+ years of experience who helps women find their soulmates through my innovative, Emotionally Naked Dating approach. After overcoming my own relationship challenges, I developed my transformative approach, blending spiritual psychology and personal insights. I live with my husband, Benjamin, and my dogs, Jax and Oliver, in Santa Fe, NM.



Land a Man on Your Level®

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SESSION 1

Freeing Yourself from Your Past
(so you can step into a new world of dating)

Reasons why my course is so UNIQUE:

1. _____
2. _____
3. _____

Reasons why the past is an important part of creating a new dating outcome:

1. _____
2. _____
3. _____

How to let it go!

1. _____
2. _____
3. _____

Have a question? [Click here to book a call with our team!](#)



SESSION 1

Connecting to Your Dream: Writing a love letter to the Guardian of Your Soul

I know you're out there, and I'm not quitting until we find each other...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Additional notes:

Have a question? [Click here to book a call with our team!](#)



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SESSION 1

What are 3 beliefs about what has stopped you from being successful in dating? Use the switching hands technique you learned today.

Write the answer with your non-dominant hand here:

1.

2.

3.

Post your wins and what you've revealed (feel free to screenshot) in the Finding the Guardian of Your Soul Facebook group!

Additional Notes:

Have a question? [Click here to book a call with our team!](#)



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SESSION 2

Re-Inventing Yourself
(so you can attract a man on your level)

List 3 things you tell yourself in regards to why you're not datable.

1. _____
2. _____
3. _____

The two main misconceptions when it comes to dating and finding love.

1. _____
2. _____

List at least one repeating pattern you've noticed in your relationships.
I attract men who:

Have a question? [Click here to book a call with our team!](#)



SESSION 2

Ask yourself the following questions:

What do I get out of attracting men who...

What do I want to attract?

What do I need to change?

Have a question? [Click here to book a call with our team!](#)



SESSION 2

5 Key Phrases Men Love to See in Profiles:

1. _____
2. _____
3. _____
4. _____
5. _____

5 Things NEVER to Put in Your Profile:

1. _____
2. _____
3. _____
4. _____
- 5.. _____

Additional Notes:

Have a question? [Click here to book a call with our team!](#)



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SESSION 3

Getting Emotionally Naked with Men
(so they feel safe opening their hearts to you)

Personal growth work:

Misconceptions About Men	Truths About Men

Have a question? [Click here to book a call with our team!](#)



SESSION 3

How Women Communicate	How Men Communicate

Taking the Feminine Lead

Have a question? [Click here to book a call with our team!](#)



SESSION 3

Additional Notes:

[illegible]

Have a question? [Click here to book a call with our team!](#)



SESSION 4

Embracing Your Feminine Nature
(so you can bring out his masculine nature)

Men are _____ by women who act like men.

What is one lie women tell themselves about men?

What are 3 qualities of a man who is “more masculine than you are?”

1. _____

2. _____

3. _____

You see good, kind, available men as _____

Write down 5 traditional masculine qualities.

1. _____

2. _____

3. _____

4. _____

5. _____

Have a question? [Click here to book a call with our team!](#)



SESSION 4

Write down 5 traditional feminine qualities.

1. _____
2. _____
3. _____
4. _____
5. _____

What will happen if I start to show my femininity? List one for each.

The good:

The bad:

The ugly:

Who are the most famous examples of false femininity? _____

HOMEWORK: Who is your feminine inspiration? _____

Have a question? [Click here to book a call with our team!](#)



SESSION 4

Additional Notes:

[illegible]

Have a question? [Click here to book a call with our team!](#)



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SESSION 5

Finding Out What Men Want
(so they will give you what you want)

1. What is the number one thing a man seeks from a woman?
 1. Hot sex
 2. To feel loved
 3. To be respected
 4. Instant chemistry

2. What is the #1 reason men may hesitate to commit?
 1. Having to spend time with your family and friends
 2. Having children
 3. He's not ready to settle down
 4. He fears losing his freedom and personal space

3. What do men find most appealing in a partner's lifestyle?
 1. Active and adventurous
 2. Solitary and introspective
 3. Social and outgoing
 4. Drama-free

4. Which is something masculine men don't do?
 1. Ask a lot of questions
 2. Match a woman's level of vulnerability
 3. Offer emotional support
 4. All of the above

5. What type of communication style do men often prefer?
 1. Subtle and indirect
 2. Direct and straightforward
 3. Emotional and expressive
 4. Passive and non-confrontational

Have a question? [Click here to book a call with our team!](#)



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SESSION 5

Write down 3 male-female differences and one insight you gained about how being aware of that difference can transform your interactions with men.

Difference #1: _____

Difference #2: _____

Difference #3: _____

Have a question? [Click here to book a call with our team!](#)



SESSION 5

Additional Notes:

[illegible]

Have a question? [Click here to book a call with our team!](#)





WANNA LEARN MORE?



To learn more about how you can work with us and find the Guardian of Your Soul, click here to book a complimentary Breakthrough Call today!

SCHEDULE A FREE CALL