



**99**  
**BAD**  
**BOY**  
**TRAITS**

THAT  
INSTANTLY  
ATTRACT  
WOMEN

*Workbook*

**99**

**BAD  
BOY  
TRAITS**

**WORKBOOK**

## ABOUT YOUR 99 BAD BOY TRAITS WORKBOOK

This workbook is designed to help you get a better grip on figuring it all out.

It asks you the right questions so you can get inside your own mind and figure out what the hell is going on in there!

It's designed to help you pick apart your brain and actions so you can have a much better understanding of who you are, what you do, and why you do those things.

Each question is to make you think, reflect, analyze, plan, and replay your actions so you can see where you're doing good and where you can improve with women.

Take time to think about each question, analyze your past and present, and figure out what the right course of action for yourself is with each one.

The more you think, write, and learn about yourself, the faster you'll be on the right track to having the dating life you really want.

## #1 KNOW AND UNDERSTAND YOURSELF

Where do you believe you're losing power in your life and with women from not knowing and understanding yourself?

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When has not knowing and understanding yourself affected your relationships with women?

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What areas of your life do you need more experience in?

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What could you start doing immediately that would help you get out of your comfort zone and help you understand yourself better?

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What have you been afraid to do that's holding you back with women and dating?

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## #2 SELF-WORTH

On a scale of 1 to 10, how worthy do you feel?

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1 to 10, how worthy do you believe women think you are?

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What personal habits or things in your life are making you feel less worthy? What can you do about it?

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What can you begin doing in your life that will raise your sense of self-worth?

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## #3 DEFINE YOUR STANDARDS

Where in your life are you lacking standards?

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Where in your life are others not meeting your standards? Where can you raise your standards for how others treat you?

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Where in your life can you raise your standards for the better?

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How will raising your standards help you attract the women you want easier and faster?

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How will higher standards benefit you personally?

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## #4 BEING PICKY

Where will being picky benefit you with women and dating?

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Where can being pickier in your life increase your attractiveness?

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What areas of your life do you need to be pickier?

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# #5 BEING YOUR OWN MAN

Where are you being a follower and not thinking for yourself?

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Where are you not being true to yourself by being your own man? Where are you being easily influenced by others instead of listening to your “inner voice”?

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# #7 SELF-RELIANCE

Where are you not relying on yourself in your life and being responsible for your happiness?

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Where are you relying on others for help in your life when you're perfectly capable of doing it yourself?

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# #8 WEAR THE PANTS

Where are you not relying on yourself and being responsible for your happiness?

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Where are you relying on others for help in your life when you're perfectly capable of doing it yourself?

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## #9 DOMINANCE

Where are you allowing the childish part of you to be in charge? Where are you not in control of yourself? Where are you not telling yourself “no”?

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Where are you being too submissive to women? Where are women not respecting you?

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## #10 GO FOR WHAT YOU WANT

Where in your life are you too afraid to go for what you want?

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How would your life be different if you quit letting this fear get the best of you?

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## #15 ADVENTURER

What are some hobbies you can pick up that will make you more adventurous? What are some things you've been wanting to do that would make a more fun in the eyes of women?

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# #16 BE SELFISH

Where are you not being selfish enough in your life to the point that it's affecting your happiness?

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Where could you focus more on yourself to make you a better person and more attractive to women?

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## #17 EMOTIONALLY CONTROLLED

In what instances do you allow your emotions to get the best of you?

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What can you start doing to have more emotional control in the situations that cause you to become upset, stirred, up, and full of anxiety?

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# #18 HARD TO IMPRESS

What things easily impress you that shouldn't?

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Instead of being easily impressed, what can you do make others work harder to impress you?

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# #19 MYSTERIOUS

What things about yourself are you sharing too easily with women?

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What things about yourself do you not need to share with women because it won't help her feel more attraction for you?

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## #20 OPINIONATED BUT SILENT

Where are you offering your opinion when no one asked for it and it doesn't matter?

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What could you do to start keeping your opinion to yourself?

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## #22 DON'T TAKE SH\*T FROM ANYONE

Where are you allowing others to mistreat you, talk down to you, and take advantage of you? Where are you allowing others to have their way with you?

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What can you do differently to communicate to others that you're not going to tolerate anything that doesn't serve your best interests or that you clearly don't like?

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## #23 UNAFFECTED BY HER OPINION

How often do women’s opinions of you distract you and mess with your head? What exactly is it that women say or do that cause you to lose your peace of mind?

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What can you do differently that will help you stop being affected by women’s opinions?

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## #24 OTHER MEN DON'T COMPARE

How often do you compare yourself to other men?

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In what ways are you comparing yourself to them?

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# #25 ENJOY LIFE

What areas of your life are you not enjoying? What’s preventing you from enjoying your life?

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Where should you relax more and stop being so uptight?

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## #26 POSITIVE SELF-IMAGE

Where in your life are you viewing yourself in a negative light? How is it affecting you with women?

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What can you do to start having more a positive self-image?

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# #27 AWARE OF YOUR PERSONAL APPEARANCE

Where are you lacking in your personal appearance?

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What could you do to become even more physically attractive to women?

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## #29 PERSONAL PROBLEMS IN CHECK

What personal problems of yours are getting out of hand? How are you avoiding your problems?

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What can you do to begin getting your personal problems handled and under control?

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## #30 HANDLE TOUGH SITUATIONS

What tough situations are you not handling right now?

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How are you going to start working towards getting your situations handled?

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## #32 CHANGE ONLY FOR YOU

When in the past have you changed for a woman even though you didn't want to?

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What things about yourself do you want and need to change for YOURSELF?

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## #33 YOUR NEEDS COME FIRST

Where are you putting the needs of others before your own?

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What needs of yours need to come first before you attend to the needs of others?

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## #34 YOUR HAPPINESS COMES FIRST

Where are you putting the happiness of others and women before your own?

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What areas of your happiness have you been neglecting?

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## #35 WINNER

Where are you accepting win/lose situations in your life?

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What isn't unfair but you're still allowing it to happen?

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## #36 STAND UP FOR YOURSELF

Where in your life are you not standing up for yourself?

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What can you do in the future to stand up for yourself better?

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## #38 NO DEAD WEIGHT

Who and what in your life are you having to drag around? Who and what is holding you back? Who and what is keeping you from becoming your best self?

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Who and what are you going to cut out of your life so you can start moving forward in the direction that you need to move in?

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# #39 WOMEN DON'T USE YOU

How are you allowing women to use you?

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Next time a woman tries using you, how are you going to respond?

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# #40 NO SELF-DOUBT

Where in your life are you doubting yourself?

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What experience do you need in order to do better and start believing in yourself and your abilities?

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## #41 UNPHASED BY FAILURE

Where in your life do you feel like a failure?

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Instead of viewing yourself as a failure, what lessons can you take away from the experiences that don't the way you intended them to?

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# #42 NO FEAR

Where in your life are you living in fear?

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What can you force yourself to experience in order to get over these fears?

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## #43 EFFORTLESSLY COOL

Where in your life are you trying to be cool instead of being relaxed, calm, and confident?

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What can you start doing for women to believe you're cool?

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## #44 HAVE A LIFE

What areas of your life are boring and dull?

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What can you do to stay busy, be productive, and have a life? What activities will help you have more of a life and help you to not be seen as a guy who's dull and boring?

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## #45 HARD TO IMPRESS

Where are you too afraid to be ballsy with women?

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How will being more ballsy and brave help you with women and dating?

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## #47 YOUR OWN DREAMS, PLANS, & GOALS

What do you want to do with your life? Do you know where it's headed? What could you see yourself doing for a living that's fun and makes you the most satisfied?

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What can you start doing right now to reach your goals and see your plans and dreams become reality?

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## #51 NOT A SINGLE FU\*K GIVEN

Where in your life do you care way too much what women think of you?

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What things could you possibly do to get out of your comfort zone and stop caring what others think? How would not caring about what others think make you happier?

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## #52 INDIFFERENCE

How will being indifferent help you in your life? How will it help you with women and dating?

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How will your life be different when you're indifferent to it all rather than freaking out, reacting, and stressing over everything?

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## #57 ACE ATTRACTION TESTS

How do you react when it appears a woman is testing you?

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Instead of reacting negatively to attraction tests, in what way can you respond differently to her tests?

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## #59 LEAVE HER WANTING MORE

Where in your life have you held on too long and messed it up instead of letting her go and continuing at a later time?

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How will leaving her wanting more benefit you in your interactions with women?

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## #61 KILLER CONFIDENCE

Where are you lacking confidence in your life?

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What experiences do you need in order to start feeling more confident about yourself and in your abilities? What can you do NOW to get started towards becoming a more confident guy?

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## #66 TALK LESS

How often do you talk too much instead of listen?

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How will talking less and becoming a better listener help you with women?

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I'm always writing new eBooks and coming up with new, high-quality, and affordable solutions to your dating problems. They all tie together so if this helped you and you got value from it, my other eBooks and Audiobooks will help you as well.

*-Marc Summers*

Thank you! [marc@majorleaguedating.com](mailto:marc@majorleaguedating.com) if you have any questions about this product.

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AUDIOBOOKS**