



## A. RELATING SKILLS TO MASTER

- I don't just listen to or understand people: I really hear them; they have an experience of being gotten.
- People get the clear feeling that I stand up for them, regardless of how they are feeling. I don't just love, support or help them; I require their best.
- When I have something to say, I phrase it so people can both hear it and benefit from it, forever - I speak in messages, not clichés, opinions or possibilities.
- I communicate fully in the moment. I don't hold back, wait until later, explain my feelings, censor my thoughts - I share it fully.
- I can see faults in people, but whenever I
- I speak unconditionally constructively. I don't do constructive criticism, do subtle digs or remind someone what they coulda, oughta, shoulda done. Regardless.
- When I do a task or job, nothing about it comes back to bite me for at least 5 years - I do fully handle tasks, of which I am proud. Good isn't enough.
- I grant people the power, acknowledgement and room they deserve and need; I am a big person. I don't try to take credit, diminish another, or hold back my praises. Yet, I don't puff people up.
- I see and want a lot for many people, and they can feel this. But I don't have to have it for them.
- I don't just tell people I care, I show it, at least once per day. And I show it in a way that they would want me to, not the way I necessarily want to.
- When I talk, I use the word You four times as often as the word I. And people appreciate this.
- I'd say I am twice as interested (in the person, not just the information or news) than I am interesting.
- I have people see themselves clearly by my being.
- I can discern immediately if someone is good for me; if they are not, I exit. I don't go for losers and I don't get seduced by the possibilities of what could happen or who they could be.
- I am interdevelopmental with people: I am not co-dependent, dependent or merely interdependent.
- I can **be** with people.
- I am grateful to and for others and they feel it. This is not indebtedness nor do I overwhelm or smother them with affection; nor am I merely thankful or appreciative - I am simply and purely grateful for who is in my life and how they help me be me.
- I cause.
- Others model parts of their lives after mine.
- Everything I do is a contribution.
- I grant everyone I've met and not met a lifetime of forgiveness in advance.
- I share those gifts, which I can afford to give.
- I always say just the right thing to others.
- I show I care; I don't just talk about it.
- I give the gifts that the other person really wants.
- I put my needs first.

Number of boxes checked (25 max)



## B. CONDITIONS TO HAVE IN YOUR LIFE

- I have nothing unresolved or unfinished. (90+ on Clean Sweep)
- I am over my addictions and healthy and well. (90+ on Addiction & Conditions Index)
- I am a part of a full, successful and happy community of people who love me as I am.
- My needs are met! (NeedLess at 90+)
- I have enough phrasing to fully express my feelings, sensations and problems.
- I am able to want a tremendous amount, but crave nothing.
- My life is set up so I have really neat things, people or activities to look forward to all of the time.
- I express my Values. (Tru Values 90+)
- I know where I am on my Path of Development and I am moving forward effortlessly. (300+ on Attainments Program)
- I have much more than I need. (Reserve Index 90+)
- I get my source and power from other than just me.
- I am virtually adrenaline free and I catch myself immediately if I get caught up in something.
- The goals I have turn me on and that's enough for me.
- My standards are clear and they are high; they support me, yet I am not constrained by them.
- I have accepted what is "so" and take actions from reality, rather than living in a world of hope or fantasy.
- I have reached my professional stride and my growth occurs naturally.
- Physically, I am very, very well.
- I have commitments, which excite me.
- I am leaving a legacy of which I am proud.
- I am at 90+ on the 100 Steps to Recovery Program.
- I am 75+ on the 100 Smiles Program.
- I have plenty of time. I am at 90+ on the Time Peace Program.
- I am really okay about and with myself.
- I am no longer trying to "make it" or prove anything.
- I am working on a special project, which is personally, and professionally fulfilling.

\_\_\_ Number of boxes checked (25 max)



### C. CONCEPTS TO EMBRACE AND GET

- There is you and there is me, but we're really all One when it comes down to it.
- People are absolutely perfect just as they are, even when it doesn't seem that way. And I make them right, because they are.
- Others are mirrors of me. As I find them more attractive, I find myself even more so.
- I attract people who are one step behind or one step ahead of me.
- The universe never lies; things are perfect as they are. (So don't fight them.)
- Responsibility is a privilege, not a duty or burden.
- Love is something you deserve, not earn.
- Making God right is the final step in personal development.
- Having enough money is a responsibility of adulthood and essential to be irresistibly attractive -- not because of how much you have, but because of how little it has you.
- Nothing means anything, but things matter and I know what matters most to me.
- You have two parts - the Ego and the Self. It is the latter to whom other Selves are attracted and the former to which other Egos are attracted.
- Everyone needs energy and motivation from some place and will do anything to keep the energy flowing. Your job is to choose your source of supply as if your life depended on it.
- Struggling is for actors, not humans.
- You already have all you need, but you may need to become aware of it all.
- You are as big as the people with whom you associate. Upgrade, please.
- Attempting to change people is fruitless, but you can help them become more of who they are.
- When your needs are met, you can afford to be attractive.
- Irresistible attraction is something that happens to you, not something you do, although you do cause it.
- Attraction is when they come to you; seduction is when you get to them.
- When you've made the choice to be fully alive for the rest of your life, you attract others who have made a similar choice.
- When you are grateful for what you have, even if it seems like it's not enough, you get a whole lot more. It is a test!
- It is okay to surrender to the counsel of friends. They know you.
- The more attractive you are, the fewer people will be attracted to you, but what a group *they* are.
- It is a skill to enjoy being fully engaged and participatory in life.
- You are attractive and not to everyone.

\_\_\_\_ Number of boxes checked (25 max)

### D. WHAT I DON'T DO EVER

- I don't gossip - that is, I virtually NEVER speak about another person not present, either good news or bad.
- I simply do not tolerate anything or anyone. I am not uppity and obnoxious about it, but I either handle the situations fully or get the heck out.
- I do not complain - rather I turn all my complaints and petty disturbances into requests that get accepted.
- I am over doing what I should, ought to, haveta, coulda; I now fully choose each moment, person and activity.
- Fight the flow. Oh, I have courage and I am committed and I can take a stand, but I will not hurt myself trying to prove something -- I take the path of least resistance and I get there, effortlessly.
- People may not cross my boundaries.
- I don't let myself get into the position where I have to make a decision based on the consequences. I am insured and insulated from almost every problem.
- I don't step over anything someone says to me that doesn't sound right.
- I don't wait; I respond immediately.
- I don't fight. I smile, instruct or walk away.
- I don't try to get too close to people -- either it is effortless or it's not worth it.
- I don't let people run their number on me.
- I don't say yes when I mean "no".
- I don't over promise.
- I don't try to puff someone else up, but I do speak with them in such a way that they feel good about themselves.
- I don't abuse my body in any way.
- I don't help people unless they are ready for it.
- I don't live in hope someone will change; they won't as long as I need them to.
- I don't process every thought I have; yet I don't blurt every thing either.
- I am not invested in other people, although I do invest in them.
- I don't get caught up in people's problems, even if I care deeply about them.
- I don't expect anything from anyone.
- I don't think my closest friends should meet all of my needs. I have these met by those who can.
- I don't isolate; I am with those who care about me.
- I don't hang with someone just to fill time; I fully enjoy them or I don't spend time with them. I don't tolerate anything less.

\_\_\_\_ Number of boxes checked (25 max)



**PROGRESS CHART**

Date	Points (+/-)	Score

---

**IRRESISTIBLE ATTRACTION PROGRAM  
100-POINT CHECKLIST**

---

#	Sections			
	A	B	C	D
25				
24				
23				
22				
21				
20				
19				
18				
17				
16				
15				
14				
13				
12				
11				
10				
9				
8				
7				
6				
5				
4				
3				
2				
1				

GIVE YOURSELF CREDIT AS YOU GET POINTS FROM THE 100-POINT PROGRAM. FILL IN COLUMNS FROM THE BOTTOM UP.

Form courtesy of and copyrighted by Coach U, Inc., [www.coachu.com](http://www.coachu.com) | FB280

