

# **“Day Game Dating” Complimentary EBook**

# **The Five Vital Principals**

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By Colin

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[www.daygamedating.com.au](http://www.daygamedating.com.au)

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Now that I got that out of the way.

Let's get onto the good stuff...

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## Introduction

Welcome to Day Game Dating. You have decided to download and read our eBook ***The Five Vital Principals***. I hope you enjoy this book and get something out of it. Let's begin.

If you have decided that you would like to go out and meet women during the day but have no idea where to start...This book is for you.

The biggest challenge and frustration that you may encounter about going out and meeting women during the day, is the so called un-naturalness. For some reason the majority of people in our society think that it's wrong to go out and initiate conversations with strangers. We feel we would be interrupting that person and disturbing them (strange I know, but people believe this.)

What's interesting is when the person that we want to meet happens to be a female. As a man, it seems 100 times worse!

The truth is that this is a learned response. In certain 'Eastern countries' it's rude if you don't greet and start up a conversation when you pass somebody on the street. In other countries, it's as normal to pick up women in the street as it is in a club.

All of our behaviours and fears about talking to strangers are generally conditioned into us. If we can learn this behaviour in the first place. We can unlearn it and slowly internalise a new set of behaviours.

I know a lot of guys who always approach and begin conversations with girls they find attractive. If they missed the opportunity to start up an interaction, they would feel strange, like they were cheating themselves. This is how strong learned and internalised behaviour can be.

In order to go out and be successful during the day, you have to feel comfortable with the whole concept in the first place.

I would make two suggestions if you want to immediately change your mind set.

1. Think about this. Where did you learn the idea that talking to random people during the day was wrong? Question that belief and challenge it. Understand that most of what you think (good and bad) may just be a set of conditioned beliefs and possibly what you so strongly believe may not even be reality. Question it and challenge it... Always!
2. The most effective way to change your thought patterns is to just do the desired behaviour. Take action! Just go and try it anyway. Get out there and meet people. I guarantee you... If you have no skill whatsoever in meeting women and you just show up, unrehearsed, regardless of the outcome... You will feel so great for just getting yourself to go out there and meet new people that you will begin to realise; it's not so bad and actually fun. Just try it and have no outcome dependence. This is the best way to tackle this issue head on and be sure to win!

### What next?

Ok... If you have gone out and interacted with a few women during the day with no *so called* 'game', whatsoever... My friend, you are already 10 times further ahead of the pack, both in learning this skill and creating opportunities for yourself. Most importantly, you probably realised that you are still alive and actually feel very good that you did it. Good on you!

How many other men can go out and approach random women during the day and how will they ever learn this skill if they you don't actually try it. Congratulations... **You're now in the elite club. Well done!**

If you have not tried this yet, then before you continue reading, I suggest you put this book down and make some approaches! 3 to 5 women to just get into the swing of things. Do yourself that favour and give yourself that pleasure and release of frustration. You will feel great. I promise!

Ok... I will assume you got your act together and have made some cold approaches but haven't had much luck. What next?

Let's go over some basic principles and training that will be sure to get you better responses and success.

Let's go to school...

### **The Five Vital Principals**

There are five principals that I believe are vital to understand if success with women during the day is your goal. In a minute we will cover those.

I want you to first realise the situation that you're dealing with

Try to understand that 'Day Game' is very much direct

Unlike a club environment where there is loud music and alcohol and friends and women are outgoing and expect to be approached. In the day time they can be very much in their own worlds. They are probably not expecting to be approached and they most likely have things on their minds other than socialising with strange men. Things like work or studies or even what they are going to cook for dinner etc. When you do walk over to her she can almost be caught off guard. It's now your responsibility to understand the day time scenario and deal with it.

So this understanding naturally leads us to the first principal.

## PRINCIPAL 1 - THEY DON'T EXPECT TO BE APPROACHED

When you go up to a girl on the street she does not expect to be approached as in a club environment. You have to focus very strongly on comfort and being as natural as possible.

You don't want her to feel awkward, and wondering "why is this guy talking to me and what does he want". She must feel somewhat ok, that a stranger has begun talking to her.

The best way to make things natural and to begin creating this comfort is to actually verbalise why you are talking to her. Saying something like

***"Hey I wanted to meet you"***

Works well. This releases the tension of why you're talking to her and enables you to transition over to comfort

It also says to her that you are ok with approaching her. If you were embarrassed and were trying to hide what you are doing then you wouldn't say it. Understand that trying to hide the obvious by being sneaky about it can freak her out. You're obviously not comfortable in yourself and the fact that you're awkward makes the interaction awkward, which makes her feel awkward and attraction, will not be created. You will most likely just get shut out.

The other approach option to transition smoothly is to just start talking about the environment. This wont work so well if you actually make the effort to go up and approach her. But... if you're sitting or standing somewhere and she happens to walk over for whatever reason and is hovering around your space and you want to interact. Make a comment about the general environment with the goal of getting into a conversation.

You should automatically **create comfort** with the small talk and automatically begin to transition into attraction.

So the first step in any day time scenario is to create comfort. Understand that when she is comfortable then she can begin to be more open. Open to making more conversation where she is actually interacting with you by (adding to the conversation herself) and actually asking you questions.

This is just an on surface step to get some kind of communication happening, to get her to notice you and to create enough time for the more important steps.

## PRINCIPAL 2 - ATTRACTION

Attraction needs to be created almost instantly from the very beginning of any interaction with a woman that you are interested in.

***Attraction is what separates the interaction from just talking and having a general casual conversation to her having an emotional response to you.***

Attraction is the feeling that she starts to get that begins making her feel attracted to you. Attraction is a vital step. If you were talking to her and having general chit chat and had comfort with each other but no attraction was created...She would not begin to feel attracted to you. You might as well be her brother or a friend. She doesn't feel anything for you. You have got to get her to feel something for you and that is called attraction.

So let's sum it up...

At this point in the day time pick up you should have approached, created comfort, and then through this comfort both through sub-communication and technique created attraction.

### Generating this attraction

Attraction is a whole deep topic on its own, but to get you going. Here are a few pointers.

If you approach confidently. If you are comfortable interacting with her. If you can successfully add some humour into your interaction making her laugh. If you can maintain good eye contact and really get into a rapport with her.

You are already opening the doors for attraction, so just go with it. She will notice these aspects about you and in turn respond positively.

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