

FLIRT WITH FIRE

Conversation Starters
That Attract

Monique Johnson

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Welcome!



I know that you all came here for conversation starters, but let's be real, if I am going to get you the help that you need not just the help that you want, there are a lot of things that happen before we have to get to the conversation starter.

- What about finding out if the person you want to talk to is interested?
- What about making the first contact so that they know that you are talking to them and not someone else?
- What about getting their attention?
- What about getting them to remember who you are?

Yeah, let's set you up to really succeed? Are you okay with that? Good.

GET READY FOR A WILD RIDE.

Monique

WHY MONIQUE?

My name is Monique Johnson, I'm a unique Monique and I am known as **The Modern Day Hitch**. I have been happily married for 7 years and as someone who recognizes patterns easily, after 13,000 hours of research I was able to identify the universal principles of creating long term successful and passionate relationships beyond the words of "I do". I empower single individuals to discover their dating roadblocks, missing knowledge and develop necessary social skills to stop dating the wrong individuals and spend time dating the right people so you can confidently marry in the next year.

I want you to imagine that you finally have someone to come home to. This person embraces you with a big hug and kiss after a long day of work and instantly relieves the stress from the day. You both sit down for dinner, together, no longer coming home alone.

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WHY MONIQUE?

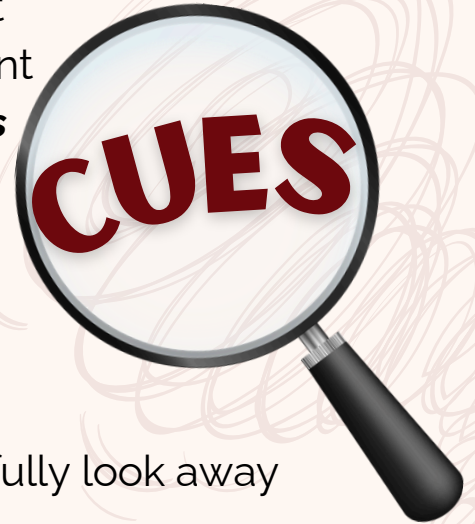
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I am the creator of the Date to Marry Framework & Attract My Person Training. My clients call me their Modern Day Hitch because that is precisely what I help them to do. I have had the incredible experience of traveling across the country as a public speaker and have studied hundreds of publications on relationships by the top mentors, doctors, counselors, psychologists, and coaches across the globe. I currently reside in Albuquerque with my husband, son, daughter and fur babies where I continually enjoy dating my husband and being an intentional mother.

Now, that's enough about me. Let's get you hitched.

GET A CLUE ABOUT CUES

Have you ever sat down somewhere, seen that one person that is really attractive, that you want to talk to, and ***you start dropping some obvious social cues that you are interested in them?***



Maybe you wink at them.

Maybe you cast a smile.

Maybe you wave.

Maybe you make eye contact with them, bashfully look away and then look back?

Nothing? The one person that you wanted to talk to doesn't seem to be interested. **So you walk away.**

Let me tell you, people are so focused on themselves, that they realistically don't know that you were trying to tell them you are interested. "No way!" You say. "I was SOOOO OBVIOUS there's no way they didn't know." Fine. You are more than welcome to believe what you want to believe in to stay doing what you have been doing. I'm sure it's been working out great for you.

Or not? Yeah, I didn't think so.

THE 29 SIGNALS RULE (WITHIN 10 MIN)

Science has proven that you need to send 29 very obvious social cues within the span of 10 minutes for someone to finally pick up the fact that you were trying to flirt with them. 29! Not one, not three, not five. 29!

GET A CLUE ABOUT CUES

continued

THE 29 SIGNALS RULE (WITHIN 10 MIN)

I can almost guarantee that you did not send at least 29 very obvious social cues over to the person that you were interested in to let them know that you were interested in them. Let alone within 10 minutes!

So you may be asking yourself,

"Why so many? Won't I feel uncomfortable?"

Absolutely! But the fact of the matter is that **people are so focused on themselves**, that they may see one or two cues and brush them off as their eyes playing tricks on them, or you were looking at someone else.

You need to send 29 very obvious social, flirtatious signals, within a 10 minute timeframe in order for someone to know for sure that you are flirting with them.

I have here on the next page a list of very obvious flirting signals that you can send. The best thing to do would be to do all of these, or combinations of all of these, a bare minimum of 29 times. Really, you should go for 35 to make sure they know. Once you have set the stage for creating the invitation that they are welcome in your space and that you are interested in them, now, it's time to make your move.

VERY OBVIOUS FLIRTATIOUS SIGNALS

- ☐ Smile
- ☐ Wink
- ☐ Vertical Head Nod
- ☐ Eye Contact
- ☐ Wave
- ☐ Hair Flip
- ☐ Playing With Your Hair
- ☐ Shoulder Shrug
- ☐ Biting Your Bottom Lip While Staring At Them
- ☐ Bashfully Smiling and Looking Away After They Look At You
- ☐ Relaxed Leaning Onto Something While Making Eye Contact
- ☐ Hand Gesture Inviting Them to Come Over to You
- ☐ Panning Across the Room Stopping Your Gaze on Them
- ☐ Double Take Checking They Really Were Looking At You

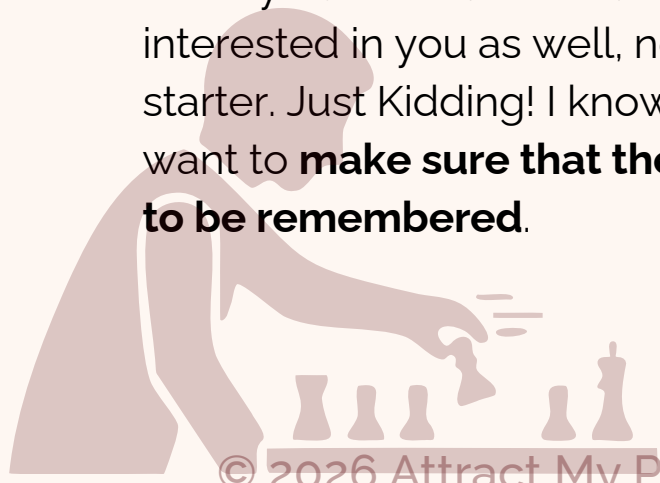
MAKING THE FIRST MOVE

So now, you have their attention. Now it's time to do something about it. You make your way over to them, and *something magical is supposed to come out of your mouth*. What is it? One word... **“Hey!”**

Yes, it is that simple. This is what I call **the “hey” check**. If you talk to this person, and you are trying to figure out if they are available, if you say “hey”, and they are not available, they will most likely reply with a “hey?”. This is demonstrated with an upward inflection of tone, implying a question at the end of a phrase. If they are available, you will most likely end up with a pleasant sound of “hey” back.

When you say “hey”, you are wanting to use the natural tone and pitch of your voice, but move it to more of a lower range of your normal speaking pitch. You don't want your “hey” to come off super high-pitched and cracked. You also don't want your “hey” to come off super low and way too awkward sounding. You want to find that middle ground.

Once you were able to do a check to see if the other person is interested in you as well, now it's time to drop the conversation starter. Just Kidding! I know, I got you too excited there. You want to **make sure that they know who you are**. And **you want to be remembered**.



INTRODUCING YOURSELF SO THEY REMEMBER YOU

Let me paint the picture, you're at a party, it's loud, people are enjoying themselves. One of your friends is excited to see you and pulls you over to introduce you to some of the other people at the party. One by one they all introduce themselves and by the end of the introduction, you don't remember anyone's name. Does this sound familiar?

The same thing can easily happen to someone that you are interested in. The problem is, if they don't remember who you are, even if you exchange phone numbers, how will they remember which person in their contacts was you?

HELLO
MY NAME IS

My name is Monique. (pause) I'm about as unique as a Monique comes. This is how I have learned to address myself in a manner where people will remember my name. I am not a Monica. I am not a Monik. I'm not a monk. I'm Monique.

When you introduce yourself, you want to introduce yourself in a manner where people will remember who you are. You can make an association with something, you can create a rhyme with your name as I did with mine, or you can explain how people know you or what you are known as.

INTRODUCING YOURSELF SO THEY REMEMBER YOU

continued

HELLO
MY NAME IS

Creating associations are strong and helpful for everyone. Try coming up with the root of what your name means, a rhyme, and an association. Practice each of them and see what sticks best for you. Then, test them. Which ones stick?

For example, I was at a corn maze with my uncle, son, daughter and husband, and met a gal there, who was also nursing her one month old baby. She introduced herself as Savannah, like Savannah, Georgia. After she made that association, whenever I saw her, I remembered her name. That is what you want to be able to do for whomever you introduce yourself with. This is great for business, this is great for networking, but this is especially great for dating.

What is your name? Is there an association that you can make with your name? What about a rhyme? Are you known as being something?

Come up with a couple of options and start testing them out. Figure out which one you like the best!



CONVERSATION STARTERS THAT ATTRACT

Most of us have been asked the most boring questions on the face of the planet: "how's your day been?", "what do you do for work?", or "what do you think about this weather?". Not only is this a big letdown coming from someone that you truly want to go on a date with, but no one even remembers your question or your answers by the end of the night. Even worse, if someone has had a really rough day, you have just pulled up a negative association that is now directly tied to you. No bueno. 76% of our first impressions come from the first 500 milliseconds that you make contact. 93% of our first impressions are correct and never change.

Your very first impression has everything to do with the social flirtatious cues that you sent to someone. The more cues that you are comfortable sending, the more confident you appear. The more confident that you are, the more confident your "hey". All of these things confirm that first impression that we have. That is why we wanted to start with that introduction.

But now it's time for something equally as important, you want to be remembered. We should have created something memorable for our name, but now we want to be someone that the other person really desires to have a conversation with. The best way to do that, is to utilize conversation starters that create positive associations. This means we want to avoid negative questions or the opportunity for negative questions. For example, when teaching this to one of my clients, he made the mistake of asking what my favorite childhood memory was? While this had the intention to be a positive experience, I didn't have a lot of favorite childhood memories because most of them were filled with contention. Instead, I was distracted by how sad I was trying to find a positive or a favorite memory.

CONVERSATION STARTERS THAT ATTRACT

continued

Because we can accidentally trigger negative emotions, it's important to be very intentional with the first few questions that we ask so that we can become magnetic. Yes, at some point there is nothing we can do when getting to know someone to not create a negative association at some point, but most of our associations need to remain positive and exciting in order to start creating that spark that we all yearn for.

When we create positive associations in our questions, in our introductions, and in our intentions, we are able to release endorphins into the person that we are dating that makes them want to remember us, makes it easier for them to remember us, and makes them happy. That's how we want to make an introduction.

But don't worry, I have done most of the hard work for you. According to modern science and the social studies that have been conducted by The Science of People, these are the worst questions that you could possibly ask. Make sure that you eliminate these from your vocabulary.

Boring Conversation Starters:

1. What brings you here?
2. What do you do?
3. How are you?

The best conversations that produced the highest amount of endorphins in conversation, are these:

Best Conversation Starters Ranked:

1. What was the highlight of your day?
2. What personal passion project are you working on?
3. Have anything exciting coming up in your life?
4. What's your story?

BEST CONVERSATION STARTERS RANKED

continued

Best Conversation Starters Ranked:

1. *What was the highlight of your day?*
2. *What personal passion project are you working on?*
3. *Have anything exciting coming up in your life?*
4. *What's your story?*

But don't worry, I have made this even easier. But what we want to do is train our brains to flip the questions that we are asking.

<u>Instead of Asking...</u>	<u>→ Ask:</u>
How's work?	Working on any exciting projects recently?
How are you?	What was the highlight of your day?
What do you do?	Working on any personal passion projects?
How's the family?	Do you have any vacations coming up?
Where are you from?	What's your story?
How's it going?	What are you up to this weekend?
Been busy?	What do you do to unwind?
Do you enjoy what you do?	What have you been learning recently?

If you can start making positive associations with what you are asking, your conversations are going to be memorable, you're going to start attracting people because you are fun to be around, and you are going to start building a great reputation.

Once you do that, the only other thing that you really need to know is what to say next!

WHAT TO SAY NEXT

So now that you have a great conversation going, you probably don't want it to end. And, a single one line question may not solve that for you. Here's a general rule of thumb: ***Any question that you ask someone else, you want to be prepared to answer as well.*** But understand that you want to answer questions completely, but as concisely as possible. When you are starting to get to know someone, ***less is more.***



It provides them opportunities to ask questions, it helps to keep conversation balanced when you return the questions back to them, and it keeps you intriguing and honest at the same time.

If you can, when you answer questions, try to tell a short story. If you can condense your stories to 2 to 3 minutes that is ideal. **All you need is a beginning, a middle, and end, and a point of the story or a life lesson. This can be as short as four sentences, or a maximum of eight sentences.** Have you ever heard the saying that stories sell? Stories do sell and in your case you are selling yourself to a potential dating prospect.

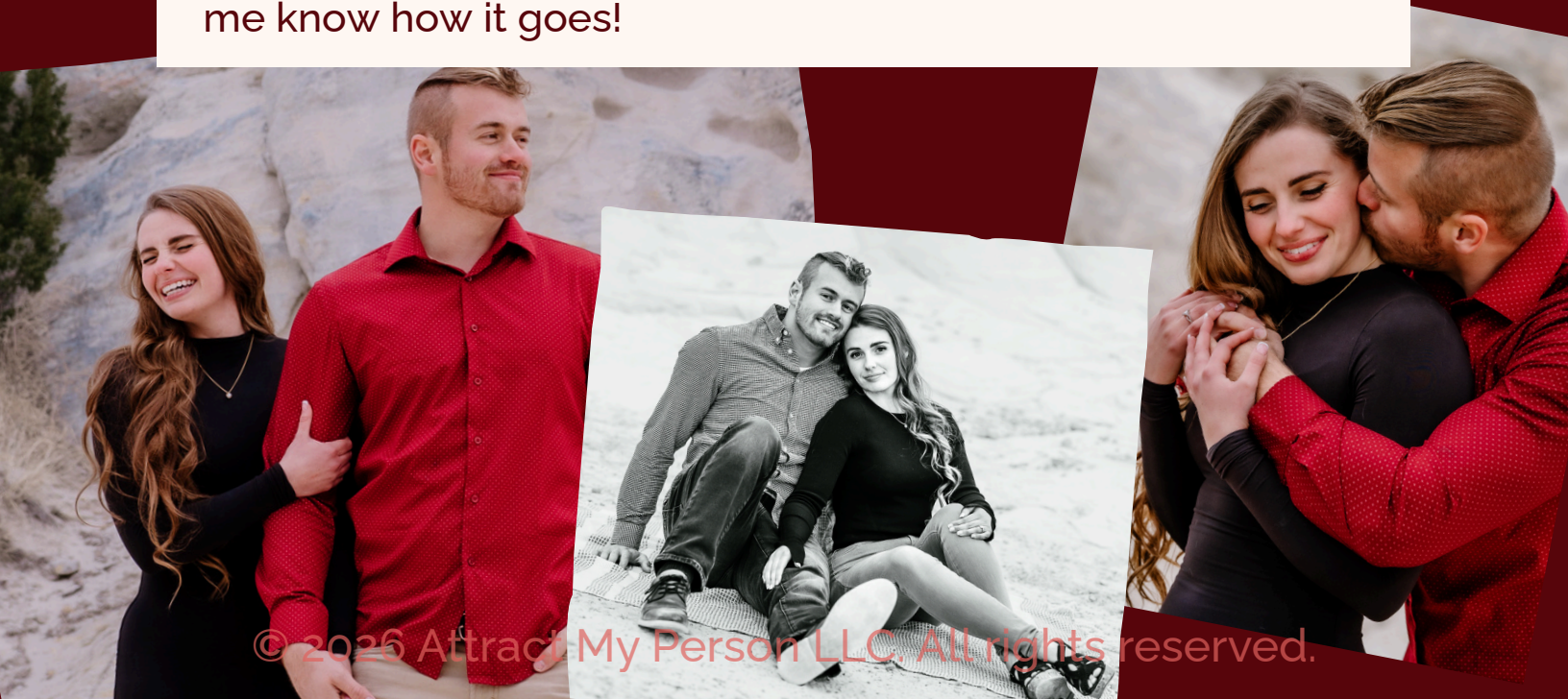
Have fun with your stories. Practice seeing your stories. This might be one thing that you want to memorize. Keep your stories short, keep your answers honest, and keep your questions positive and you are set up to succeed.

TURN IT INTO A DATE

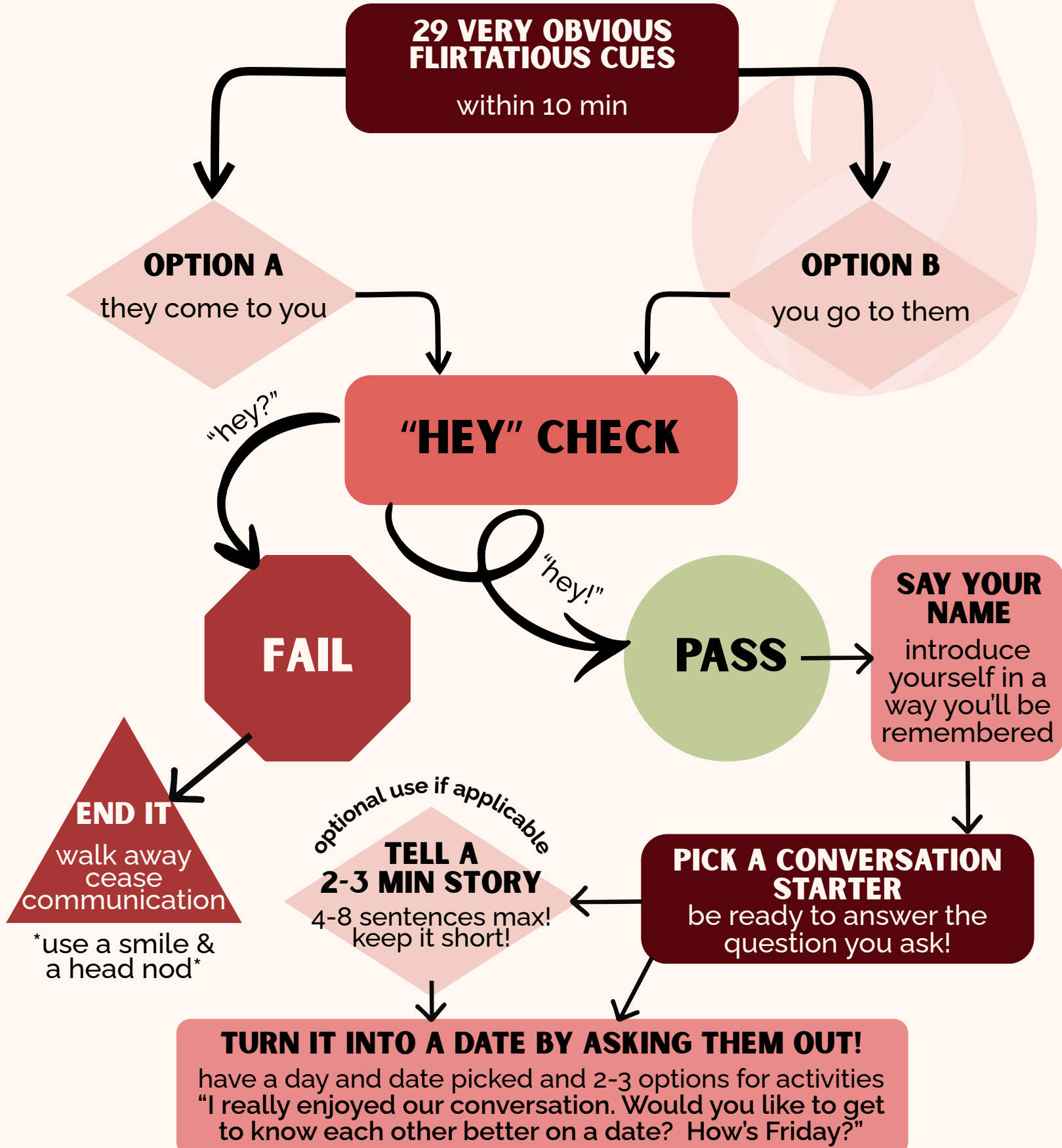
The only thing that can make an amazing conversation really sad, is when a guy does not go for the ask. As a woman, I wanted nothing more than for guys to ask me out. Some were too scared, some were too forward going straight for asking me to be a girlfriend, and some hit it just right. The last guy to get this just right, became my husband. **Hint! Hint!** Just make the move! After a great conversation, all you need to do is say one thing to turn it into a date. Here it is: ***"I have really enjoyed our conversation. I would love to get to know you better. Would you be interested in going on a date with me?"***

Don't fear this as a woman as well. I asked plenty of guys out on a dates or I got them to ask me out as well. Sometimes I was able to hint at them asking me out and they asked, the more obvious times, I asked them ***"So are you going to ask me out, or what?"***

That's it! Go for the date! Make a great impression and let me know how it goes!



CONVERSATION FLOW CHART





BIG THANKS TO YOU

The only thing that I have left to say is thank you! Thank you for taking the opportunity to purchase these conversation starters that attract. I hope that this was helpful for you.

As someone who watched my two amazing parents fight and struggle to build a life together, I knew that I didn't want to pursue dating a relationships until I knew that having a fulfilling and passionate marriage after you say I do as possible. I'm here to tell you that it is possible. Dating in relationships take some very intentional and serious work. And, they are the most rewarding part about life. Tony Robbins did a lot of research before writing one of his books: "Money, Master the Game". In his research, he had the opportunity to interview 50-65 billionaires and in all of his findings, he found that there were only five or six billionaires that considered themselves to be happy. Do you know what those five or six people had in common? A spouse. Some had children, some did not, but all of them had focused on having at least one relationship in their life. Having a spouse makes life worth living.

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WOULD YOU LEAVE ME A REVIEW?

If this has been helpful to you, I would greatly appreciate you leaving a **written review**. However you feel comfortable sending it would be a massive win for me. You can send me an email at ***monique@attractmyperson.com*** or if you are more comfortable on social media, if you would follow us and then DM me a message me on any social media platform **@attractmyperson**, I'd be able to truly honored and grateful to hear about your experience. If you would be willing to leave me a **video testimonial**, that would mean the world to me! As someone who did not grow up with a lot of money, I have done my very best to give back to the world as much knowledge as I can and provide as many resources as I can for minimal pricing. I never want someone to suffer being alone simply because they can't afford working 1:1 with a coach. Your testimonials, help me to be able to do that because it builds credibility and allows me to serve more people.

Thank you for your time! Happy dating!

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What to Do Now...



Congrats on completing this book on Conversation Starters That Attract. Most people purchase something and then promptly forget about it, never open it, and never use it. Great job! I hope you do something to celebrate this milestone!

But now, you may be wondering what to do next. I've included some pretty amazing bonuses for you! Go through and find your bonuses in your FWF Success Page.

Start by watching the two additional video masterclasses and then begin the 3-Day Challenge! Download your 1 page Pocket Cheat Sheet to help you start and complete your 3-Day Challenge.

Let me know how it goes for you!

GO ON NOW! GET A DATE ALREADY! :)

Monique