
STRONG, CALM & MASCULINE

By Coach Kavita

10-Day Masterclass Workbook

YOUR NAME

START DATE

This workbook is your companion for the next 10 days.
Fill it in as you go. Revisit it often. Trust the process.

Your Name:

This Is Your Moment

DAY 1 | Mindset

Motivation fades - your North Star doesn't. Today you'll create the anchor that keeps you moving forward when things get hard. Reflect deeply, then commit.

Reflect on These Questions

Why did you join this masterclass? (Dig deep!)

What hasn't been working for you?

What have you been avoiding?

Why is finding love important to you?

What are your dating and relationship goals?

Craft Your North Star Statement

Write one positive statement that summarizes your bigger picture. This is what will anchor you throughout the masterclass and beyond.

Examples:

"I want to get married and build a beautiful family with the right woman."

"I am ready and deserve to experience deep and meaningful connections."

My North Star Statement:

Commit to ONE Measurable Goal

Pick a goal that's realistic but pushes you. Make it specific and measurable so you'll know when you've achieved it.

Instead of "Feel more confident" - say "Increase my confidence from a 3 to a 6."

Instead of "Start talking to more women" - say "Compliment 10 women in real life."

My Goal for This Masterclass:

Revisit your North Star Statement and goal DAILY until the end of the masterclass. This is your foundation.

Strong, Calm & Masculine

DAY 2 | Mindset

Starting today, you are going to meditate for 10 minutes every day until the end of the masterclass. Meditation allows you to be more present - confident, grounded, clear, calm, and resourceful.

Your Commitment

- Download the Waking Up app by Sam Harris (use the free 30-day guest pass from the masterclass).
- Set aside 10 minutes every day to meditate.
- Complete your first meditation today.

Homework

After your first meditation, write down one takeaway from the experience:

Daily Meditation Tracker

Check off each day you complete your 10-minute meditation:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Today you're getting 2 IRL social outings on your calendar within the next month. Review your North Star. Review your goal. Make this a priority.

Where to Find Events

- Google "Events near me" or "Events in [city]".
- Use Eventbrite, Facebook, Instagram, Meetup, and TimeLeft.
- Pro tip: Paid events attract a higher quality crowd and you're less likely to bail!

Social Outing #1

Event Name:

Date:

Location:

Social Outing #2

Event Name:

Date:

Location:

Let discomfort be your guide. It's where the most growth happens. And growth = progress.

Today you'll explore two versions of yourself: Persona 1 (who you are when living in fear) and Persona 2 (who you are at your best - strong, calm, masculine, confident). Recognizing these shifts lets you choose which version steps forward when it matters most.

Persona 1 - Your Fear-Based Self

Name your Persona 1:

Thought Pattern 1:

Thought Pattern 2:

Thought Pattern 3:

Thought Pattern 4:

Thought Pattern 5:

Persona 2 - Your Best Self

Name your Persona 2:

Thought Pattern 1:

Thought Pattern 2:

Thought Pattern 3:

Thought Pattern 4:

Thought Pattern 5:

What was your biggest takeaway from this lesson?

Just Say Hey - 7-Day Challenge

DAY 5 | Connection

For the next 7 days, go out of your way to engage in simple small talk with new women. Think cashiers, baristas, women at the gym, park, or on your commute. Start small - even one interaction a day makes a difference.

Easy Icebreakers

- "How's your day going so far?"
- "My first time here - is it always this busy?"
- "You're really great at your job, thank you."
- "What's your favourite item on the menu?"

7-Day Interaction Tracker

Day 1 - Who did you talk to & how did it go?

Day 2 - Who did you talk to & how did it go?

Day 3 - Who did you talk to & how did it go?

Day 4 - Who did you talk to & how did it go?

Day 5 - Who did you talk to & how did it go?

Day 6 - Who did you talk to & how did it go?

Day 7 - Who did you talk to & how did it go?

Race to Failure - The 80/20 Rule

DAY 6 | Mindset

Today is about the 80/20 Rule - focusing your energy where it actually matters. Read the linked article from the masterclass, then answer these three questions.

Reflection Questions

Where have you been wasting your time and energy?

What can you start doing that will result in meeting more women?

What's a new goal you can set for your dating life?

What did the 80/20 Rule teach you?

Bonus: Sweet Spot

DAY 7 | Bonus

Today you'll partner with ChatGPT to define your ideal woman in detail, then identify real-world places where she actually spends her time. Use the prompt from the masterclass to guide the conversation.

My Ideal Woman Profile

Her hobbies & interests:

Her goals & values:

What would we stay up talking about all night?

Where does she spend her time? Commit to visiting 3-5 places this week.

Place 1:

Place 2:

Place 3:

Place 4 (optional):

Place 5 (optional):

Stop going where it's easy. Start going where she actually is.

Expansion Mindset

DAY 8 | Mindset

True expansion doesn't happen when everything is smooth. It happens in the moments of friction, resistance, and challenges that stretch you beyond your comfort zone.

The 11 Key Codes of Expansion Mindset

- 1. Growth happens in the anticipation, the daily stretch, and the process - not in the results.
- 2. Expansion happens when things are NOT in flow. Friction and resistance are where you expand.
- 3. "This is here for me." Whatever shows up - delay, rejection, hardship - is for your growth.
- 4. Joy becomes your measure of success. Not money or outcomes.
- 5. You are building a life skill. Dating, rejection, connection - these are lifelong muscles.
- 6. How you show up when it's hard is everything.
- 7. Not everything has to mean everything. Let things be data, not drama.
- 8. Curiosity is your new go-to. When things feel heavy, ask: What is this teaching me?
- 9. Skip this and it will come back. What you avoid will loop back.
- 10. Stay in the upper frequencies. Choose trust, gratitude, and joy.
- 11. You have the tools. Use them. You're equipped right now.

Write down 3 areas in your life where you can apply one of the codes:

Area 1:

Area 2:

Area 3:

Which code speaks to you most right now, and why?

What small action will you take TODAY that leans into that code?

The Unshakable Crown Effect

DAY 9 | Identity

Most men think they have to go out and find more confidence. But the secret? There is so much confidence that already exists within you. Today's three workshops are designed to help you tap into the confidence, strength, and uniqueness that lives within you.

Workshop 1: Uniquely You

What makes you uniquely you? Why would any woman feel lucky to share her life with you?

My unique qualities:

Workshop 2: Mirror, Mirror

Celebrate the physical features that make you uniquely handsome.

Physical features I'm proud of:

Workshop 3: Secret Sauce

What exceptional traits do you bring to a relationship? What makes you an irresistible partner?

My secret sauce - what I bring to a relationship:

You are the prize. Start believing it.

Nice Guy Syndrome

DAY 10 | Identity

Today we tackle one of the biggest blocks men face in dating. Nice Guys constantly put women on a pedestal, over-accommodate, ignore their own needs, and pretend to be okay with everything just to win approval. The shift? From Nice Guy to Kind King.

The Shift: Nice Guy vs. Kind King

- Nice Guy: "No problem! How about next week?" (when she cancels for the 3rd time)
- Kind King: "I can't do last-minute changes this often. Let me know when your schedule settles."
- Nice Guy: "Of course! Always here to help!" (when she only texts to ask favors)
- Kind King: "Is this the part where I save the day, or do we grab dinner this time?"

Homework

List your Nice Guy tendencies that you're ready to release:

One action you're going to start taking TODAY to change these behaviors:

Your Final Reflection

Wrap Up

You've made it through all 10 days. Before you close this workbook, take a moment to reflect on how far you've come.

What's your biggest takeaway from the masterclass?

Write down at least one thing that has made you either stronger, calmer, or more masculine:

You Did It.

10 days of real work. Real growth. Real commitment.

Now go back and read your North Star Statement.
Look how far you've come.

Ready to keep going?

Join The Huddle

Coach Kavita's advanced group coaching program for men.
DM "STRONG" on Instagram @dashingdate to get started.

With love,
Coach Kavita