



Magnetize  
Your  
Man

W o r k b o o k

DIMPLE THAKRAR  
EXECUTIVE ALIGNMENT COACH

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## WORKSHOP DETAILS

This masterclass is for any woman who is:

- Dating and sick of attracting unaligned men
- Wants the man she married back
- Single or divorced women who are scared to date again because of being hurt in the past

What you will learn:

- What you can change NOW
- My transformational HEART model
- How to have him chase you
- Attract the best with YOUR feminine power!
- 5 Biggest mistakes women make when communicating with men

This is not for women who:

- Blame men for all their problems
- Love to bash men with their girlfriends
- Not ready to make a change and participate

What's included:

- 2-hour Magnetise your Man Masterclass (worth £3,000)
- Q and A (worth £1500)
- Are you more Masculine or Feminine Quiz?
- Workbook (worth £99)
- Facebook community
- **Total value: £4,599**

# H.E.A.R.T Model

What is the H.E.A.R.T Model?

**H -**

**E -**

**A -**

**R -**

**T -**

What are the 5 things that you can test now?

(1).....

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(2).....

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(3).....

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(4).....

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Are masculine and feminine energies to do with GENDER  
(5) ENERGY?.....

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After you take the 'Masculine or Feminine - Which are  
you?' quiz what are your results?

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What does a powerful feminine woman know first?

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What is the feminine NOT about? What is it about?

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'Take full RADICAL  
RESPONSIBILITY of our  
actions.'

- Dimple Thakrar

## Feminine and masculine energy:

Write down some of the key points you learned about the difference between feminine and masculine energy.

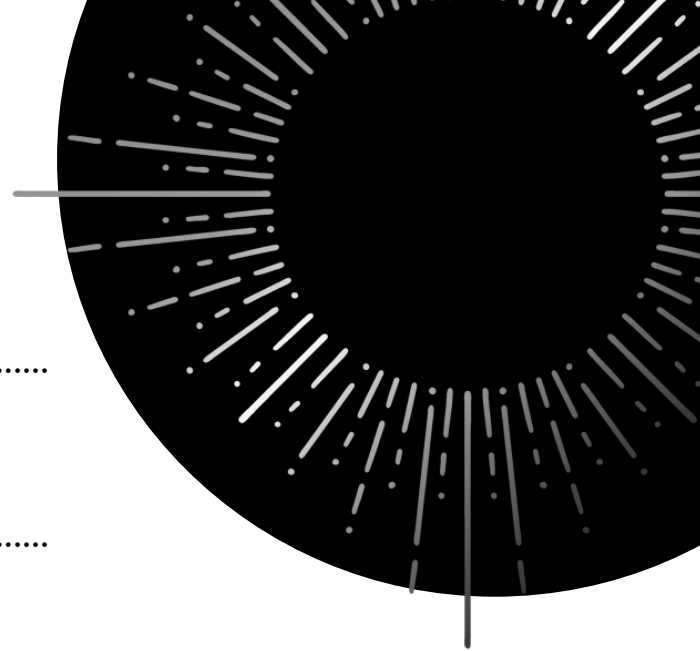
*Feminine*



*Masculine*



How do we de-emasculate our men? (Hint: 3 C's)



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How often do you de-masculate in your current or last relationship?

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What are you craving in you that is missing (safety, attention. etc)?

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What do you need to do in order to fulfil these needs in you? (HINT: see next question)

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What are the things that you love to do? (HINT: the things that keep you in your feminine)

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Who are you being in the moments when you communicate?

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Why is patience important in your relationship?

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What is the difference between asking because you want something vs. asking because you care?

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List all the ways you behaved in your relationship that you  
what to let go of the past?

Burn or release the paper into water and draw a line in the  
sand and let go.

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'I FORGIVE you.'

- Dimple Thakrar

Write all the lessons you have learnt from that behaviour.

Feel gratitude for learning those behaviours and ask in your heart that you no longer need to learn them that way and you can now learn them with compassion for yourself and your partner through love, not fear.

Send your self-love and gratitude to that woman who grew and learnt.

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What is the name of YOUR masculine woman?

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What is the name of YOUR feminine woman?

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Are you choosing being right or love?

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What is the importance of practising or nurturing your divine feminine vs. being a doormat?

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List all the new ways you are willing to communicate knowing what you know now in your relationship?

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What 3 things were your biggest takeaways in this program?

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What 3 feelings would you use to describe how you feel completing this program? share them in the Facebook group.

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*Magnetize*  
Your  
*Man*

Thank you

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