

# Stop Him in His Tracks and Get Him to Notice You



**Jonathon Aslay**

Have you ever walked into a room and noticed how some women get all the attention while others don't? Whether they are single or in a relationship, these attention-grabbing women have one thing in common that you need to have in common with them too...

They all know how to FLIRT.

Being able to flirt and letting a man know you're interested are your best bets for getting (and keeping) the attention of almost any man in your life.

Are your flirting skills a little rusty?

Fear not, my dear. Your Relationship Confidant Jonathon Aslay—Guy Spy Into the Male Mind—is here to share with you five valuable tips for giving any man in your life the “Green Light” and improving his short attention span long enough for you to flirt your way to his heart.



*Guy Spy Into the Male Mind—At Your Service!*

Once you start getting out there and spotting men with potential written all over them, the last thing you want to do is miss out on a chance to meet them. Ladies, you need a plan!

Let's begin with a few tips for getting more attention from men—the attention of men YOU choose to meet.

# A Guide to Flirting: Green Light Tip #1

Flirting is using your “feminine energy” to signal that you are in a RECEPTIVE mode, which jumpstarts a man’s “masculine energy” and shifts him into GIVING mode. And that’s exactly where you both want to be when determining if there’s potential for taking things further.

## Guy Spy Report

First of all, it’s key that you understand this about guys: We’re more apt to act “masculine” and pursue you when you eliminate our fear of rejection. This is why flirting is so effective and important! Flirting is “giving a guy the green light.” It lets him know YOU’RE interested, and that he should act on his interest in YOU.

Any guy who does NOT take you up on a green light isn’t worth your romantic consideration. Why not? Because YOU want and deserve a guy who acts like a MAN, and treats YOU like the great catch of a WOMAN you are. Don’t settle for less.

So what are some ways to flirt effectively? One of the simplest ways is to make eye contact—more than once, and with a smile. I’ll keep it simple, effective... and REAL.

## *Flirting Tip #1: Make Purposeful Eye Contact*

### **Step 1 -- Sit at the Intersection (Notice him):**

Say you’re at a coffee house, looking cute and reading your book. You notice a particular guy walk in, get in line, and wait to place his order. You feel the telltale tingle that says he’s your type—it’s in his look, the way he’s dressed, the way he rolls his eyes impatiently, etc.

### **Step 2 -- Look Both Ways (Decide if you’re interested):**

Observe him for a while and see if he does anything that kills the aforementioned tingle. Even more important, make sure he’s not wearing a wedding ring! If it’s a go on both counts...

### **Step 3 -- Give Him the Green Light (Communicate “I’m Interested!”):**

Ladies, straight up... If he’s a worthwhile man and has the SLIGHTEST interest in you, ANY encouragement will prompt him to come your way. So, do this:

1. Make eye contact for 2-3 seconds; then look away.
2. Make eye contact again, and add a warm smile. Check his response. If he doesn't react in some positive way (e.g., with a return look or smile), he's probably not interested—your green light has been ignored! If he does react positively...
3. Continue with the frequent eye contact and smiles until he makes a move (e.g., he waves, comes over, somehow engages with you). If he doesn't make a move, then he's not your guy.

Pretty easy, eh? Then what are you waiting for? Get on out there and work some eye contact! You've got nothing to lose, and only everything to gain.



*Let your eyes do the talking while HE does the approaching.*



## A Guide to Flirting: Green Light Tip #2

Let's review, shall we? Flirting is a way for you to harness your "feminine energy" and let a guy know you're interested in giving him a chance to prove his worth, but it's also doing it in a way so that he can set aside any fear of rejection long enough to approach you and at least ask for your name.

These simple yet effective tips are "green light" queues that say: "Show me what you've got, and you may just win the chance to ask me out."

Some tips, like purposeful eye contact and keeping him engaged, are active and require you to be more on your game; others, like this next one, are passive, but should be employed all the time if you're looking to meet a man—because you never know when or where "he" may turn up.

### Guy Spy Report

First of all, it's key that you understand this about guys: We're visual creatures. Maybe YOU can't judge a book by its cover, but WE can. Hey, it's not that we don't care about what's on the inside, but to get us to even flip through the pages, the outside has to pique our interest. As I like to say, "Men fall in love with their eyes; women fall in love between their ears."

The way you present yourself in public can definitely be construed as a "green light" to men, because when we see a woman who obviously works on appearing flirty and feminine, we figure she may just be dressing for the moment when she meets...us.

### *Flirting Tip #2: Have an Attractive Appearance*

#### **Look Attractive:**

To guys, a woman is attractive when she looks like she takes care of herself: She's put together, in good shape, and carries herself with confidence.

Stand before a full-length mirror and be honest with yourself—or have one or more stylish friends give it to you straight. Do you need a makeover? Should you lose weight? Are you still wearing your hair the way you did in high school? Are previous decades calling, demanding their clothes back? If so, here are some ways to get it together:

- Go to a highly recommended hair stylist, and ask for a great, low-maintenance style that flatters your face. Make sure it's something you can recreate at home!
- Wear natural looking, but flattering makeup. Don't cake it on! Most guys hate the heavily made-up look.
- Wear stylish form-fitting clothes that flatter your coloring and figure. Flip through magazines to get current, and shop discount department stores for chic, affordable threads.

## Do Things that Make You Feel Attractive:

To feel flirtatious and boost your confidence, you could:

- Treat yourself to a facial or manicure/pedicure.
- Have your teeth whitened.
- Work out to tone up and get that endorphin rush.
- Wink at a good-looking guy online.

## Act Attractive:

If it doesn't come naturally, do as they say and "Fake it till you make it." ACT attractive by having good posture, smiling at strangers, and overall carrying yourself with confidence.

## Find Your Inner Beauty:

Get yourself together spiritually and achieve peace within so that this journey can be for yourself! Yes, you want to find a guy, but more importantly, you want to find and be happy with YOU. And, guess what? When you do, your attitude will say to everyone you meet "This is the real me, and I like who I am!" Now THAT is attractive. Because when you are a happy, secure individual, you tend to come off as more open, friendly, and RECEPTIVE. Bingo! There's your green light.

**So remember:** Who you are on the inside counts for a lot when it comes to finding YOUR Dream Man. But you're making it harder on yourself to find him if your appearance doesn't encourage guys to approach and get to know you. So, make an effort! Work on the pretty within... and the pretty without. Both are important, and both reflect the real you.



*A woman is attractive when she looks like she takes care of herself.*

## A Guide to Flirting: Green Light Tip #3

So, how's the flirting going? So far, we've covered two great flirting tips: 1) *Give Purposeful Eye Contact* and 2) *Have an Attractive Appearance*.

Let's continue to build up the arsenal with yet another tip for giving any man you'd like to meet the Green Light so he can bravely set aside his fear or rejection—at least momentarily!—and approach you.

Again, the purpose behind these tips is to harness your “feminine energy” in such a way that it encourages a guy to demonstrate his worth to you. “Green lights” are like behavioral queues that indicate interest. If a guy is genuinely interested in you, a green light should be all he needs to initiate contact with you.

One excellent flirting tip for attracting a man's attention is... *Stand out in a crowd*. The concept behind this Green Light is that having a positive and exuberant vibe is attractive and a form of indirect flirting. How do you emanate such a vibe? Read on!

### Guy Spy Report

First of all, it's key that you understand this about most guys: We're attracted to “happy.” Just like most women, we guys are drawn to someone who comes across as upbeat, comfortable in their own skin, and carrying a minimal amount of emotional baggage. So, bring on the positive! Feel and act outwardly happy, and chances are we'll want to get to know you.

### Flirting Tip #3: *Stand out in a Crowd*

Having a healthy confidence in life is good for the soul. It's all about liking yourself, which will naturally draw others toward you because people tend to like optimists—you know, the “glass is half full” type? The “Bubbly”-type Colbie Caillat sings about?

Let your positive energy loose! By so doing, you call attention to yourself in a way that is non-threatening and, in fact, encouraging for someone who would like to approach you, but just needs that little nudge.

Say you're with a friend at the bowling alley. Here are some ways to say “stand out”:

- As you're settling in to your lane, putting down your things, **look around animatedly**. Pretend you're expecting someone else and are confused as to where they might be. This is an excuse to make eye contact and smile at anyone interesting.
- Walk around looking for the “perfect” size/weight bowling ball. Again, this is an opportunity to “bump into” people, work the room, and just be social. **Say something audible**, like:

“Geez...these are all mixed up! I just want a seven-pound ball...” Turn to those around you and ask, “Do you guys happen to have a seven-pound ball you’re not using?”



- While you bowl, **act like you’re having the time of your life**. If your ball goes down the alley, slap yourself on the forehead, play up the embarrassment, giggle hysterically with your friend— show that you’re having fun and can laugh at yourself. Likewise, if you bowl a strike, jump up and yell, “Woo-hoo! Yeah, BABY!”
- Go up to the snack bar and laughingly share with a guy you’ve noticed who’s waiting at the counter, “Man, we’re having a blast, but I really do need to learn how to bowl!” This is a way to **indirectly ask for help** without looking like a damsel in distress. It’s also another way of appearing bubbly and outgoing—the confident girl you are, who is up for new things.

Remember, as I pointed out in the last tip, when you’re a happy, secure individual, you tend to come off as open, friendly, and RECEPTIVE. And being receptive translates into “green light.”

So, get on out there and be noticeable! Behave in a way that says, “I like myself! I’m a happy soul who’d love to meet...YOU!” Anyone worth his salt will oblige.



## A Guide to Flirting: Green Light Tip #4

By now, you should know that men, even shy ones, will usually step up and approach you if they're interested, AND you make it clear you are too!

Remember, the purpose behind these tips is to make it easier for men to approach you by signaling to them that you are: a) interested, b) approachable and c) harmless—because a man's ego can easily be bruised by rejection.

“Green lights” equal YOUR behavior that says to a man, “show me whatcha got, and you may just win the chance to ask me out.” If there's interest on his part, a green light should be all it takes to get him to act on it.

Another flirting tip is...*Approach HIM!* Find an excuse to initiate contact with a man you find attractive and—as mentioned in an earlier tip—passes the wedding ring check. The concept behind this Green Light: Initiating contact with a man is a direct form of flirting. And, if he's interested in you, he'll take the bait. How to execute? We'll offer some examples in a moment.

### Guy Spy Report

First of all, it's key that you understand this about most guys: We are flattered when a woman approaches us. It appeals to our ego, and tells us, in no uncertain terms, that we've been noticed by you. Toss us a bone, and we'll happily trot back towards you with it in our mouth.



### Flirting Tip #4: Approach Him

As mentioned before, being confident is good for the soul. It's also good for your social life!

Just as standing out in a crowd can reveal you like yourself and draw others towards you, being outwardly friendly can have the same effect. Likewise, it gives that person who finds you attractive a nudge to “go for it!”

And, if he doesn't, what have you lost? You just end up looking like a confident, friendly woman. The trick is to be very CASUAL about it all. Act as though you're communicating with a friend, instead of a complete stranger. Got it?

Say you're enjoying breakfast at a high-end hotel, just one of the many places where you can meet the man of your dreams. Some ways to approach “him”:

- You're sitting at your table and notice a guy with potential glancing your way. If he holds eye contact at all, casually raise your glass of juice or coffee mug and jokingly toast him from afar. That's all! Return to eating your food. You could also try something like...

- Taking a ladylike bite of food, return his gaze as you gesture to your plate, make the “ok” sign, temporarily close your eyes and mime, “This tastes fantastic!” Voile! You’ve welcomed him into your world, established that you notice him, and possibly more. Or...
- Walk as though you’re about to pass his table, then look down, stop, and casually ask, “Hey, I’m sorry, but is that (point to his plate) the House Omelette? I was thinking of ordering it.” Again, an invitation to him to engage.

If a guy is attracted, he’ll be THRILLED if you make the first move. Trust me here. And “first move” in many cases can be as simple as saying “Hello” because, again, a man interested in and worthy of YOU will have the guts to take the ball and run with it. Think: Real men (i.e., your type) like to be the pursuer, but we don’t mind if you give us the green light first.

So, gesture or talk to him first. Do it twice, if you feel there’s a chance he didn’t see. But, be friendly and casual, and you won’t come across as aggressive or otherwise make him feel uncomfortable. If he’s interested, available, and “worthy,” he’ll do the rest.

You have absolutely nothing to lose, and quite possibly the man of your dreams to gain...



## A Guide to Flirting: Green Light Tip #5

Now that you've got the basics down, we can wrap up with the fifth and final Green Light tip. Don't worry! I'm not going anywhere. This flirting guide is just the "tip" of the iceberg, and is meant to be a fun, easy way to get you in the proper mindset to meet Mr. Right.

Flirting is important! Why? Because if you don't know how to flirt with purpose, your chances of landing Mr. Right are reduced. The man of your dreams IS out there, ladies. You just have to increase your odds of finding him sooner rather than later by frequenting places where you'll be inclined to meet him, then flip on the charm and signal him to walk your way.

But... what if you've gotten him to approach you, the two of you are talking, and you want to make sure you're signaling he should stick around?

This last flirting tip is a big one... *Keep him engaged*. Once a guy has approached you (or you've chosen to initiate contact a la Flirting Tip #4) and you've talked a bit, you may decide you'd like to keep things moving forward. If there's mutual attraction, the last thing you want to do is sabotage getting to know this man better! So, what do you do? We'll get there momentarily.

### Guy Spy Report

First of all, it's key that you understand this about most guys: If we're interested in a woman, it rocks our world to know she's on the same page we are. So, make sure you're sending the right message! Otherwise, you just might blow an opportunity to get to know a great guy better.

### Flirting Tip #5: Keep Him Engaged

The idea here is to make sure Mr. Guy with Potential KNOWS you're interested in learning more about him. Say you're networking at professional networking mixer. You and a male attendee have exchanged names, and you sense chemistry in the air. Some ways to clearly communicate your interest and keep the ball rolling:

Seize upon any personal detail he has shared, and ask for advice in that area. For example, if he's told you he's late to the mixer because he was getting his car washed, ask what car wash he recommends. Say you'll probably head over there tomorrow, since your own car needs washing. Keep the convo going by asking him directions. Simple, right? But, here, you're actually accomplishing a few things: Showing a common interest (having a clean car), asking for advice in a personal matter (where to get your car cleaned), and expressing a plan to use the advice (placing trust in him). It's a small gesture in which you remove the business formality of your meeting, treat him like a friend, and invite him into your world.

Ask his opinion about something he's interested in, then express a desire to learn more about the subject yourself. Say he's drinking a glass of wine and comments that he thinks it's either a good vintage. Ask, "Oh, are you a red (white) wine drinker? What is it you like about this wine specifically? I

really want to learn more wine and winemaking. Do you know of any good local places to do some tasting?” Before you know it, you might be planning a date to the wine country!

Give him some REAL eye contact as he talks. You know... the kind that’s intense, but warm? The kind that telegraphs, “I really like what I’m seeing and hearing right now” in an almost dreamy sort of way. If the feeling’s mutual, he’ll pick up on what you’re “saying” immediately, and hang with you awhile to see where it’s all headed.

Smile and maybe even invite him to sit down. Say you don’t mean to be rude, and you do want to hear the rest of what he has to say, but need to get off your feet. “I’m going to grab a chair for awhile,” you might share. “You’re welcome to join me, if you want.” If he’s interested, he’ll take you up on it; otherwise, he’ll probably let you walk away. Again, either you’ll buy more time with a guy who’s just as interested in you as you are in him, or stop talking to someone who feels he has better places to be. You’ll have clarity, and come out ahead either way!

If a guy is attracted, he’ll be THRILLED with any outward signs of engagement from you. Say and do things that indicate you’re curious to get to know him and/or spend more time in his company, and he’ll follow your lead. If not, move on, sister! There are always more fish in the sea, and you’re looking to find one that finds YOU irresistible.

Let me just wrap up this series by repeating these words of wisdom—because they need to be your mantra! Say it with me: “If a man is interested in and worthy of ME, he will have the desire and the guts to take the ball and run with it.”

Put another way (and, yes, I’m repeating myself to drill this into your great guy-deserving head), real men--i.e., your type--like to be the pursuer... but, we don’t mind if you give us the green light first.

So, get on out there! Use feminine energy to find, engage, and keep the Man of Your Dreams. Follow this advice, and it’ll only be a matter of time before “he” walks into your life. Like I always say, “Life is what YOU make of it. So take control of your destiny!”

Thanks for the opportunity to be of service.

Your Relationship Confident,

Jonathon Aslay  
*Guy Spy into the Male Mind*



[www.UnderstandMenNOW.com](http://www.UnderstandMenNOW.com)