

# Making a Step-by-Step Plan to Become More Attractive

with Kimberly Holmes



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Falling in love is a process.



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If you follow the process, you fall in love whether you mean to or not.



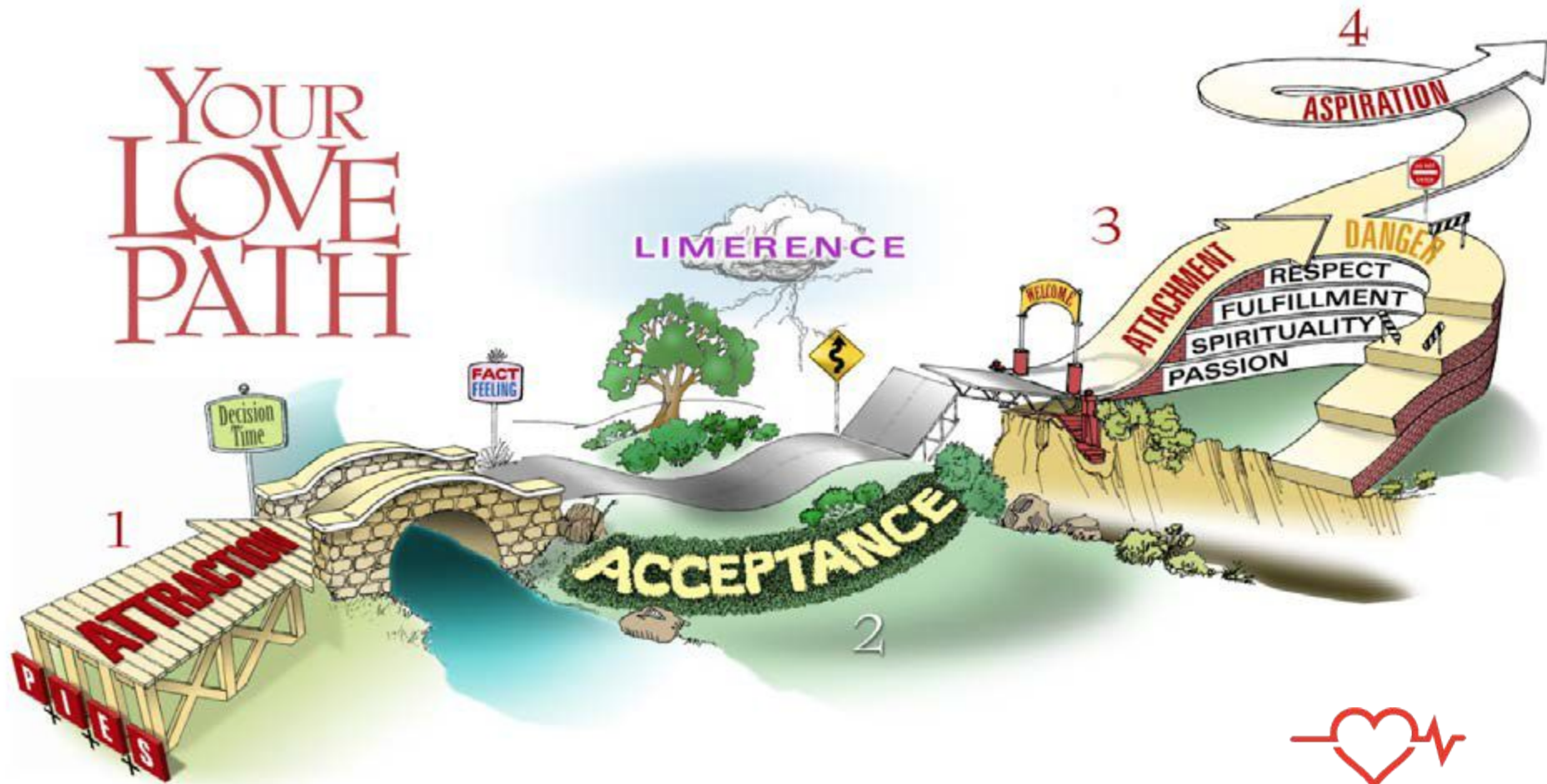
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If you vacate or violate the process,  
you fall out of love whether you mean  
to or not.



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# YOUR LOVE PATH



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And falling in love starts with...



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Attraction.



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# 4 Areas of Attraction

Physical

Intellectual

Emotional

Spiritual



# Physical Attraction

Is this someone that I am attracted to physically?

This changes over time, depending on age and situation in life.

Always stays important.



# Intellectual Attraction

Is this someone that I communicate with?

Is this someone that I can talk to?

Can we understand each other?



# Emotional Attraction

Does this person evoke emotions within me that I like feeling?

Do I like the way that this person makes me feel?

Most important of all 4 areas of attraction...and most people don't realize it is even an area of attraction!



# Spiritual Attraction

Not religion, but beliefs and values.

Does this person have a similar (or better) beliefs and values system to mine?



# How Bootcamp Works

- In the PIES bootcamp, you receive a 30 Day PIES Tracker.
- At the beginning of that book, there are self-assessments for each area of the PIES.
- Take these assessments and score yourself. Which area of the PIES are you lowest in? Which one are you highest in?
- This will help you know where to start to create your Step-by-Step plan.



# How Bootcamp Works

- During the next part of the video, we will go over how to create the Step-By-Step plan, using your 30 Day PIES tracker.
- You will need to set aside 30 minutes (after this video) to take the assessment, rewatch the step-by-step plan, and create your goals.
- If you need more help in picking what your PIES goals should be, watch the PIES examples video and complete the PIES examples workbook at [your.marriagehelper.com/PIESbootcamp](http://your.marriagehelper.com/PIESbootcamp)

## Let's Get Started!



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# Start With Why

If your WHY is not strong enough, your  
WHAT, HOW, and WHEN won't  
matter.





# Start With Why

You do your PIES for you.  
Not for your spouse.

Knowing that “If anything works, this will.”



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# How to Identify a Goal

The TASR System

Target

Achieve

Strategy

Resources



# TARGET

What is my TARGET?

What is my desired end result?

Example: I want my clothes to fit better

I want to be able to talk about more things in conversation

I need to be in a more positive mindset

I would like help make a change in others' lives



# ACHIEVE

How am I going to ACHIEVE these things?

What is the specific, actionable item I can work on to reach my target?

Example: For clothes to fit better, I need to lose 10 pounds.

To have more conversation, I need to read more books.

To have a more positive mindset, I need to surround myself with positive people.

To help others, I need to start volunteering.



# Strategy

What STRATEGY can I use to reach my goals?

Be specific. Set a 30-day goal. Break it down into weeks. Break the weeks down into day.

This is what the 30 Day PIES tracker is for.

Example: To lose 10 pounds, I need to join the gym and eat less sugar. Over the next 30 days, I will go to the gym 4 days a week for 60 minutes each time. Each day, I will limit my sugar intake to 1 item a day.



# RESOURCES

What RESOURCES do I need to help reach these goals?

What obstacles can I anticipate?

How will I overcome them?

Example: I don't have anyone to watch my kids while I go to the gym. I will join a gym that offers childcare. I will make it a priority in my budget to go to the gym. I will find an accountability partner to motivate me to workout.

My kids are going to be upset about the lack of sugar-y items at home. Therefore, I will buy more fruits and healthy snacks to offer as alternatives.



# Remember SMART Goals

Specific

Measurable

Achievable

Realistic

Time-based



# Accountability

Use the 30 Day PIES Tracker to hold yourself accountable.

Watch the PIES Example Video and complete the PIES Examples: How to Choose a Goal workbook for even more help and insight.



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# Looking for Even More?

PIES is one part of what you can start doing to make your marriage better.

Save My Marriage Course

911 Workshop

New courses released this year...



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