

This Seduction Sniper Worksheet is designed to help you get clear on the type of woman you truly want and the kind of man you need to become to attract her. You'll map out your traits, desires, and priorities, then do the same for her. The clearer you are, the more precise your seduction. Precision equals power.

YOUR PROFILE

• Spiritual Alignment

 What do you believe in? How important is spirituality or religion to you? What guides your decision making?

Physical Identity

 Describe your body, health, style, and what you want to improve. Do you like how you look? What do you project physically?

• Financial Reality

 What is your income level? What are your goals financially? How important is money to your identity?

• Social & Connection Energy

 Are you introverted or extroverted? Do you enjoy deep relationships or casual connections? How do you relate to others?

HER PROFILE

Looks & Aura

 What do you find attractive? Long hair? Specific features? Style? Does she keep herself up?

• Talent & Purpose

 Do you admire creativity, intelligence, or ambition? What skills or passions does she have?

Humor & Mind

 Do you want someone witty, sarcastic, deep-thinking, silly, or emotionally intelligent?

Lifestyle & Vibe

 Is she spiritual or logical? Adventurous or grounded? Homebody or always traveling? What vibe matches or complements you?



SEDUCTION SNIPER WORKSHEET

Fill out both sides with honesty and detail.

YOUR PROFILE	HER PROFILE
Spiritual Alignment	Spiritual Vibe
Physical Identity	Looks & Aura
Status & Resources	Talent & Lifestyle
Connection & Energy	Humor & Mind
Notes:	Notes: