

# The Attraction Approach

## 100 Key Points About Attraction Every Coach Should Know

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The attraction approach is a set of 28 principles, which are described in [The Portable Coach](#). The main points of Attraction have been summarized into the tables below for quick reference.

### 1. What is Attraction?

#### Attraction is these things

- ☐ Law of, and force in, nature
- ☐ Meme, an idea
- ☐ Approach to living
- ☐ Set of actionable principles
- ☐ Personal operating system
- ☐ Skill-set to master
- ☐ Increase of flow
- ☐ Path to self-discovery
- ☐ Value-added proposition
- ☐ Filtering system

### 2. Attraction Metaphors

#### Attraction is like....

- ☐ The Concorde airplane
- ☐ Windows 98 operating system
- ☐ Periodic table of chemical elements
- ☐ Electrical schematic
- ☐ Chakras
- ☐ Baskin-Robbins
- ☐ Superconductivity
- ☐ Chiropractic
- ☐ The gym
- ☐ A move to the country

## Why Attraction Works

### 3. 10 reasons why Attraction works well

- ☐ Become more attractive to yourself
- ☐ Better filtering
- ☐ Raise your standards
- ☐ Strengthen your personal foundation
- ☐ Attract better community/network
- ☐ Become very grateful, satisfied
- ☐ More value to offer to others
- ☐ Understand life's dynamic
- ☐ Simplify your life
- ☐ Eliminate blocks/tolerations/costs

## Power of Attraction

### 4. What makes the Attraction Approach so effective?

- ☐ Sustainable
- ☐ Naturally attractive
- ☐ Evolutionary
- ☐ Flexible
- ☐ Actionable
- ☐ Start anywhere and anytime
- ☐ Synergistic
- ☐ Inter-developmental
- ☐ Universally applicable
- ☐ Integrative

## Learning Attraction

### 5. What are the 10 steps?

- ☐ Read "The Portable Coach" book
- ☐ Notice your reactions to principles
- ☐ Select principle(s) you like most
- ☐ Experiment with that principle
- ☐ Notice how you start to change
- ☐ Notice how your environment changes
- ☐ Talk about these changes
- ☐ Identify an attraction-based win
- ☐ Experiment with four more principles
- ☐ Become attraction-based

## Changes to Make

### 6. What changes are needed for Attraction to work best?

- ☐ Give up 'pre-designed future'
- ☐ Eliminate the to-do list
- ☐ Eliminate need for external validation
- ☐ Accept unacceptable people
- ☐ Trust your whims and experiment
- ☐ Learn from your environment
- ☐ Find different stimulation sources
- ☐ Experiment with "absence of"
- ☐ Abandon beliefs and opinions
- ☐ Carve out your own reality

## Benefits of Attraction

### 7. How is the Attraction approach helpful?

- ☐ Less stress
- ☐ Better goals
- ☐ Fewer problems
- ☐ Less confusion
- ☐ Less decision-making
- ☐ More energy
- ☐ Increased learning
- ☐ More enjoyment
- ☐ Nicer people
- ☐ Stronger Network

## Progressions

### 9. These are 10 of the Attraction-oriented three-step "evolutionary progressions"

- ☐ Flow > Synchronicity > Serendipity
- ☐ Capacity > Bandwidth > Flow
- ☐ Personality > Qualities > Character
- ☐ Accept > Integrate > Assimilate
- ☐ Listen > Experience > Evolve
- ☐ Efficiency > Productivity > Effectiveness
- ☐ Seduction > Promotion > Attraction
- ☐ Attentive > Present > Responsive
- ☐ Momentum > Flow > Chaos
- ☐ Stockpile > Reserves > Reserve

## Why Attraction

### 8. What global trends have set the stage for Attraction?

- ☐ Efficiency, productivity
- ☐ Disintermediation
- ☐ Instant and immediate service
- ☐ Creativity, experimentation
- ☐ Just-in-time learning and training
- ☐ Entrepreneurism rules
- ☐ Humans are civilizing rapidly
- ☐ Individualism is now honored
- ☐ Crumbling of institutions
- ☐ Curiosity, fewer taboos

## Application Tips

### 10. How to get the most value from the Attraction principles

- ☐ Master your favorite five (out of eight)
- ☐ Don't force the principles to reach a goal
- ☐ Take your time to learn these. No rush
- ☐ Integrate principles into your life, not the other way around
- ☐ As you simplify, there's more room for Attraction to work
- ☐ Start with tolerations-reduction
- ☐ Use the available 100-pt checklists
- ☐ Don't force yourself to 'be attractive'
- ☐ Experiment with all 28 principles
- ☐ Moderation, when possible