



# 10 STEPS TO BECOMING A HIGH VALUE WOMAN AND ATTRACTING A HIGH VALUE MAN

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# HELLO!

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I'm going to share what I've learned in my 18-year journey to becoming a High Value Woman (HVW). In my 20s I thought I had it all figured out only to realize I was absolutely clueless. I've made mistakes and I've had regrets, but I'm here to guide you through the simple yet profound lessons I wish someone had shared with me a long time ago to save me time and heartache.

Time is precious, and you don't have a moment to waste.

The good news is, it's never too late to become a HVW. Whether you're single or married, young or seasoned, you can elevate yourself to attract the right suitor or make your current partner desire you like never before.

My journey to becoming a HVW was gradual, filled with lessons and mistakes that led me to the confident woman I am today.

Now, I feel confident, beautiful, intelligent, accomplished and I'm spreading my sparkling aura everywhere I go. High-quality men are entering my life effortlessly. I'm not desperately searching because I'm too busy creating my own happiness. When we focus on the good, the good finds us ;)

SABRINA AMAN

# FIRST THINGS FIRST !

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TO ATTRACT A HIGH VALUE MAN (HVM),  
YOU MUST BECOME A HIGH VALUE  
WOMAN (HVW).

## YOU CAN'T FAKE BEING A HVW.

This guide is not for women who are interested in learning how to play games, seduce or manipulate men to get what they want.

It is for women who are seeking genuine, lasting relationships built on love and shared values.

Becoming a HVW is a journey of practice and nurturing. No one wakes up high value even those born into wealth. It's a skill that can be learned, and it's within reach for everyone, regardless of their background.

The beauty of it all? It doesn't take years to learn. Just a few weeks of daily practices can reshape your mindset and lifestyle and you can be on your way to enjoying the fruits of being a High Value Woman.





# LET'S PRACTICE IT UNTIL WE BECOME IT.

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Have you ever met a guy pretending to be confident?

I have. They're often called "narcissists", and beneath that exterior lies deep insecurity.

YOU DON'T WANT TO MIMIC HIGH VALUE:  
YOU WANT TO EMBODY IT AUTHENTICALLY



Let's not fake it until we make it; let's practice it until we **become it**.

Start with the 10 essential steps you can take today to step into your greatness.

Please note that becoming a HVW is not just about finding a partner; it's about attracting high-quality friends, life, and lifestyle. It's about feeling fantastic in your own mind, body and soul, with or without a partner by your side.

This ladies, is what magnetizes a quality man into your life.

Here's to your journey of self-discovery, radiance, and attracting the greatness you deserve!

# 01. DISCOVER AND FOCUS ON YOUR PASSION

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"AN IDLE MIND IS A DEVIL'S PLAYGROUND."

Many women make the mistake of seeking fulfillment and excitement in their partners instead of cultivating it within themselves. This often leads to unhealthy attachments and settling for partners below their standards.

For instance, if you hate your 9-5 job but stick with it for the sake of paying bills, you might attract a lower-quality partner with whom you'd settle because it's convenient. Your attitude towards work reflects in your dating life.

If you're dissatisfied with your job, challenge yourself to find a better one. Believe that you're qualified for something better, or gain the necessary qualifications.



If you are content with your job but still feel bored, find a hobby that you enjoy that will bring joy to your heart. When you do something that you love, you glow with confidence whenever you talk about it. And guess who notices that right away? A High Value Man.

A High Value Man is confident and passionate about what he does. He is looking for the same in his future partner. He wants to feel inspired by you. He wants to learn a thing or two from you. You never want him to feel like he is too good for you.

By pursuing your passions whether it's a career or a hobby, you become desirable and irresistible by showing him that you care about various areas of your life outside of romantic relationships.

Many people struggle finding their passion and purpose in life thinking they don't have one. This is why I love helping women realize the passion and purpose they never knew they had through my 1:1 coaching program. If you need support with this, don't hesitate to get in contact with me.

## 02. MAINTAIN HEALTHY RELATIONSHIPS

THE COMPANY YOU KEEP REFLECTS WHO YOU ARE.

Would you rather be with a man who has strong friendships and a healthy family relationship or someone with absolutely no friends and family connection?

Maintaining healthy relationships with friends and family demonstrates that you are loved and appreciated, making you content even when single.

If family relationships are challenging, invest in friendships or build connections within a community. A woman with healthy relationships signals to a man that she is valued and appealing.

When you are busy focusing on your passions, friends and family, you'll have less time to dwell on the misery of being single and bored. Instead, you'll be single and content because you have love surrounding you.

NO MAN WANTS TO BE THE CENTER OF YOUR UNIVERSE UNLESS HE'S A NARCISSIST.

Show a man that although you are available to date, you also have family, friends and a hobby/career that you love!



## 03. BE PRESENTABLE

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Your appearance and demeanor speak volumes about your confidence. How you walk, how you talk, how you sit up, how you dress, and your hygiene say a lot about your self-worth.

Being a HVW isn't about dressing up to the nines. Heck, I hate dressing up! You can dress casually and still be sophisticated and high value. Your hair, skin, and nails should always be clean and fresh. No, your nails don't have to be polished and your skin doesn't have to be flawless, but you need to keep them clean, fresh and presentable at all times. Again, looking High Value isn't about looking glam. It's about looking well put together as a feminine woman.

High-value men notice details, from your nails to your posture. Being high value means you exude confidence and take pride in your appearance. If you are like me and you love dressing casually, just make sure the casual attire is cute, feminine and sophisticated. You can look comfortable and cozy in a flattering way. Always make sure you look presentable no matter where you are going because you never know who you might meet. And most importantly, so that you can feel confident and beautiful within yourself which will boost your self-esteem.



PAY ATTENTION TO HOW YOU PRESENT YOURSELF: IT MATTERS.



## 04. RADIATE CONFIDENCE

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BE A WOMAN WHO KNOWS HER SELF-WORTH.



True confidence is magnetic and alluring. This isn't about faking it; it's about truly feeling sure about yourself. No one is born confident. It's not a God given gift that a lucky few have. Confidence is something that is earned through courage. If you can be courageous enough to step out of your comfort zone to do something you've never done before, you will become confident.

But this is a whole topic in it's own so let's save it for another day.

If you're not currently attracting high quality men and opportunities left and right, then I hate to say that you're not embodying true confidence.

My Heartache to High Value online courses will show you how you can become confident and high value in your love life and career in less than 14 days. For an Early Bird discount, enroll before October 9 for a one-time **20% off discount**. Use code **Earlybird20**. Or feel free to contact me for private 1:1 sessions.



## 05. DON'T CHASE. ATTRACT

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When you meet a potential suitor, don't over communicate with him. Remember, you are busy. Be cordial, friendly and make time for him but not every single time. Again, you're busy.

This is not about playing games. Answer your phone when he calls, respond when he texts, but don't be overly excited and eager. It is in our innate feminine nature to jump up and down and feel an overwhelming amount of butterflies in our stomach when a High Value Man seeks us. I know because I used to be like that.

High-value men appreciate women who exude calm confidence. Remember, it is an honor for him to have a chance with YOU. You need to have that type of confidence because he will sense it and it will make him desire you more. This is what makes a man court you with chivalry and respect.



Again, this is not something you can fake or pretend. High Value Men are drawn to women who recognize their own worth and don't overly invest too soon. It's about creating a balance, not playing games. In order to exude true alluring confidence, you must feel it on the inside.

If you need to learn how to master the art of true confidence so that it becomes ingrained in your blood, enroll in Heartache to High Value for 32 lessons and exercises that will transform your confidence.

## 06. BE INTELLIGENT AND SOPHISTICATED

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High-value men appreciate intelligent and sophisticated women. Stay informed, read, research, listen to podcasts, and engage in conversations on various topics.

A BEAUTIFUL WOMAN MIGHT ATTRACT A MAN IN THE BEGINNING BUT YOUR BEAUTY ALONE WON'T KEEP HIM.

Your intellect and kindness will.

A HVM loves learning and if he can learn something from you, he'll find you captivating and sexy! Sexiness isn't just about physique. Many HVM are sapiosexuals, so although your physical attributes can capture his attention, your mind and heart are the only things that will sustain it.

When a man talks about something you don't know about, show curiosity and interest in learning. Ask questions so that he can dive deeper into it. This will show him that despite how intelligent you are, he too can teach you new things. A High Value Man loves to lead and teach as much as he loves to learn. So even if you are intelligent, be humble and open to learning from him so that he can feel good about guiding you. These little moments that make a man feel masculine are what makes him want to lead, protect and provide for you. Never be a "know it all" even if you are. You can be intelligent and feminine at the same time.



## 07. BE KIND

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Nothing is more attractive than a beautiful, intelligent, humble and kind woman. Confident doesn't mean arrogant. No one likes a conceited and arrogant woman because arrogance is only a reflection of insecurity. True allure lies in kindness.

Practice it genuinely, not just to capture a man's attention but for your well-being and others'. When we are kind to others, the universe will be kind to us. Kindness should be an integral part of your character, whether single or in a relationship.

When you meet a high-value man, he'll recognize your genuinely beautiful and compassionate heart. He will notice that not only are you girlfriend material, but someone he can pursue with intention to have you as a potential wife and mother of his future children.





## 08. CONTINUOUSLY IMPROVE YOURSELF

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Nothing is worse than meeting a High Value Man and then screwing it up because of our lack of self-awareness. It is important that we are constantly doing inner-work to grow, learn and elevate in our emotional intelligence. No one is perfect. We all have our shortcomings and past traumas. Acknowledge yours and work on them.

Read self-development books that can help you become the best version of yourself. Become the type of person you want to marry especially when it comes to the traits and qualities you seek. Don't expect qualities you don't have as you'll be seeking a man from a place of void and not confidence.

High Value Men seek compatibility in self-aware individuals committed to growth. It takes two willing people to nurture a healthy union and both individuals in a relationship should be committed to personal growth.

When you are working on being the best version of yourself, you'll naturally attract a High Value man who too is working on himself.

## 09. MAKE EFFORT TO MEET HIGH-VALUE MEN

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To find a high-value man, put yourself in places where High Value men are likely to be. There are so many ways to meet people these days from dating apps, networking events, coffee shops, meet up groups, community events and even volunteering for causes you believe in. Let your friends know you are ready to find your life partner because you never know who knows who.

Whatever you do, make an effort to put yourself out there because no High Value Man will come knocking on your door while you're at home being a couch potato.

If you are tired of dating apps, it's because you haven't learned how to master the art of using a dating app to your advantage. You've been doing it all wrong.

Dating apps are a lot easier than you think if you have a strategy on how to attract a High Value Man on there. Everything from the type of photos you post, to your bio and occupation matter. Hint: NEVER put your occupation.

If you need help with this, don't hesitate to reach out to me and I can help you through one session. You can be on your way to finding the love of your life without wasting time, energy and make up by going on dates with losers.



## 10. MANIFEST HIM

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To attract anything we want in life, we have to believe that we are worthy of it. Part of believing in it is by pretending we already have it.

For example, if you want to attract money, you will never attract it by saying “I am struggling financially, I don’t know how to make money”. But you can attract financial abundance by shifting your mindset to saying “Money is not hard to make and money is on it’s way to me”. This little mindset shift even when it seems hard to believe can actually work like a miracle.

The words you speak can create your future. So think into existence. Speak into existence. Write into existence. Work into existence. Love into existence.

Begin by believing you are worthy of the type of love you so desire. Become the woman I highlighted above. Believe that this HVM is out there searching for YOU. He is literally looking for you, so you must make yourself ready and available for him by avoiding wasting time with those who are not aligned with your goals and vision.

It’s better to be single and available for the right man than to be distracted by someone else who will prevent you and delay you from meeting YOUR man.

Wake up every day with gratitude for all the things that you have in your life. While practicing gratitude, be grateful that your partner is on his way to you. Literally say “I am grateful that the love of my life is on his way to me and I am ready to meet him”.

This is how you manifest and attract the things that you want by claiming through gratitude that you already have it.



# COMMON MISTAKES THAT ARE ATTRACTING LOW QUALITY MEN IN YOUR LIFE:

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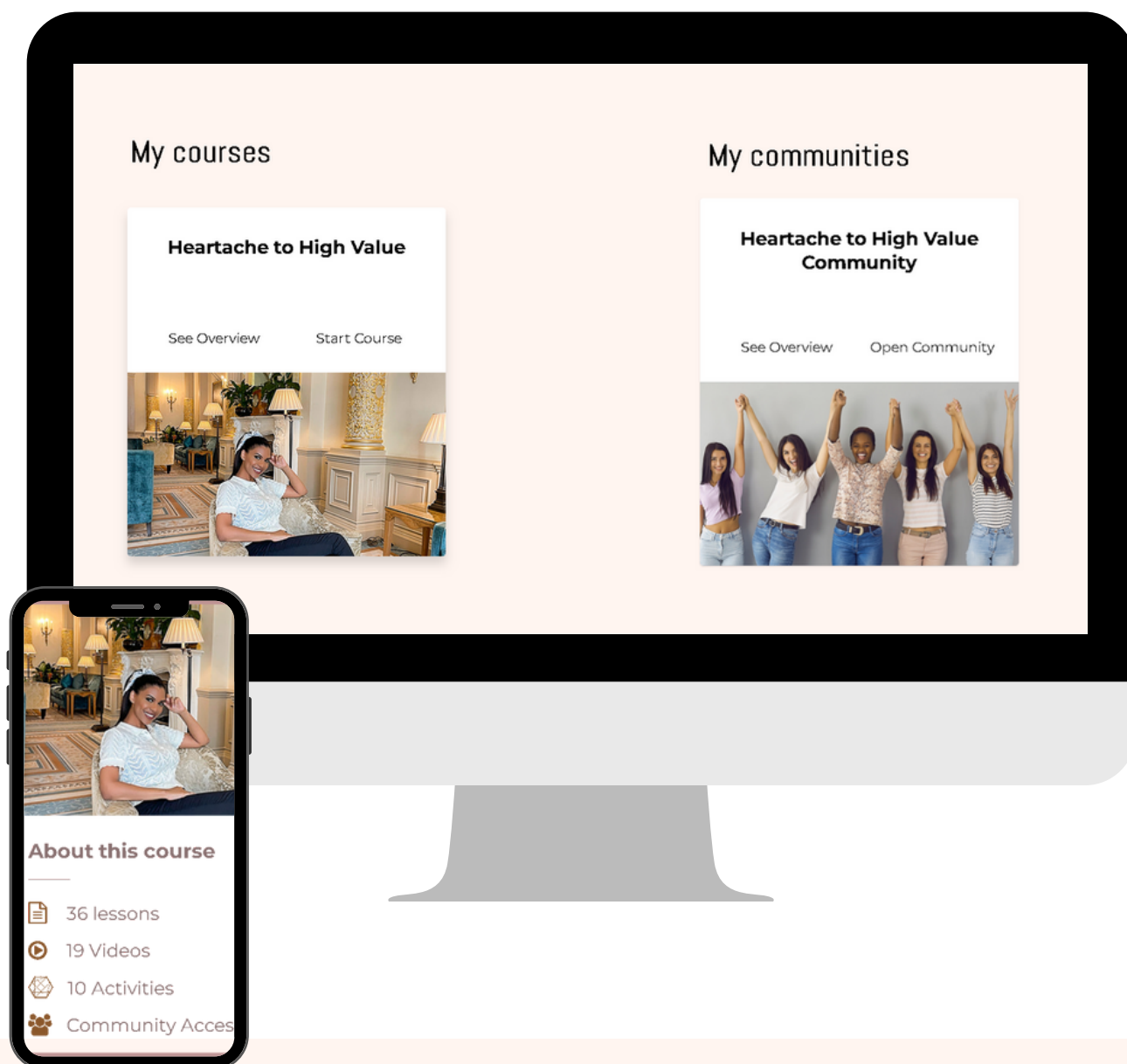
- Not being clear on your fundamental values and standards
- Not knowing your value and worth
- Not having a healthy screening process before investing your makeup and energy for a date
- Asking the dreadful “what are you looking for” question. There's another way to ask this question.
- Sweeping red flags under the rug for instant gratification
- Not paying attention to red flags when they are in front of you
- Low self-esteem despite how beautiful you are on the outside
- Desperate need for a partner to fill a void in your life
- Ignoring the nice guy that's in front of you
- Unresolved past trauma
- Bringing your masculine energy to the date

If you are having a hard time finding a High Value Man, it's because you're making mistakes that are only attracting low value men. Attracting a HVM doesn't require an art of seduction, but awareness of your own self-worth and selectively bringing that energy to the table - in a feminine way - for a man who is worthy of your time.

For further transformation, join [Heartache to High Value](#) for a self-study crash course on how to build enough confidence that will help you heal after breakup or divorce and attract the type of life, lifestyle, love and success you very much crave.

For a tailored 1:1 support where I hold your hand and walk the transformation journey with you for 12 weeks, book a [free 15 minute consultation](#) with me to discuss if my Breakup to Breakthrough program is right for you.

You are beautiful. You are worthy. You are a High Value Woman.



## TAKE MY HEARTACHE TO HIGH VALUE COURSE

Heartache to High Value offers tools and strategies to rebuild your self-esteem and create a new lifestyle based on clear values, boundaries, routines, and goals that will allow you to thrive, experience pure joy, and therefore attract a wonderful new partner or improve your current relationship from a place of healthy self-love.

For an Early Bird discount, enroll before **October 9** for a one-time **20% off discount**. Use code **Earlybird20**.

**[CLICK HERE TO START RIGHT AWAY](#)**

# SABRINA AMAN

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Confidence Coach, Documentary  
Director, & Charity Founder



I'm a Confidence Coach dedicated to helping you rebuild your confidence after Divorce or Breakup. I'm quite passionate about my work because I share a similar journey to yours. I know how hurtful and scary it feels to come out of a relationship not knowing what to do next. I know how it feels to feel lost and unmotivated. And most of all, I know how it feels to lose your confidence. After spending too much time researching , learning and finding ways to self-help, I found the amount of information out there exhausting so I stopped and created a simple framework that helped me get my spark back after my divorce. I'm here to teach you how to do the same. Also known as a documentary filmmaker on humanitarian and social issues as well as the founder of a charity that serves refugee camps in Africa, I am passionate about using my voice to tell important stories that lead to positive change individually and globally.