

The Art of Seduction

by Robert Greene

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **Audit the Atmosphere You Create**

Before your next important interaction, choose three sensory signals: pace, color, sound, lighting, gesture, or clothing. Make the room feel intentional before trying to be impressive.

MON TUE WED THU FRI SAT SUN

- ⁰² **Practice the Unfinished Sentence**

Share one vivid detail, then stop. Do not over-explain the memory, opinion, or story. Let curiosity have a job to do, then notice whether the conversation leans in.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Listen for the Hidden Fantasy**

In a conversation, track what the other person seems to want to feel: chosen, safe, admired, free, powerful, calm, or surprised. Respond to that emotional wish, not only the literal topic.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Choose One Mask Consciously**

Experiment with one Greene archetype for a night: Charmer, Dandy, Natural, Coquette, or Ideal Lover. Use it as a lens for energy and pacing, not as a fake identity.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Create Rhythm Without Games**

Delay one non-urgent response, not to punish or manipulate, but to prevent reflexive availability. Return with something more thoughtful than speed would have produced.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Check the Ethical Line**

After any attempt to influence, ask: does this make the other person more awake and free, or more confused and dependent? Keep only the moves that preserve their agency.