

What to Text Him

free guide

Cheat Sheet to Successful Texting

Your guide to knowing what to text and when, so there are no questions about what a **high-value** catch you are!



www.jennrieswykcoaching.com

What does high value texting look like?

Match Energy, Not Effort



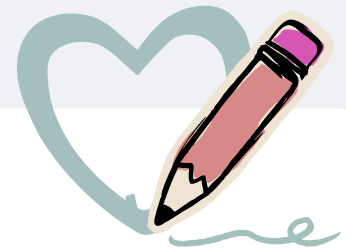
A high value woman will always be the pursued. Match his energy and let him reach out.

Not overly available



A high value woman has a life of her own and does not drop everything when a potential love interest texts.

Playful with Clear Boundaries



A high-value woman knows how to have fun and be flirty but knows her wants and needs and will not hesitate to express them.

Doesn't over-explain



A high-value woman will never need to make excuses or explain her decisions because she is secure and independent.

My Top Texting Tips

01

Don't share too much about your life

You want to remain a bit mysterious. Curiosity is power.

Example:

HE SAYS:

What are you up to?

SAMPLE REPLY:

Just got home from a fun afternoon. You?

OR:

Taking a phone binge break from being productive. How about you?

02

Responding to Lazy Texts

When you respond playfully but sarcastically, he may get it and he may not, but don't want to chase him.

Example:

HE SAYS:

Hey. or What's up?

Sample Reply:

Oh hey, I would give you 2 out of ten for that opening line 😏

03

Setting Boudaries (High-value Style)

Setting boudaries early and expecting to be treated a certain way leads to no confusion and open communication.

Example:

HE SAYS:

Wanna hang out?

Sample Reply:

A little late for plans. Would love to plan something for another time. Thanks for asking!

OR:

I don't do last minute. Maybe another time.

04

Being Flirty Without Trying too Hard

When you're interested in someone, it's natural to be flirty. Just don't try too hard or break any boundaries you will regret later.

Example:

HE SAYS:

What are you wearing?

Sample Reply:

Wouldn't you like to know! We'll have that discussion when you prove you're worthy 😏😘

OR:

He says:

You seem like trouble.

Reply:

Scared you can't keep up with me?