

The L.A.S. V.E.G.A.S. System

A Self-Assessment Tool

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THE L.A.S. V.E.G.A.S. SYSTEM: A SELF-ASSESSMENT TOOL

by Neil Strauss

There's a theory that when someone meets a potential romantic partner, they quickly assess them on a subconscious point system. And if you have enough points, you have a chance at winning her heart.

It's time to discover how many points you have, and how many points you can gain. Rate yourself in each of the qualities below on a scale of one to ten, where one is completely deficient in the trait, five is average, and ten is perfect.

Judge yourself not as you see yourself, but as you believe others see you. Try to be as honest and realistic as possible. Write your answers in the spaces below.

LOOKS

Looks are actually not about your physical features. They are about how you present yourself. Rate yourself on your grooming, posture, eye contact, whether you stand out in a positive way, and if your style attracts the type of person you want to be with.

RATING _____

Suggestion for Improvement: Examine yourself in a mirror for areas that need better grooming; find role models whose style you admire; make dates to shop for clothing, shoes, and grooming supplies with women you meet.

ADAPTABILITY

Ever notice that uptight men tend not to do well with women? This is because they aren't adaptable. Rate yourself on your adventurousness, spontaneity, independence, risk-taking, social intelligence, flexibility, and ability to handle new situations and environments.

RATING _____

Suggestion for Improvement: Write down a few things you'd like to do in your lifetime. Focus not on career or relationship goals, but recreational skills and adventures—learning to scuba dive, taking a safari in Kenya, building a kit car, or competing in a triathlon. Then circle one of these items, and commit to doing it in the next six months. Enter it into your calendar six months from now, to make a firm deadline for yourself.

STRENGTH

Strength is the ability to protect people and make them feel safe. Some men display this through money or muscle, but those aren't necessary—and often aren't enough. So rate yourself on being an effective communicator, having a powerful frame, living in your own reality, your ability to take care of others, and criteria such as assertiveness, leadership ability, courage, loyalty, decisiveness, and self-assurance.

RATING _____

Suggestion for Improvement: From the list above, select one attribute you need to work on in order to add a point to your strength. Then start demonstrating it in social situations, whether it's showing you're decisive by ordering for a table of your friends at a restaurant or demonstrating your communication ability by talking your way into a store when it's about to close.

VALUE

Value actually consists of three elements: what you think your value is, what she thinks it is, and what impartial observers think it is. Rate yourself on the degree to which you're the leader of a social circle, admired by others, able to teach people things, and comfortable displaying high-status behaviors. Other criteria include being intelligent, interesting, talented, entertaining, successful, self-sufficient, and creative.

RATING _____

Suggestion for Improvement: Make a list of five reasons a person would want to see you again after meeting you for fifteen minutes. The list should be based on the value you either project or provide to her. Commit to learning one new skill, game, or attribute to add to that list.

EMOTIONAL CONNECTION

This is the home of rapport and abstract concepts like chemistry. It's about possessing qualities that make people feel excited, connected, comfortable, and understood around you, as if they've just met a best friend or soulmate. Rate yourself on your success in finding commonalities with strangers, creating deep rapport with people, being in touch with your feelings, and listening closely to others, and on criteria such as compassion, positivity, selflessness, and empathy.

RATING _____

Suggestion for Improvement: Fear, insecurity, and lack of self-awareness block the ability to emotionally connect with others. Try to spend part of each day communicating, sensing, and existing with an open heart, and through your deepest feelings—whatever that means to you. Drop any pretensions, masks, and walls that separate you from others. If you disagree with people, rather than trying to make your point, empathize with what they're feeling. If you're not the type to meditate, then step outside your comfort zone, go to a class or retreat, and try it.

GOALS

Goals are defined not by what you do, but by your ambitions and what you're capable of doing. Rate yourself on the clarity of your goals, dreams, and hunger for life. You can measure your potential to achieve them by determining if you possess traits like stability, efficiency, perseverance, and the ability to learn quickly.

RATING _____

Suggestion for Improvement: On a separate sheet of paper, write actionable goals for yourself an actual timeline for achieving each goal, with definite benchmarks. Make sure you include any financial requirements or potential complications in your calculations. Adjust this schedule every year based on new insights, information, and accomplishments—and live by it.

AUTHENTICITY

An authentic person is happy with himself and embraces even his imperfections. Rate yourself on your “congruence”—the alignment between the face you show to the world and what you’re really like on the inside. Keep in mind that having contradictory sides to your personality doesn’t make you incongruent. Having a duality, contradiction, or complications can make you more rich and compelling as a person. But being phony, insincere, or disingenuous do not.

RATING _____

Suggestion for Improvement: On a piece of paper, write down the qualities you try to portray to the world. Next to each, add a one-to-ten rating for how closely that quality matches who you really are, deep inside. For any quality you rated under a seven, write down the obstacle that prevents it from being true. For example, if you want others to think of you as confident, but you rated your actual feelings of confidence as a five, then your obstacle is insecurity. If the trait is financial success, then the obstacle is your lack of wealth. Work to remove that obstacle. Sources of help can include self-improvement books, seminars, therapy, or life changes such as a new job, hobby, or social circle. This will not be a short or easy road, but you won’t regret taking it.

SELF-WORTH

This may be the single most important attribute here, and the well-spring from which most of the others flow. Rate yourself on your sense of confidence and worthiness, as well as your lack of fears and insecurities about yourself. Examine your willingness to take up space as you move through the world, how well you accept compliments, how comfortable you are when other people pay attention to you, and how much you deserve the devotion of a woman of the highest caliber. Do you truly believe that you're entitled to the best the world has to offer?

RATING _____

Suggestion for Improvement: In the end, self-worth is what this is all really about. Examine yourself compassionately and rigorously, work on your shortcomings, eliminate sticking points, raise the bar for yourself, and develop relationships with positive-minded people. As you experience more and more success, you will recognize, embrace, and exude more and more self-worth.

TOTAL SCORE (ALL EIGHT CATEGORIES) _____

L.A.S. V.E.G.A.S. SCORE (total points divided by 8) _____

The above is an excerpt from "Rules of the Game," a New York Times bestselling book published by Dey Street/HarperCollins. Copyright © Neil Strauss.