



THE FIRST 7 DAYS PLAN

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INTRODUCTION

Why the First 7 Days Decide Everything

You just met a man who looks promising. He has money. He has presence. He seems interested. Your heart is doing backflips but your brain is panicking because you have been here before and it never works out.

Here is the truth: the first 7 days after meeting a high value man determine whether he sees you as a serious prospect or just another option. Most women mess up this window because they either come on too strong or play so hard to get that the man loses interest.

This plan gives you the exact blueprint. What to do each day. What to say. What not to do. Follow it step by step and by Day 7, you will be firmly planted in his mind as someone worth pursuing seriously.

You never get a second chance to set the tone.

DAY 1

The Warm Follow Up

You met him yesterday (at an event, through a friend, on an app, wherever). You exchanged numbers. Today is about establishing warmth without seeming eager.

What to Do

Send one message. Just one. Keep it short and warm. Something like: 'Hey [name], it was nice meeting you yesterday. You had great energy. Hope your day is going well.'

Send it between 10am and 1pm. Morning is too eager. Evening is too late. Midday feels natural, like you just happened to think of him during your busy day.

What Not to Do

Do not send multiple messages. Do not call. Do not stalk his social media and like 15 photos. Do not add him to your close friends on Instagram yet. One message. That is it.

If He Replies

Keep the conversation light. 3 to 5 exchanges maximum. End the conversation first. You can say: 'Let me get back to work. Talk later?' This positions you as busy and in demand.

If He Does Not Reply

Do nothing. Absolutely nothing. Do not send a follow up. Do not check his last seen. Go about your day. Some men are genuinely busy. Others want to see if you will chase. Either way, silence is your best move.

DAY 2

The Presence Day

Day 2 is not about texting him. Day 2 is about being visible.

What to Do

Post something on your WhatsApp status and Instagram story. Something that shows you living your life. It could be you at a nice place, a funny observation, a good outfit. The goal is for him to see it and think about you without you having to text him.

If he replies to your status or story, respond warmly but keep it short. Let him carry the conversation. If he does not react, that is fine too.

What Not to Do

Do not text him unless he texts first. Do not post thirst traps trying to get his attention. Do not post sad or lonely content. Keep your status looking like a woman who has a full, interesting life.

DAY 3

The Curiosity Builder

By Day 3, if there has been some back and forth, you can initiate contact. But the goal today is not a conversation. The goal is to plant yourself deeper in his mind.

What to Do

Send something that references your first meeting or conversation. Something like: 'I saw [something related to what you talked about] and immediately thought of you. Funny how that works.'

This message does three things. It shows you were paying attention. It creates a shared memory. And it makes him feel like he is already special to you.

What Not to Do

Do not ask him to hang out. It is Day 3. Too early. Do not send long messages. Do not start deep conversations about life and feelings. Keep it light and intriguing.

DAYS 4 AND 5

The Pull Back

This is where most women fail. They have been texting for 3 days and now they feel like they need to keep the momentum going. Wrong. Days 4 and 5 are about creating space.

What to Do

Go quiet. Not silent. Quiet. Still post your stories and status updates, but do not text him. Let him feel your absence. If he has been enjoying your conversations, he will notice when you are not there. And when he notices, he will reach out.

If he texts you during this window, respond but take your time. 1 to 3 hours between replies. Short, warm responses. You are busy living your life. He is welcome to be part of it, but you are not waiting around.

Why This Works

Men value what they think they might lose. If you are always available, always texting, always responding instantly, he has no reason to chase. The pull back creates a small vacuum. His brain fills that vacuum with thoughts of you. This is not playing games. This is understanding human psychology.

If He Does Not Reach Out

If he does not text during Days 4 and 5, do not panic. Some men need more time. Continue to Day 6 as planned. But if by Day 7 there has been zero effort from his side, you have your answer.

DAY 6

The Re-engagement

You have been quiet for about two days. Now it is time to come back, but in a way that feels natural and not calculated.

What to Do

Send a message that is warm but slightly different from your previous conversations. Try sharing something interesting. An article, a funny video, a restaurant recommendation. Something like: 'I found this and had to share it with you. Tell me this is not amazing.'

This positions you as someone who adds value to his life, not someone who just wants his attention. You are not saying 'I missed you.' You are saying 'I thought of you when I saw something interesting.' That is much more attractive.

The Phone Call

If the conversation flows well after your message, this is a good time to move to a phone call. You can say: 'This is too much to type. Call me when you have 10 minutes.'

A phone call by Day 6 deepens the connection significantly. Hearing your voice, your laugh, your personality. This takes the relationship from 'interesting texts' to 'real connection.'

DAY 7

The Positioning Move

Day 7 is decision day. By now, you have established warmth (Day 1), shown your lifestyle (Day 2), built curiosity (Day 3), created space (Days 4-5), and re-engaged with value (Day 6). Now it is time to position yourself for the next level.

If He Has Been Active and Interested

Let him suggest meeting up. If he has not by Day 7, you can drop a hint: 'We have been talking for a week and I still do not know what your laugh sounds like in person. That needs to change.'

This is playful and confident. You are not asking him on a date. You are pointing out that the natural next step is to meet, and you are comfortable saying it.

If He Has Been Lukewarm

Do not chase. If after 7 days of strategic engagement he is still giving 50% energy, he is either not interested enough or he is like this with everyone. Either way, he is not the one making moves. Redirect your energy to other prospects.

The Week 2 Preview

If things are going well, Week 2 is about deepening the emotional connection. Move from surface level banter to slightly deeper conversations. Ask him about his goals, his family, what he wants from life. Let him see that you are not just a pretty face. You have depth.

But that is another guide. For now, if you executed Days 1 through 7 properly, you are already ahead of 90% of women in his phone.

The first week is not about being perfect. It is about being intentional.

WANT THE FULL SYSTEM?

This bonus guide is just one piece of the puzzle. The complete system is inside **How to Attract Rich and Generous Men** — the main guide that has already changed hundreds of lives.

11 chapters. Real strategy. No fluff. Everything from where wealthy men actually are, to how to make them chase you, to keeping them forever.

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