How to Feel Sexy Everyday

Looking sexy and feeling sexy are two totally different things. Not every woman is the stereotypical body shape and look. I want to help you FEEL your sexiness and cut out the thoughts of comparison. I am excited to see how this list helps you connect to the beautiful, confident woman that you are!

- ☐ Get ready for your day.
- ☐ Tell each body part that it is beautiful. I like to do this while I'm applying lotion.
- ☐ Change up your routine. Step out of your comfort clothes, hairstyle and makeup.
- ☐ Look at yourself in the mirror with compassion.
- ☐ Do one thing a day that is just for you. Take a bath, paint your nails, read a book, watch a show, call your mom. Above all serve yourself once daily!
- ☐ Smile at others once daily. Big, wide smile.
- ☐ Roll your shoulders back and stand up straight.
- ☐ You know the ever popular book, Girl, wash your face? Woman, shave your legs, bikini line, and arm pits.
- ☐ Create a powerful affirmation statement to tell yourself every day.
- ☐ Buy and WEAR sexy panties.

Above all sexiness comes from feeling confident in your skin. No matter your skin, shape, size, or height. Become friends with your soul and sexiness will pour out of you!

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