

Fast Track to Femininity Cheat Sheet

1

Pay attention to the visual: wear what flatters you and makes you look more feminine – consider texture and the way clothes fall on your figure; remember hair, makeup, footwear, and accessories.

2

Femininity is grace: staying graceful and gracious even under pressure is feminine and highly attractive in any situation.

3

Warmth, sweetness, and kindness: are qualities that men love in the woman they're with; a woman who cares about herself & others is highly attractive.

4

Show your charm: allow your charm to come through your genuine personality – use your smile, laugh naturally and find the pleasure in the moment you're in

5

Use your eyes & body language: the way you enter a room, the way you move and hold yourself, the eye contact that you demonstrate tells him how comfortable you are in yourself & your femininity.

6

Be comfortable in your sensuality: men remember a sensuous woman – add light touch into your interactions; this will send him shivers and leave him wanting more.

7

Let him lead: while you set the pace: encourage him to lead the interaction and to give first, while you give back at the same level; you set the pace to one you're comfortable with by always sticking to your standards

8

Encourage him to be the man you can depend on by allowing yourself to be a feminine woman: appeal to his “protect & provide” instinct and allow him to look after you.



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