



### The Top Ten **Sexy** Tips Checklist

1. **Have you taken the time to apply makeup that enhances your best facial features?** Even on a rushed day, it's a good idea to represent yourself as a well-groomed woman who puts effort into her appearance. When you feel sexy and confident, the world is yours for the taking.
2. **Do your clothes fit your body type, and are you feeling confident and sexy in what you are wearing?** Keep in mind that sexy clothes can even be conservative, as long as you feel your best and carry yourself with poise! Accessories such as sexy heels, eye-catching belts, trendy sunglasses or that perfect Little Black Dress can make your night perfect before you even head out the door. Don't be afraid to take bold risks with your style; stand out in a crowd!
3. **Have you had enough rest at night, and are you planning a vacation or spa day soon?** Remember that the time you invest in yourself is time well spent, as you renew your energy and build your confidence to move ahead in life! Even a simple bubble bath can be a relief after a hectic day, and that much-deserved time alone is priceless. While family and work are certainly important, you can only feel 100% sure of yourself when you are energized. Save up your pennies if you have to in order to afford a day of relaxation away from all the stressors of your daily life... you will not regret spending the money on yourself!
4. **Are you standing up straight and looking people in the eyes?** When you hold yourself with high regard, others cannot help but take notice and treat you with that same respect and interest. For a moment, imagine how you come across to stranger at a party: Are you friendly and interesting? Do you look angry and unapproachable? Are you hiding in a corner, avoiding any contact at all? While being confident may not come naturally, it is a skill we all can develop. Use mantras such as "You are sexy!" repeated in your mind until you believe them. You'll be amazed at just how quickly you are convinced it is true!
5. **Do you have on sexy underwear and a bra that makes the most of your body?** Even if chances are that no one else will catch a glimpse of your under-things today, there is still a certain rush from knowing the silky secrets you are hiding beneath the fabric of your clothes. Taking the time to wear matching underwear and a bra, especially ones that accentuate your best assets, will surely pay off when you remember throughout the day that you may be dressed for work, but you can still be sexy anyway!
6. **Are you on time? Is your car a mess? Do you have some cash in case of emergency?** As silly as it may sound to place importance on being punctual and prepared, these are some of the key traits sexy women possess. The sexiest women do not rush into a room, frazzled and unorganized with no way of covering their own tab if someone else runs short. Sexiness is a general feeling of confidence and calmness, which are more easily developed through being ready for any spontaneous situation, not making others wait on you and presenting a clean and organized life to the world.
7. **Have you treated yourself to a manicure and pedicure lately?** Keep in mind that everyone will see your hands, like it or not. However, if yours are an embarrassing display of dry skin, jagged nails and chipped polish, all hope is not lost. You can take a few moments to apply clear polish and moisturizer to your nails in a hurry. If you have time (and funds), however, there are dozens of nail salons in even the smallest cities and the cost of getting a full manicure and pedicure treatment is likely less than a movie and dinner with friends. Why should you be ashamed of your hands and feet when it is so easy to make them look great?

8. **Are you willing and open to new experiences in the bedroom?** Keep in mind that sexy is as sexy does... we cannot encourage confidence and sexiness outside of the bedroom if we do not address it inside the bedroom. Don't hide under the sheets or switch off the lights so fast... maybe a change is just what you need in the bedroom! Whether you are single, married many years or just randomly dating, you should feel secure with your body and keep an open mind when it comes time to get busy. Dirty talk, adult toys and sexy lingerie all have a place and a time. Of course, while all things sexual to one person will surely not turn on everyone, an open mind will take you a long way in the world of fantasies behind closed doors!
9. **Can you lighten the mood in an instant?** Do you always have a story to share? One of the personality traits most often admired is confidence in awkward situations. The grace it takes to get a conversation going, the patience that is needed to endure a boring talk and the creativity required to get people to enjoy their surroundings: these are all qualities to be working towards. When you can bring lighthearted fun into a situation, your confidence becomes key. Before you enter a social situation, keep in mind that your own sexy self esteem may be just the element needed to get everyone else in their own best mood. Don't underestimate your powerful gift!
10. **Have you repeated your sexy mantra to yourself daily?** Do you look in the mirror and remind yourself of just how sexy you really are? Be your own biggest fan, and others will follow. Know that you are sexy, desirable and interesting, and do not be afraid to remind yourself of that each day. Say to yourself "I am a sexy woman" over and over again. You will begin to believe it soon enough! Always remember to carry yourself with an air of sexy confidence and never, ever talk yourself down from that high. Begin today and you will thank yourself tomorrow!