

How to

become irresistible to your man in 4 easy steps!

Hey, Goddess.

You don't have to get half naked to get your mans attention. If you're being needy he'll run. If you're feeling empowered and want to share that with him.. oh, he'll come! Like a moth to a flame.... You're Welcome x

01

Breathe. Yep.

The no.1 thing to notice when you're around your guy, (or texting him etc) is how you're breathing. If you're stressed or angry (at him or life in general) HE WILL FEEL THAT and want to run.

Take the deepest breath, focus on your breath, fill up your belly and as you breathe out soften as much as you can. Take as many breaths as you need to and feel a sense of calm - get out of stress mode.

Watch how he then responds to you with love and 'heyyyy baby'.

02

Wriggle your toes.

We get stuck in our heads because our jobs demand our intellect. A. LOT.

Your entire body sensitivity shuts down (it's where our womanly magic lives).

To men you are now as appealing to them as a brick wall! It's helpful in the work place, and preventing unwanted attention from men, but when you're with your guy let that magnetism flow. He wants to feel that magic radiating from you.

Get back in your body. Wriggle your toes. Circle your ankles. It won't take long Allow it to feel good and then say hi to your man....

Watch how you're instantly even more appealing and irresistible to him.

03

Don't talk about the dramas of your day with him.

It kills your yummy relationship vibes.

FACT: Men dislike problems. They are problem solvers.

SO any problem which you talk about, they'll want to fix. And us as women, we looooveeee to talk about problems and discuss every single option available to us. This is actually painful to your man. Not because he doesn't care for you but because he can't fix it for you! Because you don't want to fix it! You're just chatting about your day....to him it's just puzzling, he doesn't get it. Save it for your girl friends.

Get to the point 'my day was stressful/fun/frustrating/good.' and LEAVE IT THERE. He'll breathe a sigh of relief, chill out and enjoy YOUR company way more.

04

Think of all the ways you adore him. (especially when he's annoying you).

When you're in the same room, not out loud but in your head, THINK of every last detail of what you love about him. YEP. Even include all the things about him which annoy you and how much YOU LOVE THEM. Make a game of it in your head. Your mood will totally transform, he'll feel all that unconditional love flowing from you and he will not be able to put you down!

Get practising your skills Goddess and have fun! Lots of love, Enjoy x