

Capture His Heart: And Make Him Love You Forever 2.0

**Wake Up Gorgeous: 8 Hours to
“Unbelievably Sexy”**

Intro & Hour 1

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Intro & Hour One

You have a plan for engagement. You could just get out there and work that plan and watch the men in your life come running.

But you want something more, and I think you deserve to have your cupcake with rainbow sprinkles and a cherry on top, and eat it too. With no calorie gain, girlfriend.

And here's how you can get it ALL, and keep it for as long as you like.

The ultra-awesome part is that you're only going to need a single day, and not even the entire day. Actually, **you'll be sleeping the entire time.**

Sound good? I'm sayin'!

The “Sleep On It” Technique

Here's how it looks: I've split the next section into eight parts. Go through and take in the lessons (or skip around and do only the ones you think you'll need the most). Then tonight, when it's time for bed, write down on a slip of paper – I like to use sticky notes on my mirror – the Wake Up Gorgeous “reminders” I've included for each of the sections.

Just watch for the sticky note images at the end of each section.

Take time to review each reminder and the lesson it contains. Then, when you go to sleep – and you should plan to get an 8-hour rest if you can – tell yourself that you'll be taking in these tips, one lesson during each hour your brain and body are at rest.

You need both your conscious AND your unconscious mind working together on this so that you'll be absolutely unstoppable.

Sleep plays a critical role in memory, and even though your waking mind may have taken in some new information very comfortably, your sleeping brain takes what you’ve acquired and consolidates it into your subconscious as well, so that when you wake up you not only feel refreshed, but you also have all your new learnings and attitudes firmly secured so that you’re ready to put them into play.

And just so you’ll know, I’m not giving you anything you don’t already have. When I titled this “Wake Up Gorgeous,” I meant for it to be a wake up call to the inner beauty and confident woman you already have hidden away inside you.

The “Gorgeous” in that title is YOU!

I’m just helping you wake her up and get her ready for all the attention she’s about to receive. . . Because it IS coming, and you need to be ready.

Another fantastic way to make the 8-hour Wake Up Gorgeous plan work for you

Let’s say you have a major date coming up, and you need to “tone up” your mad Make Him Chase You skills.

Go through the eight lessons, choose the one (or two) you most need to focus on, and schedule yourself a power nap.

Write your message to yourself on a sticky note, read it with firm intention right before you head off to dreamland, and let that message soak in while you sleep.

When you wake up, you’ll be primed and ready to be your undeniably gorgeous man-magnet self!

Ready? Let’s do it!

HOOR ONE: The single sexiest thing you’ll ever wear (and it’s not what you think)

Attitude is everything.

If you’re going to radiate wholesome, authentic sex appeal, you need to send your insecurities packing, pronto!

The single sexiest thing you’ll ever wear – both in and out of the bedroom – is confidence.

The Catnip Principle

I have a little patch of catnip that I planted at the edge of my garden. I get a huge smile out of watching the cats in the neighborhood find it, because I always get a show.

They sometimes seem a little startled when they first come across my little slice of kitty heaven, but pretty soon I'll see them rubbing themselves against it, hopping delightedly through it, chewing off a leaf or two and tossing it in the air!

A woman's authentic confidence is like catnip for men.

It sends them just a little bit happy-crazy! They can't help themselves – they want to be near you because you make them feel... relaxed and zippy at the same time! They are drawn to return to you again and again for that fresh hit of energy and joy that comes from just being around you.

Crazy but absolutely true!

Have you ever known one of those women everyone wants to be friends with? EVEN THOUGH she may not have been a great beauty? The reason people like her, the reason men and women (probably kids, too) flock to her has little to do with her looks; it's primarily centered in her positive, shining attitude. Her confidence.

The Catnip Principle means people – men in particular – are going to invent any reason they can think of in order to simply be around you. They probably won't even understand WHY they're so attracted to you, but they will be!

The simple key to unlocking your confidence

Do you have a voice of inadequacy that runs a constant stream of negative comments in your head? Unfortunately, many of us do. But half the battle of kicking out that little devil and locking the door behind her is to begin by knowing she's there.

Do you have trouble accepting a compliment?

Do you sometimes crack jokes about yourself that point to a poor body image?

Do you slouch, walk quickly, keep your arms crossed over your chest, or

hide yourself in clothes that don't fit well?

Do you “fish” for negative feedback? (Do you think I should stop wearing tank tops because of these flabby arms? Be straight up with me, I can take it.)

All of these things reinforce negative and unhealthy thought patterns. The simple key to unlocking your confidence is to stop the self-critical chatter than goes on in your head.

Here are eight tactics that will help you put the stop on that sneaky, self-destructive little devil:

1. **Hire a mental lawyer to debunk each (tired old) self-critical argument your inner critic puts forth.** When your inner bitch launches one of your body-confidence bombs, let your inner lawyer calmly and firmly refute her claims and back it up with evidence to the contrary. Or let her rip it ruthlessly to shreds. Whatever it takes.
2. **Start wearing gorgeous underwear.** The clothes nobody sees can be your secret weapon! Just knowing how undeniably attractive you are underneath it all can be precisely the boost you need when taking on your inner critic.
3. **Make a mental “sexy scrapbook.”** Make a list of all the “hot body” attributes you have, and when you're feeling down on yourself, go back over them and remember how many assets you really do rock!
4. **Practice your “honey and cream” walk.** Put some sexy into your swagger. Be the most delicious thing on two feet. Unhurried. Liquid. Womanly. Walk like a million bucks, and the world will turn to watch you pass!
5. **If you think your inner critic knows something you don't, take time to carefully consider her charges.** Are you feeling frightened or uncomfortable with something in particular? Be willing to take an honest look at things you need to change, and tackle them head on.
6. **Sleep naked.** Get comfortable in your skin. Check yourself out in the mirror after a shower, and make your own sexy catcalls. (Ooo, Sugar Mama. You're lookin' smokin' hot today!)

7. **Accept your props.** When you get compliments, reply with your thousand-watt smile and accept with grace and pleasure. The more you do it, the more you'll begin to understand that you really do deserve them!
8. **Don't be critical of others, either.** The more you get in the habit of looking for and emphasizing the sexy, gorgeous, sunny goddess in yourself, the more you'll do it for others as well. Don't damage your positive mindset with inward OR outward-focused negativity.

The beautiful part about the sexiest thing you'll ever wear is that your own confidence is perfectly unique in the world.

No one else has it! Just you. And when you wear it like the sheerest, most luxurious gown hot off the fashion runway, you will be a complete original. No one can duplicate what you have, although many will want to.

Wake Up Gorgeous sticky note:

