

# **Capture His Heart: And Make Him Love You Forever 2.0**

## **Wake Up Gorgeous Hour 3: Worksheet**

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# Wake Up Gorgeous Hour 3 Worksheet

## Make your (body) move

I know you have your Wake Up Gorgeous sticky note, and you remember what it says, but just in case, I'm going to remind you before we do this next exercise:

***The "Body Odds" are SO stacked in my favor, it's practically unfair. My sultry eyes, my sexy moves, and my mint-fresh, healthy, and beautiful body are mine to employ and enjoy.***

So here's my beginning point for you. **Which body moves have you used before now to really make yourself feel sexy and successful?**

Make a few notes about the situation, man, or time when you were utterly sexy and totally workin' your hot body, whether it was using a seductive look, a sensual shimmy, or something else bold and beautiful. . .

It was super hot when I \_\_\_\_\_.

He really got excited when I \_\_\_\_\_.

I'll bet \_\_\_\_\_ [name of guy] never forgot the time

I \_\_\_\_\_.

Guys always seem to respond positively when I

\_\_\_\_\_.

Don't worry if you can't complete the section above, because you get to choose how you start making your beautiful body work for you starting today, if you like!

So with that in mind, take a look over the body moves compilation below and put a check by the ones you plan to test out at your very next opportunity...

Hey, sexy lady, don't check them ALL just yet! Try to check just 5 items to start with, that way you'll have them in your mind and ready to go when the situation arises...

- \_\_\_\_\_ 1. Use the intense (long) gaze
- \_\_\_\_\_ 2. Try out bedroom eyes
- \_\_\_\_\_ 3. Do the visual tour
- \_\_\_\_\_ 4. Beam him your thousand-watt smile
- \_\_\_\_\_ 5. Send over short darting glances from the corner of your eye
- \_\_\_\_\_ 6. Brush up against him "accidentally"
- \_\_\_\_\_ 7. Lick your lips (while making eye contact)
- \_\_\_\_\_ 8. Gently bite your lips (while making eye contact)
- \_\_\_\_\_ 9. Touch your exposed neck, or run a finger along your naked collarbone
- \_\_\_\_\_ 10. Tilt your head at him and grin wickedly
- \_\_\_\_\_ 11. Let him see you dancing alone to music – this works whether you are in a music venue or are listening to music on your headphones
- \_\_\_\_\_ 12. If you're sitting next to him, slowly and deliberately slide your chair closer
- \_\_\_\_\_ 13. Run your fingers slowly through a lock of your hair when he is looking in your direction
- \_\_\_\_\_ 14. Do your "honey and cream" walk (liquid, slow, with hips!) past him

- \_\_\_\_\_ 15. Inhale deeply, then release your breath slowly while looking at him and barely smiling
- \_\_\_\_\_ 16. Point to a chair and invite him to sit with you
- \_\_\_\_\_ 17. Slowly uncross, then recross your legs while looking at him
- \_\_\_\_\_ 18. Lean slowly toward him and put your elbow on the table, hand in chin while looking at him (then smile!)
- \_\_\_\_\_ 19. When you know he's watching, shimmy a little in your seat
- \_\_\_\_\_ 20. Inhale deeply and audibly through your nose as he passes you, let your head turn to follow him
- \_\_\_\_\_ 21. Let him see you visually checking him out
- \_\_\_\_\_ 22. If you're sitting near him, allow your feet to touch his feet

## ***Taking care of YOU***

Last item. What areas are you going to address in order to be mint-fresh and scrumptious every day? Look at the list below and make a choice about what areas you can start addressing today. Choose one and resolve to come back and choose another one (if you need to) later. You're worth this!

- \_\_\_\_\_ 1. I am going to make healthier food choices, starting today.
- \_\_\_\_\_ 2. I am going to go through my closet this week and donate the clothes I don't like or don't wear.
- \_\_\_\_\_ 3. I'm going to start updating my wardrobe this week, even if I only buy one beautiful, sexy item.
- \_\_\_\_\_ 4. I'm going to start getting the exercise I need and deserve, starting today.
- \_\_\_\_\_ 5. I will stop slouching, and start improving my posture, beginning today!