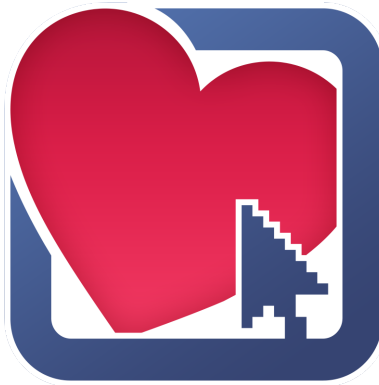


Capture His Heart: And Make Him Love You Forever 2.0

Wake Up Gorgeous Hour 7: Worksheet

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Wake Up Gorgeous Hour 7

Worksheet

YOU are his treat!

Ready for a little fun? You're gonna enjoy this. We've been talking in this section about how to tease, tantalize, and arouse him using all his senses, and now you get to make yourself a sexy, private little shrine that's going to get you going.

Gather together the following items:

1. **One or more items designed to make him stare.** This can be a sexy pair of thigh-highs, a little container of body glitter, even a sexy (temporary) body tattoo. Would you believe you can get really fun temporary tattoos for your breasts (check out Tatatoos.com). How fun is that?
2. **One or more items designed to make you smell incredible.** This might be a new, fabulous shampoo or even a bottle of your favorite scent.
3. **Several "sexy sounds" written down on pretty scraps of paper.** Use a torn section of stationery, or even a scrap of lace.
4. **A lovely cloth napkin or item of stemware.** This is to remind you about the sexy picnic you'll be planning in the very near future. You can even use a ripe, beautiful piece of fruit. Or if you're planning to do the popsicle trick, maybe a brightly stained popsicle stick...!

Make your sexy shrine

Find a place to artfully arrange your items, and even drape a string of novelty lights or place a scented candle nearby. It could even be where ever you've put your Wake Up Gorgeous sticky note for this section. This is all to remind you that YOU are his tasty little treat!

And what might happen if he actually discovers your tiny shrine to deliciousness? Hmmm... That might just get verrrry interesting!