

# SEXY, SASSY

# &

*a bit spicy*



DON'T JUST HAVE A LIFE  
HAVE AN EXTRAORDINARY LIFE

# 3 SECRET'S STEPS

---

TO YOUR SEXY, SASSY  
&  
A LITTLE BIT  
SPICY SECOND HALF

Give yourself a break, never stop loving, never stop learning, don't let fear or worry cause you to fill stuck, Find yourself a coach and remember it's all about you.

A L L R I G H T S R E S E R V E D 2 0 1 8

## SEXY AND CONFIDENT

---

- » Sexy not tacky or flashy
- » My sexy lingerie
- » Increased sex appeal

## JUICY AND VIBRANT YEARS

---

- » Healthy Lifestyle
- » New and Interesting Things
- » Change Your Attitude

## SASSY AND GORGEOUS

---

- » Undo That Button And Be Comfortable
- » Challenge Yourself In The Mirror
- » Never Complain And Invest In Yourself



## SECRET PREPARATION TO LOOKING AND FEELING BETTER

1. Be kind to yourself.
2. Travel and dance wherever or where ever you can.
3. Changing your connection circle and networking for a second chance in life.
4. Give yourself permission to love again first you and then love on others.
5. Ask yourself questions everyday about what you can do to make each day better.
6. Manicure, Pedicure and facial, Treat yourself to it as often as you can.
7. Changing your style of clothing will cause you to touch and stroke yourself again. You really look good.

## SEXY AND SASSY TIPS

This is your life so why not steer it in the direction you want to go in without feeling guilty that you did. Whatever is no longer working in life for you then change it. You are not alone in this midlife awakening period, So Let celebrate your independent healing to a more sexy and sassy second change lifestyle.

### *Sexy not tacky or flashy (manicure-pedicure-makeover)*

---

Sexy is used to describe something like clothes, music, words, you name and the way you look and the way you carry yourself. People who are sexy are attractive in a way that makes other people interested in them. Women are sexy when they follow their passion that could be as a writer, fitness instructor, entrepreneur or as a committed mom taking care of her family also seeing yourself strong in your conventions can be pretty sexy.

When a woman is confident in herself, when she is feeling sexy and alive, she lights up. She does not struggles with who she is or what her purpose is, She is full from the inside out with waves of warm pleasure and love that radiate through her. She is first appealing to herself and the to others.

Talking to others and telling them the truth in a loving way can be seen as sexy, When people can see the bigger you someone who shows love as she walks the pets and love on the people in a room as you dish out humorous stories and being transparent and fearless all at the same time. Even sharing a moment of laughter and fun that become contagious as well as sexy.

The way you wear your hair and how you do your nails all the way down to the the designs you have on your toes can all be seen as sexy. What I tell women is embrace and love all the change that come with life and watch what you say about yourself treat yourself as the beautiful and sexy women that you are. Once in a while buy something sexy that makes you feel your best and most of all stay connect to your partner and don't be afraid to have fun in the bedroom, What happens in the bedroom stays in the bedroom.

## SEXY AND CONFIDENT



### *Loving my sexy lingerie ( indulge your desire and build your collection) inner wear*

If you think you have to wear those unappealing underwear after a certain age then you need to think again. In the next two week I want you to purchase lingerie that looks and make you think sexy. Sexy lingerie is for more than turning men on, It's about claiming who you really are and it turns you on just to know that you not only turn the heads of men but its make you take a step back and take a second look at your sexy self.

You maybe saying what does it matter, my companion doesn't care what I wear as long as I take it off or no one can see what I have on or how about this i' single so their no need to wear sexy lingerie and i beg the different. How you feel about yourself extend a long way and what you think about yourself so will others, When you wear those new and sexy lingerie you will walk differently, stand differently and you will show off even those no one can see what you have on.

What if you had on an old bra that the lace is torn and the underwire is poking you and the cotton underwear you have on and the rubber on one leg is over stretched and riding in up and down , Not a pretty picture nor does it feel right and remember what grandma said about having clean under on at all time you never know who will have to look at it, now let put on a set of the new lingerie you just purchased pretty good looking feels better too.

When you only show yourself special once in a while your saying I don't deserve anything more, Words and thoughts are powerful and how you dress also affects your confidences and your self esteem. The one big ideal is to impress yourself, Feel beautiful and confidence on a daily basis. So stop in at a store and get sized so the every area of you is covered and more put together.

## *Increase your sex appeal (a clothing change) outerwear*

What you wear can say a lot about your wardrobe and a lot about you. What you wear like your outerwear says what type of employment you are in, as well as your ambitions, emotions and spending habits. You can be what your clothes reveal about. you. Your clothings help you figure out where you fit in.

The circle you are in, even how people sometimes use clothes as tool to see where you think you or want to be and as a weapon clothes are often use against you by someone angry.

Are your clothing boring, baggy, shapeless or do your clothing say your exciting, interesting and sexy. When you hear the word 'fashion' do you just think fashion magazine and you mind goes to all the outerwear you have, Hey let's make your closet a fashions item which may only need to be coordinated together. What's more important to you taste or style or are you ASDF wanting to sort of figure out what your taste is. Clothing can be as intimacy, emotion and memorable as you need them to be. There's no right or wrong unless your trying to keep with the Jones.

There's a language of a woman's clothing Check out fashion sites to see how stripes and plaid can rematched together, I found this bit of information and I thought I would pass it on. When she's signaling sexual interest what color is she wearing and how revealing is her wardrobe. if she's looking for a relationship or if she dressed for herself and just out for a good time. It can all be found on line and this could be helpful in how you dress.

Nothing makes me feel more ladylike than a dress, especially the belted variety for me it's a more mature kind of sexy, A Revealing V-Neck Top I'm in a thinker mold, The sexier a women dresses she could be competing for attention. My High Heels as I turn in the mirror I'm thinking: Is that really my butt.

Hot shoes is it's acceptable to say my butt looks hot in those jeans" Now don't let me wear Something Red I'm thinking: I feel confident.



## *When you put on heels what are you thinking*

Wearing Red, a hot color, suggests that a person is outgoing, whereas blue, a cool color, suggests that she's reserved. So people who wear red are trying to attract more attention to themselves than people who wear blues or grays. But there are always those times you feel like showing off what God has given to you. Soft material begs for a touch and You are a thinking if your bra straps are show. Are your clothing saying something special about you.



JUICY  
AND  
VIBRANT YEARS

## *Change Your Attitude (be kind to yourself-self-care-me time)*

At a certain stage in our lives, we might be wondering, "Is this all there is to life? Is there more meaning to my life what have I left undone that I can go back and revisit. When we begin to settle some things in our lives we then began to get a clear view about many things in our live, Such as are we still looking for success in our lives. How to get stability in our finances and how to stay healthy with little or no exercise.

Our purpose and responsibility are clear at certain stages in our lives and then at another stage in our life we began to wonder if there's more life and purpose ahead of us or not. I say different stocks for different folks and for you if you believe there's more for you to do, You still want to make connections in. life and your business days as an entrepreneur is looking good there more time ahead for you. Faith, optimism and perseverance are the keys to achieving our best years. Even for people in the sunset stages of life, the best years of their lives can still be ahead of them.

A positive attitude is important throughout the course of our lives.

When we are positive those are the people we draw to us. Our purpose at any age is to keep going to rise above the struggles in life until we finally achieve success we have been looking for, whenever there is self-doubt there is always spiritual guidance to guide you through. You may not have to look to the future for that positive life it may already be here waiting on you to take it for a ride. Keep a positive attitude, stay encouraged and grow stronger in what you see for your life.

Me time, not couch time or bedtime or a time to be living in moments of regrets, it's a time to dance to the music, read a good book that causes you to smile, to see yourself in the script or even treat yourself out to an afternoon lunch. I always try and make time for me in every day now – sounds selfish? I used to think that it was a bad thing but not anymore. I simply don't function as well, or feel as happy if I don't get some me time. It does not matter how little time you set aside for yourself, even those I don't need to go to the movies every now and then I make the choice to go see a good movie on Tuesdays when the price is low. I take time to meditate, Go do some window shopping or take a spa break, I have a friend that loves back rubs so when I'm in the mode i get together with her and we have a spa day. Take time to catch up with a friend, via a phone call / walk / over dinner , Just make sure you pencil in me time.



## *Healthy Lifestyle (changing to a positive circle)*

---

How about some small manageable lifestyle changes and then I'll give you a few others. How about the amount of water you drink, I purchase a few bottles of Voss when they were on sale, not to look at but to drink and I kept a couple of the bottle one for the car and one for the hose and I'm drinking lots of water, invest in what makes you drink more water and make sure it's a good water bottle. I even added a few slices of lemon or lime to the water.

If you have to eat fast food get the kids meal or get the dollar meal until you can get a healthy meal. When craving come rather than eat a lot eat a little and drink liquors a little more than you would normally drink then eat a little more. If you don't like hanging around the stove for a good meal invest in a slow cooker, and go to [www.365daysofcrockpot.com](http://www.365daysofcrockpot.com) for recipe you can cook while you busy yourself with other things you like to do. Let's not forget about those vegetables and fruit they make good snacks.

Now let talk about negative friends and toxic relationships, In a toxic relationship where there is all take and no give, You feel as those all the life is being drained out of you, there's a lack of trust, loaded with loads of negative energy or continuous disrespect or violent then it time to make some changes.



Sometimes the circles we are in get to be so comfortable that we forget just what it means to be connected to people that celebrate you just because and they don't just tolerate you because your always there. Here's the deal: when you change your life, some people aren't meant to stick around. When you think about it, it makes sense I began to feel like an outsider in a friendship group of five that I have been a part of for years, When I changed the direction I was headed in the circle began to close.

You hold back on what you have to say, you no longer participate in activities and you know something is off and it's time to change. So we make a decisions that in order to move to the next level in life we need friend who will support the change. Changing circles and meeting new people takes courage and motivation but you can do it. Find people that share in your interest and if it's a group then join, You will attend events and meet new people once committed and you know people are looking for you to show up you no longer need motivation nor friends , I have met a group of women that i love being with. Have a conversation with someone today and make a new friend.



## *New and Interesting Things (dance-travel-hobbies-volunteer)*

---

Don't let the thought of new things, change and fear hold you back from trying new things, The fear of change can paralyze you and keep you stuck in the same old routine when there are so many new things you could be doing. As we live longer and the world is continually changing you have to engage in new things in life or be left behind stuck and not moving forward. You may not be sure how to embrace and explore this new world and the things in it allow yourself to explore the world around you with activities you might enjoy such as travel, trying different foods, or taking classes, as you have time and money make a list of some things that interest you that you can try.

Exploring your curiosities can be healthy and enjoyable engage in activities and hobbies like painting, dancing, be open-minded when you try new activities, especially when asked by your spouse. Participate in your community. Taking an active part in your community or local area, such as through a chamber of commerce, can provide you a way to stay engaged in life while helping others.



There are so many ways to experience new things as well as new people, don't let time pass you by and life gets away from you. New thing to do is as simple as a weekly coffee date, meeting new people can introduce you to some new exciting and adventure things to do. Embrace the possibility that you will learn something new about yourself each time you try something new. We think we know ourselves, but then we try new things and realize we have unique likes and dislikes that were previously unknown.

Become a yes person and when confronted with new experiences, challenges, and ideas, avoid making excuses and start doing. How about starting your own Haven't Stopped Dancing Yet" night out it may surprise you who will show up. Everybody loves music and so many love to dance, you'll find that the benefits almost always outweigh the risks. Life's too short to get stuck in a bland routine.

SASSY  
AND  
GORGEOUS



## *Undo That Button And Be Comfortable ( clothes that speak fun & success )*

When you are having fun doing something she love it shows. So when a woman is sifting through a rack of clothes for fun or for work that piece of clothing speaks and she begins to see herself in it having so much fun or choosing or the clothings she designed for her career that says I've got this makes her responds to it and buy it. I truly believe you can transfer that energy to material things that make you feel good about what you're doing.

Clothing does not have to be name brand or costly, it can be basic, in style and sexy, you ask the question how. Don't make the choosing clothes something you fear or dread let it be a fun day out finding out the colors that look best on you, the patterns that make you look your best and whether its dresses or pant.

When choosing clothing akd yourself these question, what it that you like about them outside of the price is, are you building a brand because it plays an important role in saying who you are? Will your fashion outing change something for you, How do you see yourself now that you have decided to go shopping and are you headed in a new direction, or it all could be just for you because you had a just because moment. You can even create your own fashion style.

If your still not sure what you new look should be why not visit a local fashion show and see what new fashions are being revealed that may fit into your wardrobe. It's time to stop being trapped in a fashion be gone era check your closet and update it to the present. If your fashion can't be described then it's time for an update so find out what you want to wear day by day and put it together.



## *Challenge Yourself In The Mirror (ask yourself questions) how do you like me now.*

Sometime the questions we ask yourself is not what we want to hear when the answer comes back, So let do something about it so we can get the back the answer we need. You will now start the mirror rule, When you see yourself in the mirror do you like or love what you see and if the answer is not yes to both we have a little work to.

Never say negative things to yourself, repeat after me, I am strong , I am amazing, I am beautiful, I am more than enough. Robert T. Kiyosaki says, It's not what you say out of your mouth that determines your life, it's what you whisper to yourself that has the most power!"

If your problem is that you have let yourself go over the years , There are ways to overcome this and get yourself back to where you want to be.

Join a group that helps and support the that very issue you have, There are so many local group you can find, Talk to a friend, I found a friend that was having a problem with menopause that directed me in the right direction to get help. Maybe even a coach or trainer is what you need, start asking and looking for the help you need, Don,t be stuck in the mirror , I challenge you to speak positive things to yourself and tell yourself about the things you want to change and then go and take action.



## *Never Complain about what you can change (Invest In Yourself)*

---

Learning to invest in yourself can be a bit of a tug of war, Should I or should I not, But it also can be a big return in your life by you investing in self-care mentally, and physically without it you can become stressful and unbalance. Investing in yourself can be enjoyable, introducing new action steps, with new Ideal and innovation.

Whenever we talk about what millionaires are doing one of the things that always come up is read books they can take you places you've never been and give you ideals you never thought of. Don't like to read much we have a remedy for that listen to audio books. Do this take time to get your creative juices flowing by listen or reading a book.

Become the boss of your money by getting your money under control, Getting rid of debt is the first step to controlling your finances. Saving enough money and starting your own business gives you the ability to quit a job you despise or fund that long awaited dream trip. Both will allow you to sleep better, have more peace and less stress.

Don't skimp on investing in your future, When you add up a few cents save up it's amazing what it will look like in a few months. I told a friend about joining a credit union far from where she lived or worked, I then told her to have the job take the amount out she wanted and sent it straight to the credit union, and she was glad she did the car broke down her credit cars were maxed out, But she had money in the credit union to get the car repaired.

You investment in you is up to you, Know when to save and when to invest and remember an Investment in yourself is the best investment you could ever make in yourself.



## SECRET PREPARATION TO LOOKING AND FEELING BETTER

1. Be kind to yourself.
2. Travel and dance wherever or where ever you can.
3. Changing your connection circle and networking for a second chance in life.
4. Give yourself permission to love again first you and then love on others.
5. Ask yourself questions everyday about what you can do to make each day better.
6. Manicure, Pedicure and facial, Treat yourself to it as often as you can.
7. Changing your style of clothing will cause you to touch and stroke yourself again. You really look good.

## SEXY AND SASSY TIPS

This is your life so why not steer it in the direction you want to go in without feeling guilty that you did. Whatever is no longer working in life for you then change it. You are not alone in this midlife awakening period, So Let celebrate your independent healing to a more sexy and sassy second change lifestyle.

*Coming  
Soon!*



YEARLY  
LIVE REJUVENATION  
&  
REINVENT RETREAT



SEXY SASSY  
SISTERHOOD

## MY MISSION FOR MY LIFE

**1** Vision statement for your passion or dream:

**2** Vision for health and wellness:

**3** Vision for Your marriage or companionship

**4** Vision for your family:

**5** Vision for personal growth & enrichment:

**6** Vision for friends:

**7** Vision for recreation:

**8** Vision for spiritual development:

**9** Vision for financial wellness:

**10** Vision for your career:

*Don't forget pictures as your reminders to where you are going*

It's you who has to make the journey so why not chart your own course.  
Designing The New You just for you



## *Mending What Life Has Torn Down*

This is a fun exercise that can help you explore and discover what you want to create. It is also a powerful way to make a visual representation of your dream, which can help it become a reality.

### Step 1: Storytelling

One of the fastest ways to get to the heart of your mission is to tell your story to yourself

### Step 2: Sharing

Sharing your stories with trusted friends and discovering the Big Ideas.

### Step 3: Write your statements

You have everything you need to create a powerful statement.

### Step 4: Take the time Share the finish product

“Here, I made this. What do you think?”

### Step 5: A dose of vision goes a long ways

“This is why we have to do this. This is why we can succeed.”

### Step 6: Where do you want to be and doing what

Close your eyes and see it.

### Step 7: Jump in to it

Create a plan to make it happen.

It' you who has to make the journey so why not chart your own coarse.  
Designing The New You just for you



## *Mending What Life Has Torn Down*

### MY VISION FOR BUSINESS

A large, empty, light teal rectangular box intended for writing a vision for business.

### MY PURPOSE

A large, empty, light teal rectangular box intended for writing a purpose statement.

It's you who has to make the journey so why not chart your own course.  
Designing The New You just for you



## *Mending What Life Has Torn Down*

### MY MISSIONS STATEMENT

### MY GOALS

Short and to the point

#### Five-year goals

#### Three-year goals

#### One-year goals

It' you who has to make the journey so why not chart your own coarse.  
Designing The New You just for you



## *Mending What Life Has Torn Down*

### MY CELEBRATION

What are we celebrating?

What's next on the celebration list?

### MONTHLY GOALS AND PRIORITIES

Monthly goals

Daily Priorities 1:

Daily Priorities 2:

Daily Priorities 3:

It's you who has to make the journey so why not chart your own course.  
Designing The New You just for you

## FUTURE LETTER

**Step 1:** Dedicate a solid, uninterrupted block of time and write a Future Letter. Pretend that it is one year from now and you are writing a letter to someone who cares about you that would want to celebrate your success. Share what has transpired and what you have accomplished during the past year. This format helps you connect with what you really want, not what you think you “should” do and create.

For maximum effectiveness, balance what you currently believe is possible with what you could believe is possible. For example, let’s say part of your long term vision is to write a best-selling book and you haven’t yet written a word and aren’t even sure about the way to make it happen. It would be better to write about what you believe you could accomplish (i.e., I’ve written the outline, have gone to a writers conference, have a lead on an agent, have written 4 amazing chapters and have sent 30 query letters) then something that is a huge stretch for your belief (i.e., I am a bestselling author). Of course, if you want to have a best-selling book in contract within a year and believe you can do it, then don’t hold back!

**Step 2:** Read your Future Letter to yourself once per day for several days. Commit to doing this for at least seven days. Perhaps do it at the same time each day. A good time to read it to yourself is right before you go to bed each night, as this will help to imprint your vision deeply into your subconscious mind.

*Have fun with this!*

It’ you who has to make the journey so why not chart your own coarse.  
Designing The New You just for you



## *Mending What Life Has Torn Down*

### MY TRANSFORMATION PLAN

Your Name:

Purpose and Mission:

Transformation you are looking for:

**Skills, Talents, Gifts & Knowledge:** What are you good at? Also, what knowledge do you have that could help others:

**The Sweet Spot:** Where is the overlap between the first three sections: your purpose/mission, skills/talents/gifts: Define: Three circles that interlock,

- ☑ The first your passion In Life, The activities you enjoy.
- ☑ The second The activities you are very good at, the Things people often ask you to help with.
- ☑ The Third Activities other enjoys, something you do people are willing to pay you for. All three circles represent your passion, What you are good at and what people value in you. Its help you to choose and move forward in your career or business.

It' you who has to make the journey so why not chart your own coarse.  
Designing The New You just for you

## MASTER YOUR EMOTIONS

1. Who do you need to be to be happy?
2. What are some things or people do you need to stay away from?
3. What areas of emotion do you need to control?
4. What problems or pain are you removing?
5. Have you tried other programs, Do you have any take away you can use?
6. What was the name of the program and did it deliver?
7. Write every problem out now what do you need to do to turn it around.

*Everything is a process and they all require baby steps to complete.*

## YOUR FREE TIME, YOUR WORK TIME WORKSHEET

1. What's your time off goal that would be satisfying?
2. How many hours do you work per week?
3. How much free time hours would you like to have?
4. How many days off do you take per week?
5. How many weeks of vacation do you take per year?
6. Why is this important to you?
7. What will it give you? What will it make possible?

It's you who has to make the journey so why not chart your own course.  
Designing The New You just for you

Free time to relax and regroup allows you to be more productive, Creative and it helps to take the anxieties of the day way. Take time to enjoy life and family with lots of memorable pictures you can unwrap latter.

## PERSONAL STRATEGY WORKSHEET

What strategies, projects, and “systems” will you implement

**STEP 1:** Choose 1 or 2 Personal strategy Examples:

1. Speaking to someone you trust
2. Writing in a journal
3. Networking and Events

**STEP 2:** Creative fun : Brainstorm ways everything you can think of possibly doing that would help you to learn strategy and implement them effectively.

**STEP 3:** Go back through your brainstorm and choose the 20% of your ideas that you believe will produce 80% of the results.

**STEP 4:** Transfer your brainstorm, and especially the 20% you identified as a priority, to your calendar, To Do list, and to your Journal.

It' you who has to make the journey so why not chart your own coarse.  
Designing The New You just for you

A checklist every woman should have as they journey through midlife. Be prepared to print this list and check off boxes that pertain to you.

## **STRESSED, DISSATISFIED AND FED UP**

I'm not satisfied with the life I now live.

I'm beginning to exhibit anger, stress or anxiety.

I'm keeping all my concerns inside of me and I can no longer take it.

I've stopped working on my physical and mental health and wellbeing.

I believe the essence in me has gone away and sex has no meaning.

I've let myself go and I feel totally out of control.  
What's wrong with me?

## **WHAT ARE YOU NOT DOING?**

I want to plan for a better tomorrow but I keep doing nothing.

I'm just surviving while life passes me by.

Making a complete itinerary to spend time with friends and family.

Telling the truth about why I'm turning the thermostat up and down.

Making my home a place I enjoy coming home too.

## WHAT ELSE WILL I GO THROUGH?

Being sick of my life and just wanting to run and leave it all.

All of the unexplained bouts of depression when doing tasks.

Wanting to have love again without dreaming about it.

## I NEED MORE IN MY LIFE

I need to be able to concentrate and complete tasks that are easy.

I want a midlife makeover that will give me back the life I lost.

I want to change habits and activities to bring me pleasure.

I need to confirm appointments and keep them.

I need to stop pretending to tie up loosed ends at work.

I'm dreaming about the day I can quit work and know I can afford it.