

# Unleash Your Feminine!

30 Days to unleash your most feminine self!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	Dance to a great song!	In the shower, feel the water droplets on your skin!	Call a girlfriend!	Take a walk-in nature.	Run a piece of silk/satin across your body.	Kiss yourself in the mirror
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
Write down one thing you are grateful for	Light a scented candle	Put on your favorite essential oil or perfume	Really savor each bite of your favorite meal	Moisturize after a bath/shower with a mini massage	Close your eyes & reminisce a favorite memory	Wear a pair of sexy panties!
Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Curl up with a cozy blanket & watch a favorite chick flick	Have a slumber party with a couple of your best girls	Treat yourself to a fancy drink and treat at your favorite cafe	Eat a piece of your favorite melt in your mouth chocolate	Spruce up your nightstand with some fresh flowers	Take an afternoon nap (bonus: w/a lavender eye pillow)	Accept an offer for help!
Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27
Do a quick manicure for a splash of color in your life!	Wear your favorite piece of jewelry to add some sparkle	Wear a bold lip color ...put a bit of oomph to your smile	Accept a compliment you receive today	Wear a some pink or red in your wardrobe	Journal as if your big dream has happened	Do a quick mask at night to reveal your mostly glowy skin
Day 28	Day 29	Day 30				
Buy those new shoes!	Create a new Pinterest board for your "Fabulous New Wardrobe"	Repeat this mantra: "I am beautiful and so wonderfully feminine!"				