

Episode N°5 8 Secret Of Attractive Women

How To Be More Attractive

Are there some attractive women around you and there is something about it that you cannot seem to understand why they are so attractive? And also would you like to be a more attractive woman?

If so, you are in the right place my goddess friend. In today's episode, I am going to reveal 8 secrets of attractive women. Are you as excited as I am? Let's dive in.

Welcome to the Haute Couture Life podcast. I'm your host Mana here to help you become the most beautiful goddess version of yourself. Whether it's beauty, style tips, health, or personal growth, this podcast is your Ultimate Guide to becoming happier healthier, and creating the most beautiful life. Are you ready to unlock the secrets? Let's begin.

So when you think about attractive women, what comes to your mind? We can focus on the outside and inside and both outside and inside are simultaneously super important to be attractive.

So first, let's look at her personality attributes. Number one, the Language she speaks. There is a great quote by Rumi, he says. Before you speak, let your words pass through three gates. At the first gate, ask yourself Is it true? At the second gate ask, Is it necessary? At the third gate ask, Is it kind?

Did you realize that attractive women often speak beautifully? It comes from love, gratitude, joy, excitement, and positive energy. Most people are not even aware of what kind of language they speak.

I always get shocked whenever someone says to someone that did you gain weight? did you lose weight? are you tired? what is wrong with you? something like that. They choose the words unconsciously by default and most of them come from fear and scarcity of their limited thought but as we are goddesses women, we can choose the language on purpose. Even small details matter because how would you feel different when someone says to you are you okay? instead of Are you feeling okay? the details matter right?

If it is not true, necessary, and kind, what is the point of saying to other people? There are no upside. Life is really very simple. What we give out, we get back by Louise Hay.

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And also if we take a closer look at her language, she never gossips. It is very boring to talk about third parties who are not there because almost everything is just fiction and if we are curious about how the third person is doing, just speak to that person directly. That's how attractive women do, she is smart.

Have you ever played a game called telephone game or Chinese whisper? Basically, we play about with 6 people. The first person says one sentence to the other person and the last person has to say the sentence collectively as the first person. Have you all got the perfect sentences? Well, talking about the third person who is not there is like that.

Life is truly a boomerang. What you give, you get. by Dale Carnegie If you can't be positive then at least be quiet.

The best news is that attractive women know if someone is not speaking kind words to them, it is just a reflection and projection of the person they say or are not yet exposed to this personal growth world. Tip number one, attractive women choose their words intentionally and beautifully.

Number two, the attitude she possesses. Even though she is very graceful, loving, and kind, she never lies to herself. She is never afraid of being disliked. I really love the quote by Dita Von Teese she says you can be the ripest, juiciest peach in the world, and there's still going to be somebody who hates peaches.

It is so much harder for her to hide her truth than to be accepted by other people. Yes, attractive women are strong and they know the universal law which is every woman is great enough and worthy. Questioning about enoughness and worthiness is not even an option. She knows her own desires and values and lives her life accordingly.

In the end, life is too short so she never wastes time on what other people think. She focuses on what she loves to do and goals she wants to achieve. Tip number two, attractive women never hide their own truth and desires. Attractive women know that we are already enough and worthy and have nothing to prove to others to impress. Attractive women impress themselves.

Number three, the skill she has. She has one of the greatest skills that are taking responsibility for her own emotions. She knows what makes emotion that she feels. It is her thoughts, not circumstances such as economics, weather, or other people's opinions

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or behavior. And most importantly, she loves her life and she loves herself. In order to live the best life, first we need to love ourselves and our life to design and create. The best thing we can do first is to know our true selves. What makes you happy, energized, and fulfilled? And create the life vision according to what makes you YOU.

When I started this personal growth journey, I also read the book called Style Your Mind and Style Your Mind for Success by Cara Alwill Leyba and her books are like workbooks and great tools for own discovery. I highly recommend to check it out. And the cover is so beautiful. I am adding this to my show note so please check them out. Tip number three, attractive women know how to handle their own emotions. Attractive women are independent emotionally and most importantly, love themselves and their lives.

Number four, the boundary she sets. Did you realize that we are in an era of that is so easy to see other people's too much information? Most people are not even aware of what they are doing. Eating while talking on YouTube? Even putting makeup on and removing makeup in front of the camera and public? It is quite shocking, right? I am sure that we shouldn't normalize that.

An attractive woman knows how important to keep her life private because she knows she gets more respect through that. She doesn't need any validation or approval from other people because she can create them by herself. If you talk too much about your family, friendships, and another person, you will also risk losing trust. She knows when to be open and what to be private. Everyone is going to judge everyone no matter what. Tip number four, attractive women know when and what to talk about and when and what to keep it private.

Number five, The energy she carries. Similarly to the language she uses, she is very intentional about the energy she carries. She always focuses on love, possibilities, and joy. And also she treats others how she wants her to be treated.

Everything is energy in this world and there is a great quote by Tony Robbins that The higher your energy level, the more efficient your body The more efficient your body is, the better you feel and the more you will use your talent to produce outstanding results. Stop giving your precious energy to things that make you feel bad.

The greatest gift you can ever give another person is your own happiness by Esther Hicks. In this digital era, even attractive women are sadly addicted to their phones

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instead of the people in front of them. However, the attractive woman, is always present in front of people who she adores. She can confidently look directly into their eyes, listen and talk, and most importantly say thank you.

Simply she just enjoys her life because she is focusing on love. She loves to find small things that make her happy such as beautiful weather, gorgeous trees, and little flowers on the street and she embodies and loves the world she creates on purpose. Tip number five, Attractive women always focus on happiness and gratitude. They know life is a gift and never take them for granted.

So, we covered five attractive women's internal attributes. Now let's move on to the 3 external attributes.

Number six, the Posture she keeps. Posture is everything when it comes to being attractive. When you imagine elegant and classy women and when you embody the words elegant and classy, do you want to collect your posture? However, in this massive digital era, we need to always remind ourselves to keep our heads up and open shoulders. Because we use our phones, we will automatically look down and become not beautiful posture.

Also, there are great scientific research shows and we covered how to be in the beautiful state on the third episode of our podcast that our feelings and physiology are so connected. And so as you practice good posture, your mindset is going to shift beautifully and make you more attractive. Tip number six, attractive women always keep their posture straight.

Number seven, the groom she meticulously does. When we talk about attractive women, we must talk about grooming. Every little detail matters. She takes exquisite care of especially skin, teeth, hair, and nails. How You Do Anything Is How You Do Everything.

Taking the time to groom yourself is also showing other people to treat you a certain way. Grooming beautifully leads to confidence and self-love. I understood the importance of grooming when I found my favorite little coffee table book called The Little Dictionary of Fashion by Christian Dior.

Whenever we take care of our own beauty externally such as getting a haircut or going to a spa for special treatment, we all feel amazing after that and we love the feeling, aren't

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we? The truth is we love beautiful things. There is no downside to taking exquisite care of you because we feel great and another person also feels great. That beautiful energy will create a ripple effect.

I love the quote by Grooming is the secret of real elegance. The best clothes, the most wonderful jewels, and the most glamorous beauty don't count without good grooming. Tip number seven, attractive women pay attention to beautiful details such as grooming that elevate their entire look, energy, and feelings.

If you are interested in the blog post that I wrote about where to Buy the Best Vegan Grooming products and you can see that in my show note please check it out.

Number eight, the style she embodies. Finally, attractive women always choose the clothes that flatter on them. Whether you love it or not, there are style tips that we can apply. For example, always choose clothes that are well fitted to your body and that make you more attractive. To establish your own style, again you need to pay attention to yourself. What kind of color fits you? What kind of shape, or texture represents you beautifully? We need to be our own experts in our style. Tip number eight, Attractive women know what style flatters their bodies and shows the parts that they love.

In conclusion, attractive women know that being intentional is everything. She is designing, creating, and living the best life on purpose. yes, that is who we are my goddess friend. So in this episode, what is your biggest takeaway? I am sure you are already attractive and so what would you like to practice to emphasize your attractiveness?

In this episode. I introduced eight secrets of attractive women and there are many more we can cover. If you are interested in this kind of topic such as how to be more elegant, feminine, and classy, stay tuned because our exciting classes are coming. Please make sure to subscribe to our newsletter so that you will be the first to know when the class is open.

As we wrap up today's episode, I encourage you to take action on what you learned. Visit hautecouturelife.com to leave your comments. I am so excited to hear your takeaways and insights. So until next time stay beautiful and have an amazing week my goddess friend!