

# 9 HABITS

That'll Make You  
More **Attractive**





# KNOW YOUR VALUE AND DON'T SETTLE FOR LESS

It will make you  
radiate confidence



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## HAVE A PROPER SLEEP SCHEDULE

They don't call it  
"Beauty Sleep"  
for nothing





ENJOY EVERY  
LITTLE THING  
THAT YOU DO

Joy is a color  
that suits everyone







MOVE YOUR BODY.  
BUT IN THE RHYTHM  
THAT YOU LOVE

Dance or run...  
do what you love!





SAY 'PLEASE'. 'SORRY'.  
AND 'THANK YOU'  
MORE OFTEN

These magic words  
will add to your grace





# CARE ABOUT PEOPLE AND SHOW INTEREST IN THEM

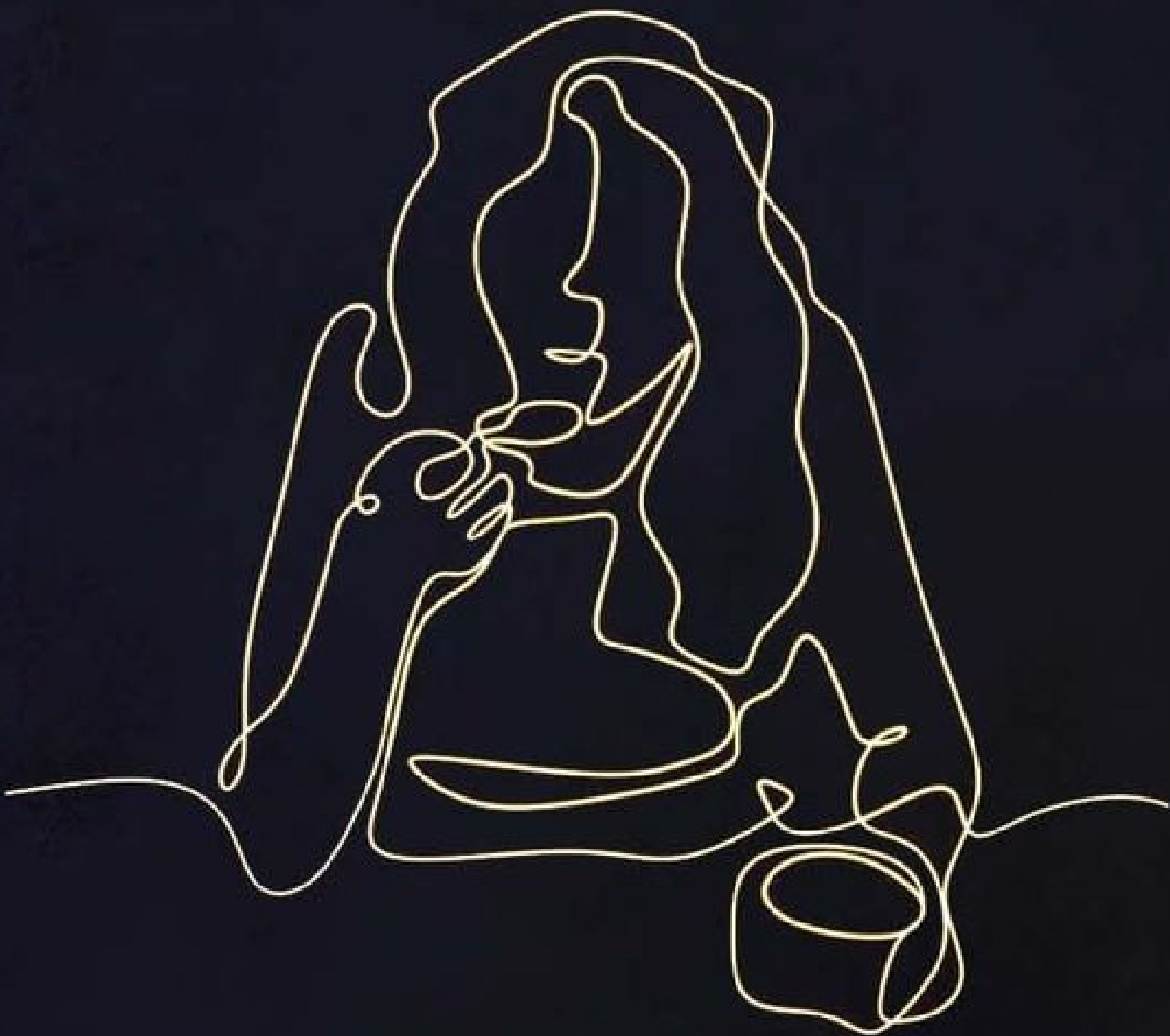
People forget  
a pretty face,  
not a pretty heart





# BE MINDFUL OF WHAT YOU ARE EATING

How does the food  
you eat make you feel?

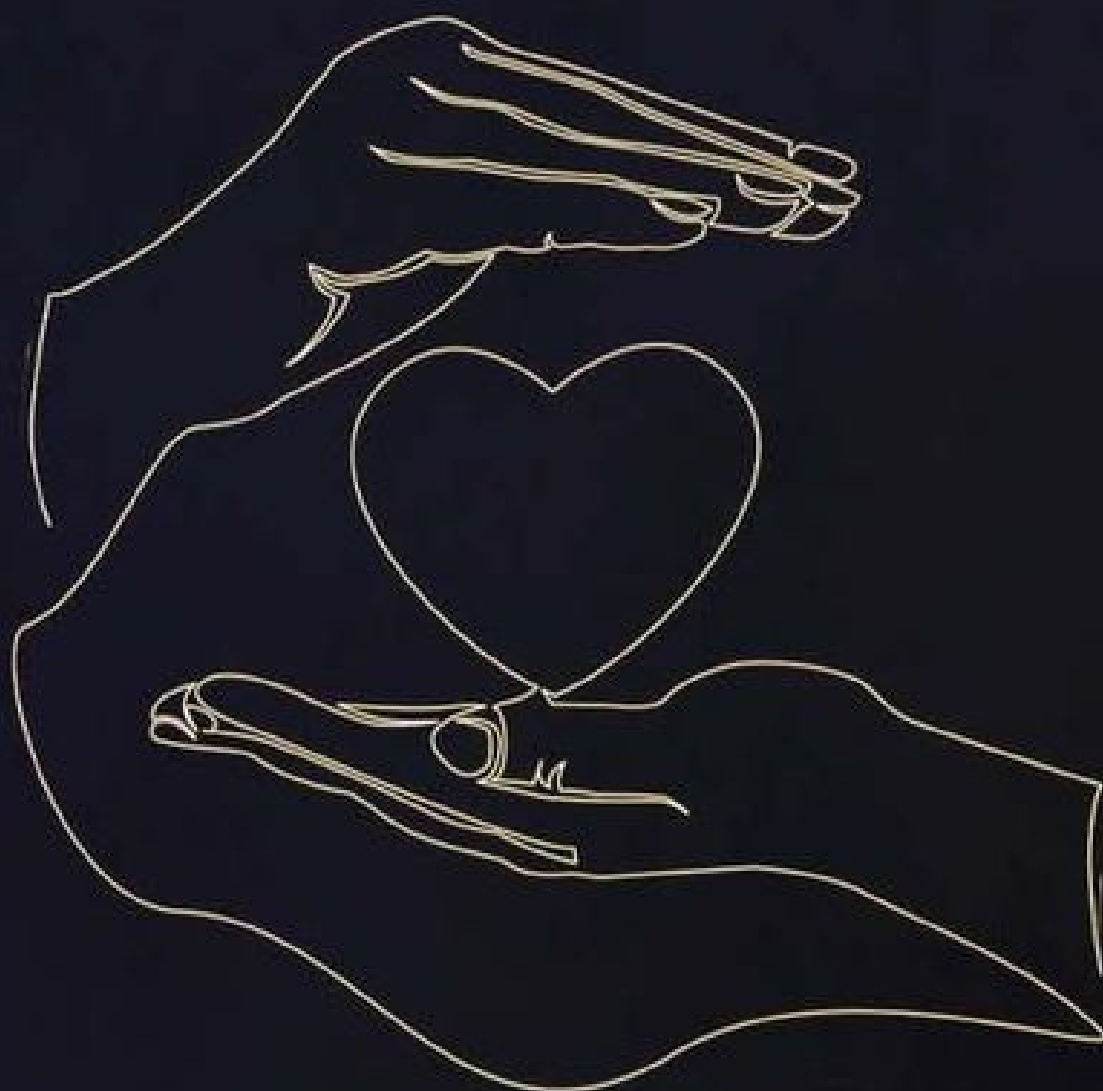






# BE GENUINE TO OTHERS

Use things and  
love people  
not the other way  
around





LIVE IN THE MOMENT

Your old skin of fears  
and insecurities  
will fall off

