



Liam ✓

@LiamKircher

Good looks can get you further
than a university degree.

But you don't need to be born with
them.

Use the 7-S system to look better
than 92% of people in 30 days:

7k Likes

1.3k Retweets

78 Replies



Liam



@LiamKircher

1/ Sleep

You'll need at least 7 hours per night to look your best.

To get 7-9 hours every night:

1. Get morning sun
2. Stick to a schedule
3. No caffeine after 2pm
4. No screens before bed
5. Keep your room at 67°F

There's a reason it's called "beauty sleep"



Liam 


@LiamKircher

2/ Style

Most people don't put effort into their style.

To stand out:

1. Wear clothes that fit
2. Invest in quality clothing
3. Stick to colors that suit you
4. Get smartwear AND streetwear
5. Keep your hair and beard groomed

Sunglasses are your best friend 



Liam ✓
@LiamKircher

3/ Stance

Body language is crucial.

6 tips to instantly appear more confident:

Don't:

1. Slouch
2. Fidget
3. Put your hands in your pockets

Do:

4. Chin up
5. Stand tall
6. Make eye contact

Project confidence = be confident



Liam



@LiamKircher

4/ Skin

Most women have this on lock,

But men—it's time to pick up the moisturizer.

Use it to:

- Prevent acne
- Prevent dryness
- Protect from the sun

Takes 2 minutes to apply.



Liam



@LiamKircher

5/ Strength

Exercise can completely transform:

- Your appearance
- Your confidence
- Your health

Whether you're trying to slim down or bulk up. Get at it.

You'll receive exactly what you put in.



Liam 

@LiamKircher

6/ Sun

If you can spend 2 hours watching Netflix,
You can spend 15 minutes outside.

Too much sun = long term damage

Too little = vitamin deficiency

15 min/day is the sweet spot.



Liam



@LiamKircher

7/ Smile

Most people forget this simple step.

If you're:

- Relaxed
- Confident
- Enjoying yourself

You're instantly more attractive.

Smile! Even if it's fake at first.



Liam ✓

@LiamKircher

Use the 7-S system to look better
than 92% of people in 30 days:

1/ Sleep

2/ Style

3/ Stance

4/ Skin

5/ Strength

6/ Sun

7/ Smile



Liam 

@LiamKircher

Thanks for reading!
If you found this helpful, follow me
for more content on starting and
scaling a business.