

9 HABITS

That'll Make You
More **Attractive**





KNOW YOUR VALUE AND DON'T SETTLE FOR LESS

It will make you
radiate confidence



2

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

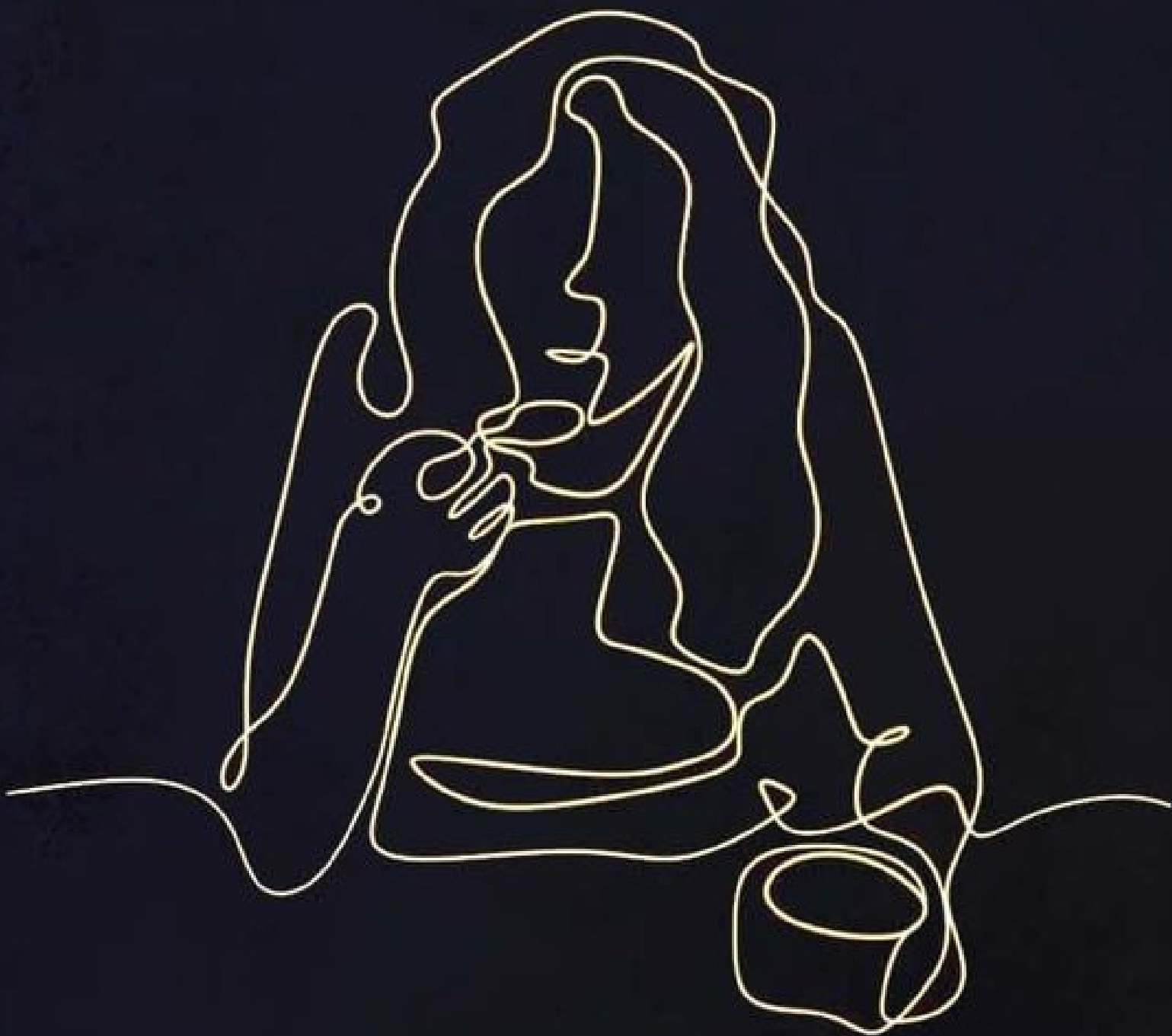
People forget
a pretty face,
not a pretty heart





BE MINDFUL OF WHAT YOU ARE EATING

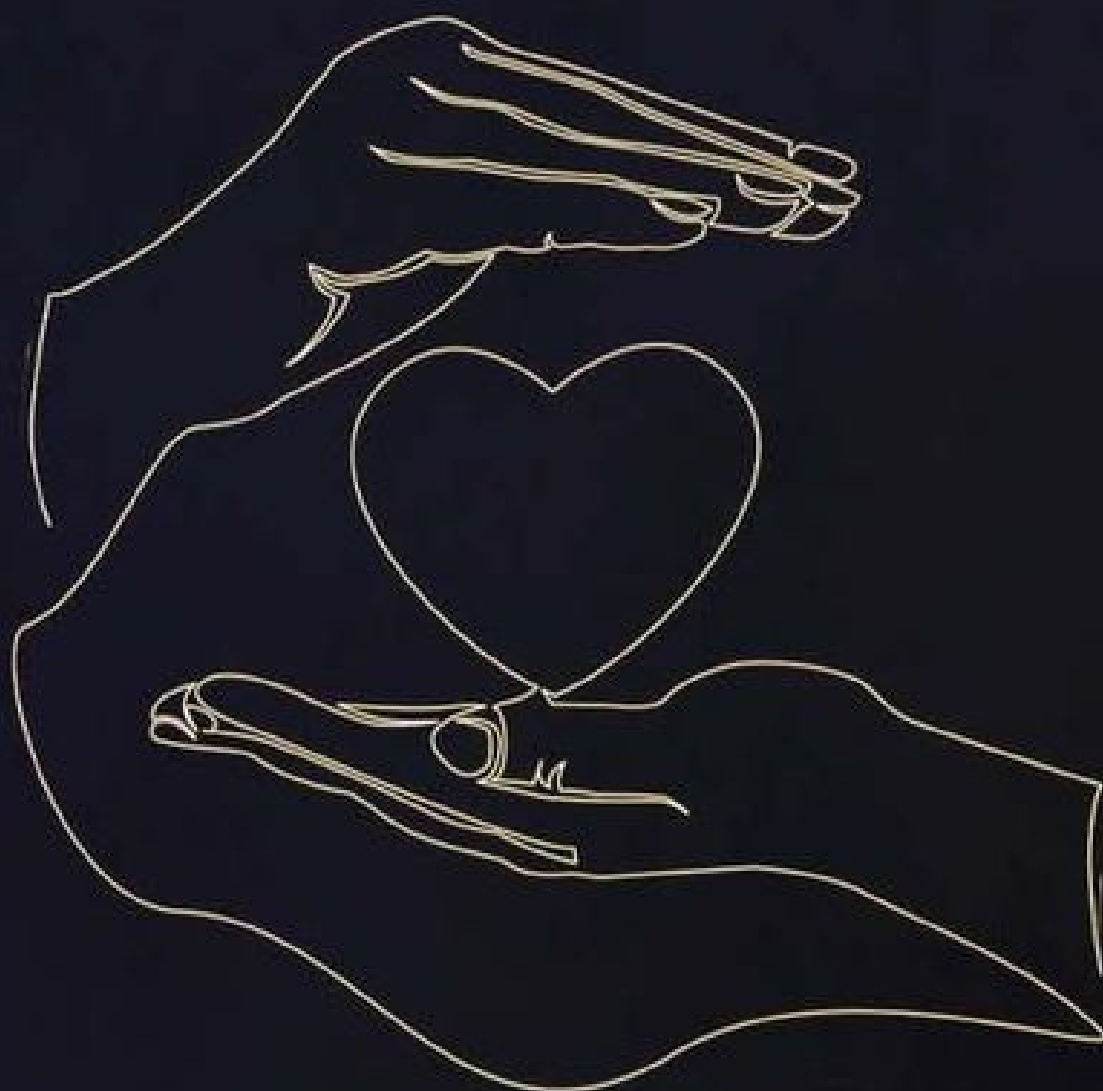
How does the food
you eat make you feel?





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



RITIKA THAPA



FOUND IT HELPFUL?

FOLLOW ME FOR MORE

