

How to Become **More Attractive** in Just **30 Days**



1. Drink 3L Of Water

75% of human body is made up of water. Drinking right amount of water will helps you to remove toxins from your body. It also helps you achieve clear skin.



2. Eat Healthy Food

**To having good physique,
workout only counts for
40%, and rest 60% is based
on your diet.**

**So, avoid sugary drinks &
and fast food, and eat
more veggies & fruits.**



4. Read 10 Pages Daily

Changing one's mindset can also change life. Reading books is a great way to change your mindset by gaining knowledge and stimulate creativity



5. Meditate For 5 Minutes

**Your mental wellness is
equally important as your
physical wellness.**

**Meditation will help you clear
your mind and increase your
focus.**



6. Sleep 7-8 Hours

Sleep for 7-8 hrs is important for your body. Your body repair itself & recharge during sleep.

Pro tip: Stop using smartphone at night for quality sleep.

