

1 Dress daily

After I have a baby “dressed” means pjs for two months, literally. But other than baby recovery, dressing daily is the number one thing you can do to feel fabulous during your day. AND I DON’T MEAN DRESSING IN THE SAME LAME CLOTHES. Research shows that generally we wear 20% of our clothing most of the time. So clean out the closet and get down to your favorite 20% that actually looks good and that you love. Don’t tell me you can’t afford it or can’t throw it away. Look at your clothes and ask yourself, “Is it me? Do I love it?” Then keep it. If not, let someone else have the sequined cowboy boots.

2 Enhance your features

Yes, that means a little bit of make up. Some days lipstick is all, but it’s there. IT DOES MAKE A DIFFERENCE. If you don’t even desire to do make-up, consider your product or your routine. Do you really like the products? Purchase quality make-up that although more expensive has your desired colors, texture and staying power.

3 Get a real hairdo

Are you still wearing that college do? Or are you just cutting it short to save time? My husband loves long hair, so a few years ago I begrudgingly grew it out one last time. I love it! It makes me feel younger and more bouncy (yes, I use that word). If you’re still wearing thin-hair long and without shape, be brave and try a more contoured, layered look. Short, stocky cuts can be softened with some texturizing and some gel. Give it a go!

4 Use color

Sitting in the hair stylist’s chair after baby number six I looked like a washed out rutabaga. Very sad. I had been feeling obsessive of late about color—just wanting to see it, wear it, ~~feel it so to speak. My clothes at that time were post-baby which for me meant not that colorful.~~ So I went to the store looking for just the right thing and found it; a fabulous cantaloupe-colored jacket with a bright white t-shirt and crisp khaki pants. Fabulous! I felt so fine! It spruced me up and you wouldn’t believe the compliments. Use color in everything, from your bedspread to your bookshelf.

5 Shazam your teeth

Such a simple thing but it makes a big, big impression. When I was pregnant with my fifth child I figured, hey, fat and glasses, may as well bring on the braces, even at 39! What a difference it made. To whiten, use simple dental strips and wow!

6 Posture

Sounds small but emanates confidence, poise and self-assurance. Stand up straight, look people in the eyes and smile with those improved teeth. Wowser.

7 Speak positively

Before you say a word, say something positive. This makes you very, very attractive. Did you realize that positive energy attracts people? Speaking, thinking and acting positively always makes someone more attractive.

8 Ask a question

Some of us tend to be more self-focused (no names). Going on about yourself is dreary for the other person and creates avoidance behavior (other people towards you). Instead, in conversation ask a question. What makes someone beautiful is that they are interested in life, in you, in what is happening around them.

9 Be gracious

I wish I could get this one down. I observe it as often as I can, hoping it will by osmosis become a part of me. Gracious living to me, among other things, means courteous language, awareness of others, and appropriate protocol and responses to situations. Keeping a calm voice about difficult things. Allowing others to express their opinions. Listening fully. Living mindfully. Taking off your coat with elegance. Wearing your clothes with confidence and panache. Using words like panache. Eating slowly (I don’t know that I will EVER get this one down). Being paced and thoughtful. Patience, kindness, a sense of elegance in what you do. To me, this is the beauty of being a woman.

10 Live gratefully

This is truly a skill to master. If we will live with gratitude for every blessing we have been given, our needs will be filled and our wants will be tempered and satiated. Create a gratitude journal and include favorite moments, inspirational thoughts, great quotes, successes and wisdom learned in challenges, then read at night. Sweet dreams!