

THE 7 LIFESTYLE HABITS

American Women Gain from
Spending Time in Paris

I am so excited to join you soon. Have this pdf with you on our webinar so you can document exactly what these potent and easy lifestyle habits are...

HABIT #1

The French women have an interesting take on _____ and how they _____. Basically the French woman wants you to think she just _____ and that she doesn't give a _____. In reality every _____ is carefully chosen. Verses in America most women try so hard and they want you to know it!;)

HABIT #2

Many books have been written about how the french woman doesn't _____ and how she _____. The french woman has been trained as a little girl not to deny herself _____ and at the same time to train herself when to say _____. Because the French woman does _____ herself it does not become an overall obsession where she binges on things if she allows them. Most French women watch themselves very closely and they will allow themselves some 'guilty' pleasures but they will _____. Also the French _____. If you are seen _____ during "off" hours, the french will for sure know you are a tourist;)

HABIT #3

The french value _____ , they are not typically _____ on trains and smiling at everyone that walks down the street, they consider it an _____ . We don't need to share _____ with everyone, it is powerful, romantic and mysterious if we allow _____ to serve us.

HABIT #4

By _____ I am talking about how you _____ in the world.
Begin to pay attention to how you are _____
_____.

HABIT #5

Now you may have heard of this before and you may have even tried to implement this, maybe with little success. Here is the difference I invite you to make, for a lot of women this is a _____, an extra, something we don't have time for or will only do for ourselves on special occasions. But within the french lifestyle this is a given, a necessity for without it...what is the point?

HABIT #6

It is not uncommon for a french woman to spend 20 minutes _____ . And one rule you must follow that has been handed down from generation to generation? _____ !

HABIT #7

The Parisian woman has perfected this. This is the true art of pleasure and not feeling guilty or having to consume. I invite you to really try this. Go to a _____ with no intentions of _____ anything ask _____ a very _____ and feel it, enjoys it's beauty, receive pleasure from it...then _____.

I CAN EMBODY THESE LIFESTYLE HABITS BY....

Look at these 7 lifestyle habits and now feel into HOW you can begin to incorporate them into your own life every day. Make a list of how you can begin to embody them, you will be on your way to a more elegant, beautiful and confident you...

If you are interested in joining us for the last Paris Experience of the year, email team@elegantfemme.com, we have limited spots available.