

Forward

SEXY

/ˈSEKSI/

ADJECTIVE

1. SEXUALLY ATTRACTIVE OR EXCITING.

INFORMAL

2. VERY EXCITING OR APPEALING.

SEXY IS WAY TOO MISUNDERSTOOD. SEXY SEEMED HARDLY ATTAINABLE, ONLY RESERVED FOR THOSE WITH MODEL-LIKE FIGURES. YET, WHEN SOMEONE IS DESCRIBED AS SEXY, IT ALMOST ALWAYS CARRY A TINGE OF NEGATIVE CONNOTATION, AS THOUGH SEXY IS AN ATTRIBUTE OF A PROMISCUOUS PERSON.

IN OUR WORK, WE HAVE INTERVIEWED MANY YOUNG AND OLD, FEMALE, MALE OR OTHERWISE, VARYING SEXUAL ORIENTATION, AND WE CAME TO A CONCLUSION. SEXY IS TOO SKEWED BY MEDIA. SEXY SHOULD BE ABOUT CONFIDENCE, IN THE WAY WE CARRY OURSELVES. SEXY IS ALSO ABOUT HUMOUR, ABOUT INTELLIGENT CONVERSATION. NOT MERE OUTLOOKS AND BEING SCANTILY CLAD.

IN THIS WORKBOOK, “7 DAYS COACHING GUIDE TO UNCOVER YOUR SEXINESS”, THERE WILL BE A SERIES OF EXERCISES TO BE DONE OVER THE COURSE OF 7 DAYS FOR YOU TO LOOK AT WHAT SEXINESS MEANS FOR YOU AND HOW YOU CAN START EXPRESSING IT. YOU ARE WELCOME TO REPEAT THE SET OF EXERCISES OVER AND OVER AGAIN TO GAIN DEEPER INSIGHT TO YOURSELF AND HOW YOU EMBRACE WHO YOU ARE.

THANK YOU,
ARAS TEAM

Day 1

TODAY'S EXERCISE

NAME AT LEAST 5 STRANGERS WHO YOU THINK ARE SEXY.

YOU CAN TAKE A WALK ALONG THE STREET, BROWSE ONLINE IF YOU NEED INSPIRATION.

FROM THESE 5 PEOPLE, IDENTIFY AT LEAST 3 ATTRIBUTES THEY DISPLAY TO MAKE YOU THINK THEY ARE SEXY. BE AS SPECIFIC AS YOU CAN.

WHAT ATTRIBUTE ABOUT HIM/HER DISPLAY THAT I FIND SEXY

WHAT IS ANOTHER ATTRIBUTE THAT MAKE ME THINK THEY ARE SEXY

MAKE IT THREE! WHAT IS ANOTHER ATTRIBUTE THAT I FIND SEXY

ANY OTHER ATTRIBUTES THAT YOU FIND SEXY IN THESE PEOPLE

We will encourage you to do more, as with more data, you get more insights.

Examples of Physical attributes: tall, well built, tanned, checked shirt, heels

Examples of non-physical attributes: friendly, confident, fluent when speaking, humorous, witty, caring, sensitive etc

Day 2

TODAY'S EXERCISE

NAME 3 PEOPLE WHO ARE CLOSE TO YOU, AND THAT YOU THINK THEY ARE SEXY.

WHAT ATTRIBUTES DO THEY HAVE THAT MAKES THEM SEXY? LIST AT LEAST 5.

WHAT IS THE FIRST ATTRIBUTE THAT YOU NOTICE?

WHAT IS ANOTHER ATTRIBUTE THAT MAKE ME THINK THEY ARE SEXY

MAKE IT THREE! WHAT IS ANOTHER ATTRIBUTE THAT I FIND SEXY

WRITE TWO MORE ATTRIBUTES THAT YOU FIND SEXY ABOUT THEM

ANY OTHER ATTRIBUTES THAT AREN'T LISTED YET

Examples of Physical attributes: tall, well built, tanned, checked shirt, heels

Examples of non-physical attributes: friendly, confident, fluent when speaking, humorous, witty, caring, sensitive etc

Day 3

TODAY'S EXERCISE

OUT OF THE LIST OF ATTRIBUTES YOU HAVE WRITTEN, WHICH ONE RESONATES WITH YOU THE MOST?

PICK ONE AND WE ARE GOING TO START WORKING WITH IT TODAY!

WHY HAVE YOU CHOSEN THIS PARTICULAR ATTRIBUTE?

Example: I have chosen witty as a sexy attribute. I like it when people are witty because they are able to come up with things quickly in their head and make everyone laugh. And that to me is very attractive.

WHAT ABOUT IT DO YOU LIKE?

Day 4

TODAY'S EXERCISE

NOW THAT YOU HAVE SIT ON THE ATTRIBUTE FOR A DAY, DOES IT STILL FEELS RIGHT? IF YES, PROCEED ON TO TODAY'S EXERCISE.

IF NOT, PICK ANOTHER ATTRIBUTE AND TEST IT OUT OF ANOTHER DAY.

IMAGINE IF ONE DAY, YOU ARE ABLE TO DISPLAY THIS ATTRIBUTE, HOW WILL YOU FEEL ABOUT YOURSELF? HOW WILL PEOPLE THINK OF YOU?

WRITE DOWN ONE POSITIVE FEELING YOU WILL HAVE SHOULD YOU BE ABLE TO DISPLAY THIS ATTRIBUTE

Example: I will be more confident of my social skills, people will think I am funny and confident and smart.

WRITE DOWN ONE POSITIVE THING PEOPLE WILL THINK OF YOU SHOULD YOU BE ABLE TO DISPLAY THIS ATTRIBUTE.

Day 5

TODAY'S EXERCISE

DOES THE ATTRIBUTE STILL FEELS RIGHT TODAY?

IF YES, LET'S EXPLORE, HOW CAN WE DISPLAY THIS ATTRIBUTE.

THINK OF 2 WAYS THAT YOU CAN DISPLAY THIS ATTRIBUTE.

WHAT IS THE FIRST WAY THAT YOU CAN DISPLAY THIS ATTRIBUTE

Example: Talk to more people at a social gathering. Listen more carefully to what people are saying before answering them.

**THINK OF A SECOND WAY THAT YOU CAN DISPLAY THIS ATTRIBUTE.
MAYBE CAN BE WITH DIFFERENT PEOPLE, IN DIFFERENT CONTEXT**

Day 6

TODAY'S EXERCISE

LET'S EXPLORE FURTHER. CAN YOU THINK OF 2 WAYS TO HELP YOU BUILD UP THIS ATTRIBUTE SUCH THAT YOU ARE MORE COMFORTABLE TO DISPLAY IT?

ALONG THE WAY, YOU WILL HAVE TO FIND NEW WAYS TO WORK ON IT AS A NEW SKILL REQUIRES TIME AND PATIENCE TO DEVELOP.

HAVING SOME RESOURCES OR EVEN A MENTOR YOU CAN GO TO WILL BE GREAT!

WHAT ARE THE 2 WAYS THAT CAN HELP YOU BUILD UP THIS ATTRIBUTE

Example: read more books about humour, improve my general knowledge

WHAT IS ONE WAY PEOPLE AROUND YOU CAN BE IMPACTED BY YOU WHEN YOU EMBRACE THIS ATTRIBUTE

Example: They will feel more relax at a social setting.

Day 7

TODAY'S EXERCISE

THANK YOU FOR COMING THIS FAR!

SEXINESS IS AN ALL ENCOMPASSING STATE. THIS IS ONLY 1 ASPECT OUT OF THE MANY WE CAN WORK ON. AND OF COURSE, THE 6 STEPS ABOVE, DOES NOT EQUATE THAT YOU CAN DISPLAY THIS NEW ATTRIBUTE IN FULL CONFIDENCE.

WE RECOMMEND THAT YOU REPEAT EXERCISE FROM DAY 4 TO 6 A FEW TIMES TO GET THE HANG OF IT. AS THE SAYING GOES, PRACTICE MAKES PERFECT, YOU WILL LIKELY NEED TO PRACTICE THIS NEW ATTRIBUTE FREQUENTLY AND GET FEEDBACK FROM SOMEONE YOU TRUST IN ORDER TO GET BETTER AT IT.

OF COURSE, YOU ARE WELCOME TO REACH OUT TO US AND ASK US FOR MORE TIPS!

ON THE OTHER HAND, IF YOU ARE READY TO GO FURTHER, CHOOSE ANOTHER ATTRIBUTE TO WORK ON, AND LET'S START THE PROCESS AGAIN FROM A DIFFERENT POINT!

WHAT IS ANOTHER ATTRIBUTE THAT YOU WANT TO WORK ON