

A woman with long brown hair, wearing a white, sleeveless, tiered dress, stands on a wooden dock. She has her arms outstretched and is looking down. The dock is made of light-colored wooden planks. In the background, there is a large body of water, likely a lake, with a shoreline of green trees and hills under a blue sky with white clouds. The entire scene is framed by a purple border with rounded corners.

*Putting the
Sexy*

*back in
Sexiness*

*With
Kim Stevenson*

Where did my sexy go?

Throughout life we go through phases and somewhere along the way we lose our sexiness. You could lose it inside your work; having kids; competing in a sport that isn't traditionally feminine; living in gym clothes; it could be the aftermath of a bad breakup; you're recently divorced, dead broke and feeling lost; or just generally being tied up with life. Regardless of the situation you lost your sexy, and you are not alone.

When we lose touch with what gave us that magic sparkle it has nothing to do with the way we look but everything to do with the way we feel. Sexy is power, confidence and ownership. It's that feeling when you walk into a space/room and know you are perfectly poised, polished and absolutely about your personal 'brand' and that is the best feeling.

Owning the sexy is everything for a woman.

On top of losing your sexiness you've probably lost your confidence. I don't mean the confidence that comes with your work - we know you are good at your job - I mean the "X-Factor" kind of confidence that oozes from your soul.

But how did this all happen? You know you once had it because that's how you attracted your husband... and before your husband droves of other men who were like putty in your hands. You know you once had it - those Friday nights out when you actually shaved your legs, put on your favourite lacy underwear and thigh highs and chatted to the cute bar man. You were "IT"! You had "IT". Where did it go?

Something happened. It could have been something big or an accumulation of small things bundling up over time like a snowball gathering momentum. This something usually includes stress and a change of a belief about self - then all of a sudden you are the defensive shy girl in the corner in the puffy jacket covering up every single bit of skin possible.

My Story



I have been in this position.

I went from the sexy party girl in the little dresses flitting around town absolutely glowing with that “X-Factor”, to getting so lost inside a marriage that wasn’t right for me, to playing the part of the home maker in a home that didn’t fill me up with love and excitement. I built up a hard icy shell around first my heart, then my happiness. I built a wall so tough that I could walk out of my relationship without an emotional melt down that I thought would shame me even further. The little girl inside of me was crushed – all she thought she wanted was a husband, two kids, a house and a bubble car – she had all of that minus the kids and I had just torn it all away from her. That wall I built was all that I had.

I threw myself into the gym – pushing through the mental pain I was feeling by feeling the physical pain in my heart and lungs. Then dieting – I had to change everything about the person I was. I needed to be smaller, leaner, stronger, and in control. In control was the key for me. I never felt like I had control in my marriage, someone else was making decisions of where we lived: ripping me away from the life I had and then getting jealous of my new friends. Telling me what I was



and how I could be – that wasn't happening any more. I swore to myself that I could have everything I wanted if I could control every single aspect of who I was.

4am: Out of bed, black coffee. Gym then Egg whites for breakfast, then the rest of the day green vegetables and lean meat only. 2 hours of cardio a day, an hour of weights, a full day of work and clients, getting home late and shaking with exhaustion. My stomach would growl and I would feel proud because today I ate less than yesterday. That growl in my stomach meant tomorrow I would be leaner than yesterday. Then I would lay in bed and toss and turn getting maybe an hour of sleep because my body would not stop. It would not sleep or rest. My thoughts nagged at me, told me I wasn't good enough – and that tomorrow I had to get up and do better. Sometimes I would snap, tell myself I was worthless and it didn't matter – secretly eat a custard tart and then force myself to throw it up and then punish myself with cardio in the early hours of the morning.

I was petrified of my thoughts, of what others thought about me and keeping my image squeaky clean, and so obsessed with keeping control that I lost all sense of who I really am.

I had lost my confidence; I was working insane hours and wasn't taking time out for me. I was stressed to the hilt and sex was the last thing on my mind. To back this up I was bodybuilding, gaining muscle and losing my breasts because I was so lean. My physiology had changed from my mind right into every fibre of my body.

My beliefs about myself had changed. I didn't think I was attractive because I was too muscular. But being muscular and strong gave me a sense of control and protected me. I was too stressed to even think sexy thoughts, or entertain the thought that someone could have them about me. I wasn't showing myself that I cared.

In a nutshell our thoughts become our beliefs and internal dialogue, this then becomes our behaviour and action. If left unchecked life gets away and next thing we are lost as to who we are. Our sexual energy is lacking. We don't notice the cute boy at the gym; if we do notice him we think "why bother? He wouldn't notice me". We can't remember the last time we made love to our partner and feel so tired and stress with the family that being feminine and pretty is the last thing on our mind.

But how did I change this state of mind? What works for me may not work for you but it may spark your imagination.

First we need to work on our mindset, confidence and environment. We need to show ourselves that we love us.

But how do we do that?



How do you love yourself??

Let's start by learning our own love language. I would like to say this is my own concept but I've borrowed from the book *5 love languages*, by Marriage Counsellor Gary Chapman.

He talks about how different people express love in different ways and how we receive love. We're talking about how we can show ourselves we love us.



The 5 Love Languages are:

- **Words of Affirmations** - Building someone up with sincere compliments.
- **Spending time** - Spending quality time with someone giving them your undivided attention.
- **Receiving gifts** - A gift is something that you can hold in your hand and say they were thinking of me. It doesn't need to cost money, a flower from the garden shows that you were thinking of them.
- **Acts of service** - By doing things for another person or helping them with something.
- **Physical touch** - Hugs, kisses, hand on the shoulder, holding hands even play fighting.

Discovering the love language of the people you care about is important for improving relationships but more than anything it's important to know your own. Some individuals will instantly know what makes them feel loved, but for others it will not be that easy. What makes you feel loved? What do you desire above all else? How do you express love to others? Chances are what you are doing for others is your own love language. What do people do or neglect to do that hurts you deeply?

If acts of service are important to you then those little things all add up. Show you that you love and respect yourself by making the bed every morning. You may organise for someone to wash your car or have a house keeper. Learn how to apply makeup for a new look. Light candles at night. By doing the little things you are showing you that you matter.

Maybe your love language is gifts. You love buying other people gifts so why aren't you buying yourself gifts? A nice bottle of perfume, some new lingerie, a new recipe book.

If positive affirmations are important to you start with listening to your own self talk. How positive is it? Is to the way you would talk to someone that you love or are you treating yourself like dirt? By creating affirmations you can start to change your

thoughts and beliefs about yourself. One that I used regularly is “I deserve love and success” “I’m happy and sparkly” but it may be something like “I love my own unique self”

Spending time is my prominent language so I will take myself on self-dates. I’ll go to the movies alone because I deserve that. I’ll treat myself to a good meal out or take my dog for a walk up the mountain. Go to a Bikram class or simply lay on the grass and daydream. It’s this free time to think and spend time alone because my time matters. I also started burlesque dancing as that was spending time doing something that made me feel sexy. Some other styles that embrace feeling good are pole dancing; belly dancing; Bollywood; samba; and Latin dancing.



My secondary love language is physical touch (usually you have a primary and secondary). I love hugs, to be held and have my hair played with. By knowing this I show myself how much I love myself by making a body scrub of coffee and salt then slathering myself in coconut oil, I wear good quality clothes that feel good on my skin and love laying on the sand or grass in the sun, feeling the warmth on my back. This is also spending time with myself and being in the present.

When you discover which love languages speak to you and put it into practice it is improving your own self-confidence straight away.

Taking time for self love

I often hear the excuse that “I don’t have time for me” or sometimes my clients who have children feel guilty for taking time out. In reality if you are a mum and you are saying that your family is suffering because you’re not in your best state. Mum is hard to deal with when she is frazzled and tired.

You know when you are on a plane and they tell you “always fit your own mask before helping the person next to you?” – Well it applies in life too. At the stage you are in right now you have nothing left to give. You cannot give from empty.

Love does not erase the past but it makes the future different. When we choose to actively express the primary love language to ourselves then we show us that we are important in our life we can grow in confidence and love within ourselves but also love for others. You will find that you have 2 prominent love languages but I would also suggest brainstorming a few more that cover all 5.

You need to nurture your soul. Take 10 minutes to yourself right now and write a list of 30 things that nurture your soul, and align with your love languages.

Sexy, Happy, Confident.

A shot of sexy, a splash of happiness, poured over confidence and stirred - Kind of like your favourite cocktail they compliment each other perfectly and each is a piece to the puzzle of getting your “IT girl” feeling back.

So let’s look at happiness and values.

Happiness can be reached in two ways:

1. Living in line with our values; and
2. Making progress.

You may be able to make short-term changes but if it violates your values then you will become unhappy.

Living congruently with your values will open more pathways for success. You won't second-guess your choices in life, and standing up for yourself will start to become easy again. Decision making will be simplified and that feeling of being unsettled over decision making will ease when you know your highest values. A lady who backs herself and her decisions is undoubtedly confident.

I would like to share a few examples of where being clear on your values will enable you to back yourself:

A few weeks ago I arrived to a training course 10 minutes late because I was training clients. I value being on time and usually this would cause distress. I acknowledged that I value my work and the service I give my clients higher than the stress of being tardy to a course which put me at ease.



A client was offered a very well paying job that required more hours, more commitment and moving somewhere remote without a gym. She values her health and fitness. When it came to making a decision if she would take the position then it was clear to her what was more important. In turning down the money she didn't feel guilt because she knows what is most important to HER.

Take time now to ask yourself a few questions to find out what YOU value.

Remember what you think other people might say about these values doesn't matter – this is about you and living authentically by YOUR rules.

- **What you get on your soapbox about?**

For example I value loyalty and trust so when people lie and cheat it makes me very angry.

- **What do you spend your time and money on?**

I value my career and won't think twice about spending \$5000 on a training course.

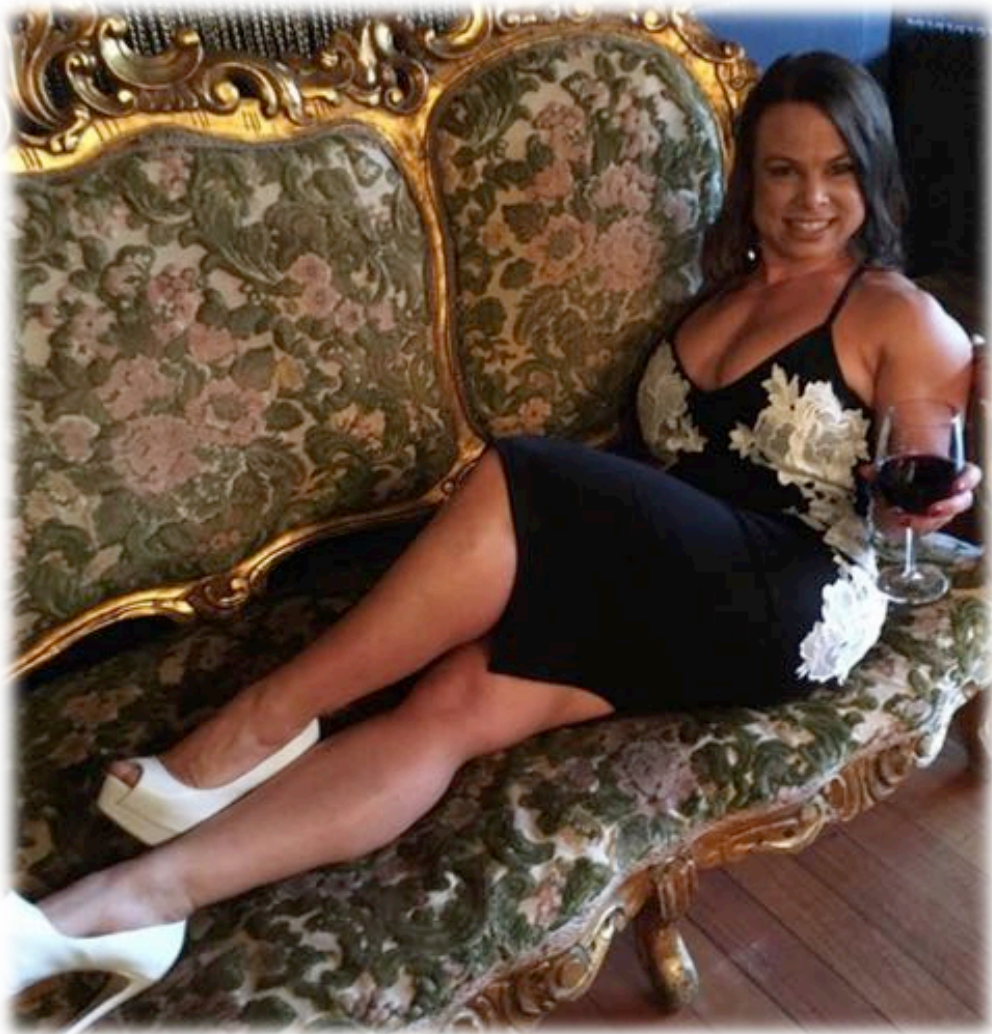
- **What things do you talk about/ bang on and on about? What is it about this that you value?**

I will talk about training and personal development until the cows come home. I value health, fitness and self-development. Do more of what makes you happy and gives you energy.

- **What results do you get in your life? What would others say your life produces?**

I value achievement, so I won't let anything get in the way of my training for Australian records, it is the first priority over socialising, work, everything.

By living in line with your values you will have that unexplained energy, zest for life and “X-factor”. A happy person is a confident person, which is down right sexy!



What you do inside shines outside

Next area of your life to look at is the physical: Are you treating your body with self-love by nurturing it with good food?

Self-discipline + self-respect = self-confidence.

Your body is a temple and if you're not nurturing it with healthy nutritious food it will show. You can tell a person who respects their body with quality food, their skin glows, they have this energy about them and they have self-respect. I like to use the analogy with clients that our bodies are like hot red sports cars. If you had a valuable sleek sexy sports car would you put crappy cheap fuel and expect it to run beautifully as it was designed for? Then why put subpar food in your body. Food is fuel for your body and it will affect your energy, the way you perform and your confidence. I'm far from perfect and have come to a Monday morning after a careless weekend of food and feel fat and disgusting... far far from sexy. Remember our thoughts become our actions, our actions become our beliefs.

In this same thread of thoughts become our actions check your language. Our self-talk affects the way we behave and our physiology. I'm going to use the example of training/ exercise. What thoughts come up when you think of training? If it's something that you need to do, a chore, then you will drag yourself to the gym, you won't enjoy your session and you'll hate every moment. If you checked in with your body language it will be slumped and as though you are dragging yourself through everything. Training is a gift that you give your body every day. A gift of happy endorphins a dopamine hit. For me it's something that I look forward to every day. I get more out of my session because my thought patterns are positive and my physiology is upbeat. This is necessary as my sport (powerlifting) requires me to train heavy weights for 2 hours per day. Give yourself the gift of training every day.



Discipline is important – but it can also go too far. Self-discipline should come from a place of love and nurturing, not from a place of fear and a want for control.

Remember my story at the start of this book? That discipline came from a place of fear and a need for control, now it comes from a place of love and respect and it means I am healthy mentally, hormonally, and physically. I teach my clients discipline from love – and if you want to speak to me about this I would be more than happy for you to message me on Facebook or to email me. I live to help women make the change from struggling to look in the mirror to glowing and loving every fibre of their being; and have entire courses dedicated to it.

How do you see yourself?

This leads me to identity. Identity is how you see yourself.

Some of these concepts are adapted from Psychology: How to Build Your Personal Identity by Adam Cash.

Identity is how you see yourself. It can impact the way you act, dress, your personality and how you want others to see you. We have our public self and our private self.

The Public Self:

- **Appearance:** *How do you dress? Do you dress in a way that makes you feel good? I embrace my own femininity and always wear dresses if I'm not at the gym. My identity to the public is that I am a strong feminine woman who can stand her own. I mix both feminine and masculine energy. A client of mine had started to lose her identity after a traumatic experience and was feeling really lost as to who she was. I asked her to look back to a time when she was confident and happy. What did she wear? How did she dress? For her it was about getting her nails done, having a spray tan and doing her hair.*
- **Style:** *George Clooney, Johnny Depp, and Jay Z have style. The way they talk, their body language, and their facial expressions are undeniably "them." Everyone has a peculiar way of speaking and moving. These things make up a person's style. Don't get*

confused by the Clooney, Depp, or Z examples though; style isn't about being "cool." your style is unique to you, whether it's cool or not.

What does your body language say about you? Do you stand tall and confident, look people in the eye and have good posture? Do you speak clearly and with confidence or do you mumble? Do you smile often and do people refer to you as the happy one. How do you want the world to see you? Does your body language show this?

The private self consists of characteristics that are difficult for others to see and observe— his thoughts, feelings, and daydreams and fantasies.

- **Thoughts:** *how you think about yourself will determine how you act. I had a client who thought that her intelligence was intimidating so she would dumb herself down in social situations. What do you think this would do for her confidence? Be authentically you and check your thoughts. I think therefore I am.*
- **Feelings:** *Your thoughts will impact the way you feel. If your thoughts are negative then you will feel negative which in turn you will give off a negative vibe to others and this is far from sexy! When clients first start with me I ask them to start a gratitude journal. Every day they write down something positive in this journal. It could be something they are grateful for, something good that has happened, a compliment they have received, something they did different towards their goal. Where attention goes energy flows.*
- **Daydreams/Fantasies:** *Who would you be without your daydreams and fantasies? How do you want your life to look? I ask my clients to write a journal piece called "See yourself as you choose to be" See yourself as you choose to be.*

I want you to fast-forward to 6 or more months down the track to a day or event where you are feeling confident and happy:

- What are you feeling?
- What are you wearing?
- What are you doing?
- What are people around you saying to you?
- Who are you choosing to be?
- What words describe who you are?
- What are your loved ones saying? Husband/kids etc.



- Now write about it.

Be as descriptive as possible, the more thought and emotion that you can put into this creative writing piece the more attachment you will have and make it real.

A client who I was coaching was turning 30 later that year. When she wrote about this as her see yourself as you choose to be piece she spoke about things like walking into the room being confident, looking stunning in her dress, she was chatty and flirty with her guests and she was beaming from the inside out.

Some key concepts here:

- Ability and performance: People feel better about themselves when they get good grades, perform well at work, adhere to healthy eating and otherwise do things successfully. The more you accomplish for yourself the more likely you are going to feel good about yourself. Take some time to write 30 things that you have achieved over your life time.
- Morality: Morality involves being a good person and living according to the standards and rules of social conduct that you admire. Being a good person never hurts self-esteem. Do unto others as you would like done to you.



Knowing that your body shape and public self are a niche market

I used to be embarrassed by my hips and bum – seriously.

I wanted long slender legs and a little bum. Now I see my bubble butt as unique and a trademark! I acknowledge my body shape as a niche market, and I know that the things that I can do with my body – namely smashing records in powerlifting – would not be possible with skinny pins. I used to think that people were only attracted to one type of body and without having that I wouldn't be perfect, or even good enough for the sort of person I wanted to attract.

It turns out I was wrong – suddenly its 2016 and big beautiful bums have been “in” for years! It's not a phase, and there is nothing wrong with little bums either – we are all built differently, and people are built to love different things. I hate beards personally, but some of my girlfriends are crazy about them. But no matter what you HAVE, if you don't own it and love it, it will show.



What is your personal brand? Think back to a time when you were the sexiest kitten in the world:

- What were you doing?
- What were you feeling?
- What were you wearing?
- What was your state of mind?
- What did you believe about yourself?

Write it down, write down what makes you sexy and what you want to feel and be.

This is your niche. Own it!

You made it!

I'm so proud of you for getting through this guide. I truly hope that you have found how can you put sexy back into sexiness. If you start to feel lost again you can always go back to re do the exercises, but better than that contact me.

For some of you there will be immediate results and you will take action right away. For others you may find that you are still struggling to get your inner sex kitten back. That's ok. I coach women everyday on these fundamentals and understand that it's hard to look at this deep stuff that makes us who we are.

- If you feel stuck, lost, hurt, shy, or just not on the path that you want to be on towards finding YOU again, then you have to contact me.
- If you have every googled the phrase "how to love myself" then you have to contact me.
- If you have ever edited a photo to make yourself look thinner or "better" before posting it to social media then you have to contact me.
- If you have ever decided not to go out one night because the 9 different dresses you tried on still "made you look fat" and you couldn't bare to let people see you like this, then you have to contact me.

The way you are feeling is not ok, and I am here to help you. You deserve to feel SEXY, CONFIDENT, and LOVED inside and out. You deserve to learn to stand up for your own happiness and glow from the inside out.

I have 10 years of working with women getting you into shape in the gym with results that last, as well as changing your headspace so that you know how to move forward with confidence and self love. I know how to help you.

If you want someone help you get back your “X-Factor” then I would like to offer you a FREE consultation with me to see what plan we can come up with for you, together. This is a full length one on one session, completely at MY expense where we can look at the exact steps you need to take to have control of your happiness and sexiness again.

Everyone deserves to feel confident, happy and sexy.

Dare to Dream,

Kim

