

**#1606– Missy**  
**“Save the Dates!”**  
**Tips**

**Fashion**

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**Segment 2: “Breaking the Ice”**

**TIPS**

- Carry a conversation starter. Take your book along with you. Give your potential mate something to talk about.
- Doll out the complements. Think of something positive to say first and the conversation will already be heading in a good direction.
- Let them show off! Guys like to be the knight in shining armor, so ask them to help you out with something.

**Segment 3: “Grin and Wear it”**

**TIPS**

- Use bold colors to attract attention to yourself -- but use them wisely -- you don't want to look like a clown!
- If your top is a bit crazy, consider tempering it with a more traditional top.

**Segment 4: “Accessories for Success”**

**TIPS**

- A prominent fashion ring on your right hand will both draw attention and show the absence of an engagement ring!
- Shoes are accessories too -- sexy boots or heels with a more conservative outfit will give the hint of a wild side.
- If you wear glasses. Consider getting a few pairs of prescription eyewear-- then match your outfit with the best pair!

**Segment 5: “Grounding Yourself”**

**TIPS**

- Have good posture. Stand up straight, shoulders squared (no slouchy upper back), head erect and chin level with neck. When you are upright, you are more aware of a strong body sense and will feel more anchored and better

about yourself. If you have poor posture, take beginner ballet and it will teach you how to carry yourself. (For both MEN and Women)!

- When around people and you feel your insecure thoughts start to race in your head, let your thoughts drop down into your tummy. This is like the ball that drops in Times Square on New Year's Eve -- once your mental activity is out of your head and down in your gut -- you can slow down and be more able to be comfortable with people.
- Keep this thought in your head throughout the day, "I move through life with ease". Remember that it is when we are anxious that we are not grounded. Practice daily being at ease with life, reminding yourself that when centered, life is more user-friendly.