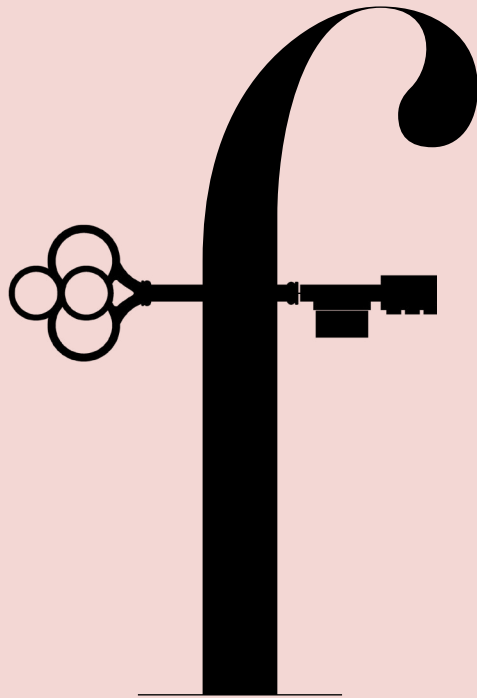


F IS FOR



frenchie

**WEEK 2: FREEDOM TO PLAY AND
ENJOY YOUR LIFE**

internal & external

ASPECTS OF YOUR FRENCHIE STYLE

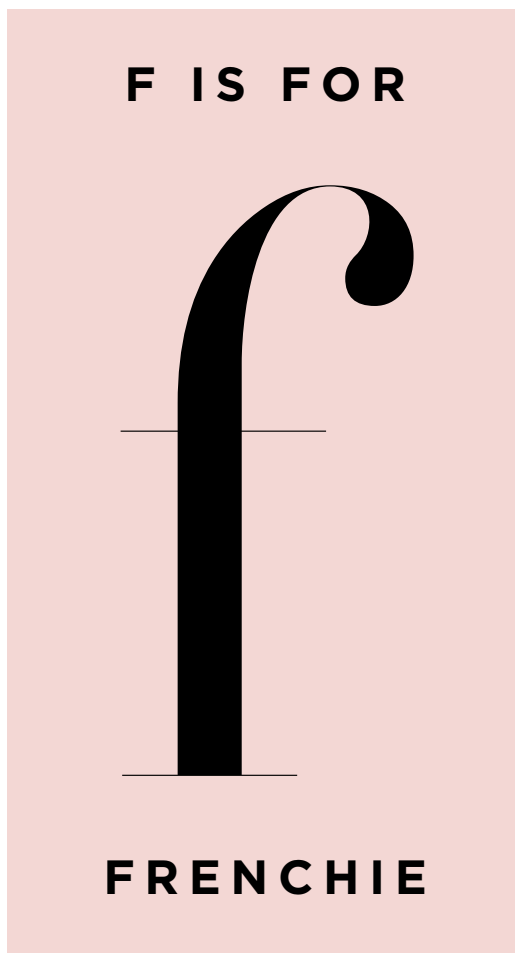
TARA'S GO-TO'S:

- ✓ *makeup*
- ✓ *skin care*
- ✓ *body care*
- ✓ *hair care*

& WHY IT'S SO IMPORTANT

lingerie

HOW TO
ORGANIZE &
HONOR YOUR
WARDROBE



french
PHARMACY FINDS

HOW TO
feel good in
your skin
(no matter what)

BEDSIDE
basics

A LITTLE
session
ON
sex

increasing
pleasure
IN YOUR LIFE

IT'S TIME TO
enjoy



1 WEEK

Why the Frenchie?

- Why enjoyment and beauty are vital in your life
- How to release guilt (my personal tips)
- How to uncover a higher level of permission for pleasure

2 WEEK

Freedom to Play + Enjoy Your Life

- Power of Joy
- Definition of Pleasure
- The importance of enjoyment in your life

3 WEEK

Beauty Sleep + Sex

- How to have it all
- How to trust your body at new levels
- How to say YES to you
- Honoring the urge

4 WEEK

Permission for External Beauty

PART 1: HAIR AND MAKEUP

- The "Not - So - Basics"
- What your mother never taught you
- My go-to brands

PART 2: CLOTHES AND LINGERIE

- How to choose YOU
- Taking care of your investment
- Lingerie for the UNIQUE you
- Investment pieces you don't know about

5 WEEK

Q+A

- Secret reveals
- Your Frenchie questions answered!

WHO ARE YOU WAITING FOR?

Who do you feel needs to give you permission for pleasure?

- God
- Your Mom/Dad
- Yourself
- Society

NOW

Why must you now gift yourself FULL permission for pleasure and enjoyment in your life?

YOUR DEFINITION

What is your definition of pleasure?

THE IMPORTANCE OF THE FREEDOM AND JOY

Why is Freedom linked to joy for you?
Feel this, Allow this...

SAFEKEEPING

How will you honor yourself?

BEAUTY

HEALTH

STYLE

SELF CARE ROUTINE

Spend the next 10 minutes creating your self-care routine.

FRENCHIE FRIDAY

YOU CAN OF COURSE CHOOSE ANY DAY OF THE WEEK.
HOW WILL YOU HONOR HER? MARK IT IN YOUR CALENDAR!

