



*7 Juicy Keys to
Keeping Your Sexy
Alive*

*Presenter:
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Introduction

Hello Beautiful!

I am Mavis McKnight, a Certified Sex Coach, and I educate women on sexual awareness. I am on a mission to empower you to embrace and keep your sexy alive!

Did you know according to one survey, 1 in 5 women said they never feel sexy? Today, the plan is to change that statistic!

I am in a very unique position. I am married to a Pastor (Life Enrichment Ministries in Los Angeles) and have been called to empower women in their sex lives. I am one of only a few minister's wives who is not afraid to talk about the topic of sex and sexuality.

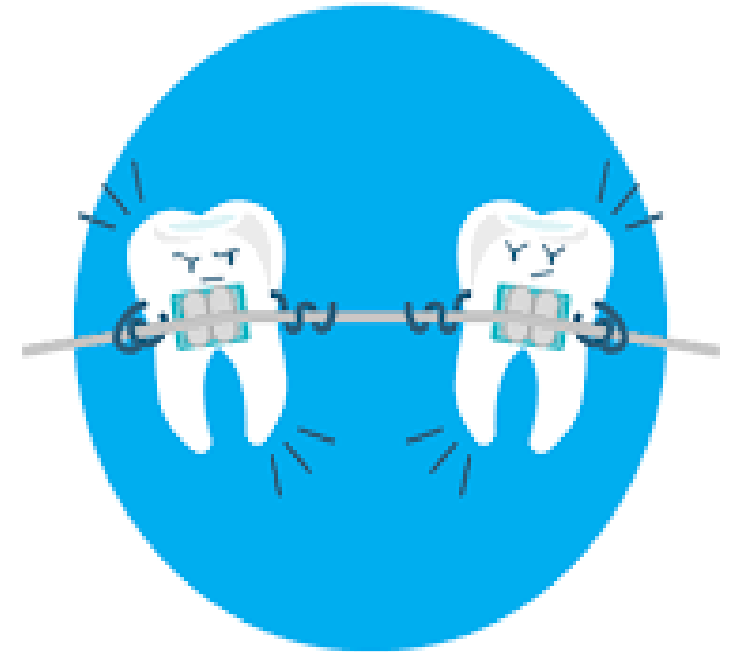
Unfortunately, many in the church view speaking on this topic as blasphemous which means disrespectful behavior against something sacred. But it is an honor for God to have chosen me to talk about this incredible gift that He created and I am passionate and excited about sharing with you!

The Gap

Where you are and where you want to be

A gap is the space (think front teeth) between where you are in your sexy and where you want to be. In order to close the gap you have to first acknowledge there is a gap, fill it with what ever substance that is missing, in this case education, break it down into bite size pieces and make the learning fun, then the most vital part, spend time applying what you learn consistently so it solidifies and sticks.

One main reason this information is being shared with you is to assist you with learning to look at things in different ways so you can discover increased joy, boost your confidence, and enjoy greater life happiness. In essence, to help you create a better life. That is great motivation!



Anyone Can Learn to Keep Your Sexy Alive

- *Sexy State of Mind*-It doesn't matter how tall, short, light, dark, heavy, or lean you are. You can learn to keep your sexy alive because sexy is a state of mind and a state of being.
- *Female Sexuality*-A huge part of keeping your sexy alive is embracing your female sexuality, something our great God designed us with. What exactly is that?
- *Female Sexuality* is how you act, think, and embrace who you are as a sexual being. It's also about your sexual health, your sexual enjoyment, and female sexual identity. But always remember, yours is personal, and cannot and should not be compared to anyone else's.
- Let's be real. You are not trying to be sexy for just you, you also want to be sexy for your husband or to attract your "perfect for you" Prince. And that is so natural and nothing to be ashamed of. It's in our nature. It's totally alright. What's important is to get there first for yourselves and master it then you can smoothly transition it into your relationship and your man can also benefit from it.
- I read an article that stated women don't need men to help them feel sexy. That is partially true but please don't get it twisted. Women love to hear men tell them they are sexy. It just makes us feel so much more...well sexier.

5 Warning Signs Your Sexy Has Left the Building

1. You wear raggedy t-shirts and pajamas to bed every night
2. You stop caring whether your undergarments match or not
3. You reject your husband's advances and continually turn your back on him
4. You pay more attention to your laptop or other electronic devices (including your bullet) in the bedroom and sleep with them like they are your companion
5. Sleep has become more important than intimacy with your spouse

Tsk, tsk, tsk. If you recognize yourself in any of these warning signs, it is time to get your sexy back!



Keep It Sexy Tool Kit

Tools serve a specific purpose and are a great way to make things easier. Here are a few tools for you to Keep it Sexy.

Colleen Oakley says sexiness isn't something you just turn on and off; you have to cultivate it, get in touch with your body. And she is absolutely right. The sexier you believe you are, the sexier you are because belief is powerful. One of the main reasons women don't want to have sex is that they never felt sexy or don't feel as sexy as they use to. You *can* find the time to get your sexy back. Try these:

***Close your eyes**, take a deep breath, and think about what sexy means to you; how you would describe it in three words. Write it down. Now I have another activity to get your juices flowing a little more.

- **Activity**-Create an acronym for the word SEXY



7 Juicy Keys to Keeping Your Sexy Alive!

- 1) You need to make a major shift in what and how you think about being sexy. Meditate on your definition of sexy. The deeper you think about it the deeper it goes into your soul, and the sooner it becomes part of you.
- 2) Pamper yourself, i.e., getting your hair done, that bomb shampoo, getting your feet and nails done, and treating yourself to a massage.
- 3) Ditch the sweat pants. If this is your standard dress, start by making a commitment to do things differently. Purchase something sexy, a cute nighty, sexy under garments, silk sheets. Take note of how it makes you feel.
- 4) Make your most beautiful feature pop. Is it your eyes, your smile, your legs, your booty? Whatever it is take time to find out what adds to this feature. The more beautiful you look, the more sensual and sexy you feel.
- 5) Move your hips! Put on music. Light your favorite scented candle. Inhale the aroma. Close your eyes and move. Feel the connection of your mind and body.
- 6) Walk. In the same way as you danced. Think sensual, sexy, flowing, confident. Every woman is different and you may be tempted to compare but don't! *Bonus:* For some men it's your self-confidence inside and outside of the bedroom; your kind tone of voice; style, grace, your smile. So, smile often ladies!
- 7) Set aside private time to explore...Talk about sexy...OK can we talk real talk? *Solo sex, i.e., masturbation or as Dr. Betty Dodson says, "It's sex with someone you love."* In one recent study, over 85% of women reported that they practiced solo sex. And there is a reason the percentage is so high: *Because it is a natural healthy sexual expression, and women want to experience sexual pleasure too. It's an affirmation of self-love and it is your right!*

If you are willing to look at sexiness in a different light, I have a *fun and intimate exploration exercise* for you. Simply send me an email to askmavis@mavismcknight.com and I'll get it right out to you.

Conclusion

Mark Victor Hansen says, “Don’t wait until everything is just right. It will never be perfect. There will always be challenges, obstacles, and less than perfect conditions. So what. Get started now. With each step you take you will grow stronger and stronger, more and more skilled, more and more self-confident, and more and more successful.”

Isaac Lidsky, an actor who starred in *Saved by the Bell: The New Class*, ended up going blind. He said at first he was terrified as is the common and natural human reaction. But after a while he started to notice that his fears were fiction and realized he could make another choice. He decided to focus on the awesome power we all have to choose who we want to be and how we want to live our lives. That is “*Choice Theory*”, which says you have the power to choose what you want to think, feel, do, and how you want to be.

So, it’s all on you. Your decision. Your choice. Build sexy self-confidence. Be bold and courageous and step out of your comfort zone and try the thing you’re most afraid of. One thing is for sure, once you do it you will never be the same person you were before you took action, and you can never go back. Keep doing these things to keep your sexy alive even as you get more seasoned. It’s a gift!

This kind of knowledge when applied will change your life! So, enjoy and make it a slice of your life and as NIKE says, “JUST DO IT!”

I hope you have been enlightened. My goal and passion is to show you how to think more positively about yourself as a sexy and sexual being, and embrace keeping your sexy alive!

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