



- You will post between 5 and 7 photos. Have between 10-12 profile worthy photos on hand. You will regularly change these to keep the profile fresh.
- Two to three shots should be of mid torso and up shots, clearly showing your eyes and smile.
- Two full body photos. You will only post one at a time. Preferably in a dress and heels. It matters. Men are visual! Do you like red? Even better! Pick a couple of things stylish and fun.
- No photos with friends. Try to keep it to just you! Or you as the clear focal point. (Ex. At the finish line of a marathon with people behind you - great!)
- Avoid selfies. Have a girlfriend help you take photos!
- Two to three lifestyle photos - of you doing things you love. Travel shot? Like to run? Camping? Volunteering? Church function?
- How do these photos reflect your core values? What isn't represented? Write about it below.

#1 rule: Don't cover up your wonderful eyes or smile. These are always a woman's BEST attributes. None of your photos should have sunglasses or other barriers to seeing your personality through your eyes and smile!

**THE MOST IMPORTANT PART:** Be present in your five senses and HAVE FUN as you play with a friend taking photos.

Go out for coffee. Brunch. Go for a hike. Participate in your hobbies. Be silly. Capture some laughter. Literally smell the roses. Twirl your necklace or hair. Touch your forearm softly and enjoy your skin.

Ask even a stranger to capture a photo or two of you. Even share with the stranger what you are doing with the photos.

BE vulnerable and open. By stepping into that energy, opening your heart even to a stranger you are asking help from, it will completely shift your energy and the YOU captured in those photos. Your feminine and sweetness will show through!