



BOOST YOUR LOVE APPEAL

Level 1

Guide to Femininity for Professional Women

I am so happy you are here!

I created this 7 day course especially for you. I know how much you want to love and be loved.

I am here to navigate you through the first level of my Boost Your Love Appeal Course.

My name is Lira Kay and I am a founder and creator of She's Got Passion @ LiraKay.com.

I dedicated myself to finding love a long long time ago and my biggest discovery was, it all starts from within. I know, it sounds cliche, but here I am living the truth of it.

I had helped hundreds and hundreds of women find love, passion for what they do, for their life, peace, trust by simply showing them how to connect with their feminine core.

I work with successful professional women, they don't lack any confidence in doing what they do, they are pretty good at it. One can say, they mastered playing by the men's rules, they achieved a lot, respect, authority, recognition. But all of them had an unfulfilled longing, a feeling, that something is missing. They didn't know exactly what it was. A relationship? Looking good, feminine? On the outside they were well maintained and classy, proudly demonstrating the attributes of a feminine woman. Many of them were in a long term relationship, the ones who weren't were frequently asked to dates. No that wasn't it. What was missing, as we found through many hours of coaching and therapy, that they had felt lost when it came to understanding what they truly are. And, most importantly liking what they are.

Going deep, to the core of their being, their purpose, their energy, proved to be the best way to fill that missing link, find that fulfillment, self acceptance, self love they were craving. From being full, literary, full of love, things started changing for them. Their relationships started blossoming. They started receiving a different kind of attention from men. And not just men, everybody around them, even their own family :-) They started dating differently. No more weak, emotionally immature, or in any other ways unavailable men. They started attracting new people into their lives, opportunities that enhance their purpose. Everything that being your true self and lovable self would attract.

I wish that for you too!

You want you to like who you are, accept, forgive and start slowly falling in love with yourself. Level I, as you may guess, is only the beginning of your Path to Love. I promise to guide you gently and skillfully to your feminine core, to your true Self. I promise you will love what you find.

DAY 1

I Have Value Declaration

I,,
today, onyear

declare my full value to myself and to the world!

From today

I commit to treating myself with **kindness, compassion and love.**

I deserve it simply because I was born.

I am 100% committed to myself.

It is absolutely **possible** for me to **love myself** unconditionally.

For the next 7 days **I will give myself more** than ever before:
more attention, more recognition, more gratitude, more acceptance.

I free myself off all the shame I implied for giving to myself generously.
I forgive myself for giving away my power by blaming others for not doing it sooner.

I accept myself on the crossroads of my life, feeling the way I feel about myself,
my life's journey and my purpose. **It's all good, I am in a process!**

I admire myself for getting so far.

I congratulate myself on everything I achieved.

I am looking ahead and see myself reaching the depth and indulging in richness of **who I am**.

I am excited to be on the adventure called **MY LIFE.**

I am a WOMAN and I have VALUE.

Signature

Answer the questions, please.

Why do I want to love myself more? What does it mean to me? What will I get as a result?

I decided to love myself more because

1 _____

2 _____

3 _____

My reward for keeping my 7 day commitment:

Draw a smily face under each day you kept your commitment to yourself:

day 1

day 2

day 3

day 4

day 5

day 6

day 7

What is your next step?

10 ways I will continue giving to myself in the next 30 days:

1

2

3

4

5

6

7

8

9

10

DAY 2

What do You Want Instead?

Make two lists. One with all you are fed up with, and hate in your life, on the left side. And another with everything you would wish for instead, on the right side. When done, cross off everything you don't want in your life. And make an intention to receive all that you wish for. Right now remember the commitment you made to yourself. Yes, you can do it! Yes, you deserve it! Yes, it's gonna happen much sooner than you think! At the end of the exercise check, how do you feel? Lighter? Inspired? Relieved? Great!

	I don't want	I want
1		
2		
3		
4		
5		
6		
7		

DAY 3

What is Your Takeaway?

This is day 3 of your 7 day Boost Your Love Appeal Course.
Let's count some chickens!

Please, answer those questions and reflect on what is going on in your life and within you.

- 1 How do you feel right now on the scale from 1 to 10 (10 is great, 1 plain bad)
- 2 Identify your feelings. It could be a combination of 2 or 3. If you feel anything less than great, ask yourself and then write down, how do you want to feel instead.
- 3 What kind of changes did you observe within yourself for the past 2 days? Name at least 4.

1
2
3
4

- 4 What had changed around you? You will find what you are looking for!

1
2
3

- 4 What needs to change for you to feel even greater? Look inside and find an answer within.

1
2
3

- 5 Your biggest takeaway from being on the Boost Your Love Appeal Course so far:

DAY 4

Discovery Session

Yes, those are serious questions for serious women. There is no rush. Take time to reflect and answer your questions honestly, going as deep as you can. Keep away from your usual story, this is a conversation with yourself. No one will see your answers. Be true to yourself. Let it go. Let it be. Without judgment, with acceptance and compassion. I hear you. I support you. Your higher Self, your soul right now has the opportunity to connect with you. That is all that matters. I love you, she says. I love you.

1 What do you really want?

2 What do you want specifically?

3 Why do you think you are not getting it/have it/achieved it?

4 What happens if this doesn't change?

5 So if it doesn't change this going to happen?

6 What is your life going to be like if it happens, if you get what you want?

7 How is this going to affect your feelings, your everyday life?

8 How is this going to affect your family, your work, people around you?

9 How badly do you really want to change this?

10 What would be the one thing that would stop you from doing this?

11 What had stopped you in the past?

12 What is different now?

13 What makes you excited to commit to yourself? What are you looking forward to? What is possible for you? What would your perfect day look like?

Write down a perfect day, include your feelings, activities, people, relationships, work, health, fun, everything you want to experience as a fulfilled, passionate, loved and loving woman. This is going to be your Master Manifestation List. We will look at it again and expand on it on the Boost Your Love Appeal, level 2 program. On the level 3 you will be working on magnetizing, attracting, manifesting all of those things into your reality and much more. Yay! I am so excited for you!

14 Are you 100% committed to making this happen for you?

DAY 5

Mantras and Affirmations

I am in a process. I am all good

I have value

I am a woman and I have value

I love myself

I completely forgive and accept myself

I accept myself as I am

I love myself unconditionally

I am in love with myself

I am true to myself

I admire myself

I trust myself

I believe in myself

I love myself more every day

I embrace myself

I heal myself

I am kind to myself

I respect myself

I agree with myself

I am in a process. I am all good.

On the level 2 of Boost Your Love Appeal course we will go deeper with that and address issues that are inevitable for so many of us, struggling with self love and acceptance. Please, be patient, be nice to yourself. Believe me, one day you will say all of those affirmations and truly feel that way. It takes time. It takes effort. But it is SO WORTH IT! I believe in you. And I am with you, in awe and gratitude for your heart for your determination, for your trust in yourself.

DAY 6**Get Practical**

Ask yourself those questions and to your best knowing describe what is happening on each level of your life. Use your masculine side to analyze and articulate the complexity you will find, and use your feminine side to be intuitive, to trust your heart, have no judgment and feel compassion and love for yourself.

1 What is going on in my mind?

2 What is going on in my heart?

3 What is going on in my body?

4 What is going on in my soul?

5 On the scale from 1 to 10 how satisfied I am in

my mind
my heart
my body
my soul

DAY 7

Back to Feminine

Being happy, being yourself, being feminine as you were born a woman is not a luxury, it is a necessity.

Being happy, being yourself, being feminine as you were born a woman is not a privilege, it is your birth right.

Being happy, being yourself, being feminine as you were born a woman is not a random desire, it is a deep calling of your true self, of your soul and your purpose.

Your desire of being happy, being yourself, being feminine as you were born a woman is not going to go away until it's fulfilled.

Being happy, being yourself, being feminine as you were born a woman is possible.

Being happy, being yourself, being feminine as you were born a woman is a continuous journey, there is always another layer, another depth and another reward.

If you Want to Study in Depth and Attract More Love and Passion:

- how to be loved and how to love from the place of commitment and adoration for your feminine qualities,
- how to awake more and more of the happiness, fulfillment, passion that comes with you being in touch with your feminine source,
- how to influence from a place of not manipulation but purpose and love,
- how to find and attract more love and support in your life

[click here and let's continue our journey together.](#)

I promise you a spectacular adventure!

Here is a little preview of what to expect on the **Level 2 Boost Your Love Appeal Course**.

Level 2 is called a 10 Step Guide to Femininity for Professional Women and it covers 10 steps and gives you 10 exact tools and exercises to have an awesome deeply fulfilling experience of farther exploring what feminine means and how to do it.



You know me by now, but here is a little reminder.

I am Lira Kay, a Psychologist, Therapist, Law of Attraction Coach, a Speaker for Women in need of support and guidance, a Spiritual Transformation Expert. A Woman in Love, a Mother (of five beautiful daughters), a Wife to an awesome Man, Your Teacher and Your Cheerleader on your way to your true Feminine Self.

I love YOU with all my heart and wish you happiness and freedom, love and confidence. I believe in you, and I am here for you.

Level 2 Boost Your Love Appeal Course comes with

- a workbook,
- videos and audios to guide you through all of the process and exercises
- a big bonus package Love and Acceptance Kit for dealing with anxiety, procrastination and fear of being alone for women who need extra help in releasing the emotional hurt of their past
- extra tools, guided meditations, videos and tapping scripts and demonstrations for women who sign up now.

Here is the link to a sign up page. Click and give more love and passion to yourself immediately!