

The Soft Life Starter Kit

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1. Feminine Energy Reset Ritual

Start every day grounded in your softness and power with this quick ritual:

- ✿ Breathe deeply and slowly for 3 minutes — focus on your heart center.
- ✿ Light a candle or incense and play soft music.
- ✿ Say 3 affirmations aloud:
 - “I am magnetic and worthy of receiving.”
 - “My energy speaks before I do.”
 - “I do not chase, I attract.”
- ✿ Move slowly — stretch, dance, or sip tea with intention.

This ritual centers your feminine energy and shifts you into your receiving mode.

2. Provider Magnetism Checklist

These small shifts make a big difference when you’re attracting masculine provider energy:

- ✓ Keep your voice soft, clear, and playful.
- ✓ Smile often — it invites attention without chasing.
- ✓ Make eye contact, then look away slowly.
- ✓ Speak your needs with confidence, not control.
- ✓ Receive compliments with “thank you,” not explanations.
- ✓ Let him lead, offer, and plan — that’s where his masculine thrives.

3. Glow-Up Grocery List

These pretty-body foods keep your energy soft, skin glowing, and body juicy:

- 🥥 Coconut water (hydration + glow)

- 🍓 Berries (antioxidants + feminine sweetness)
- 🥬 Spinach + kale (iron + detox)
- 🍠 Sweet potatoes (curves + hormone balance)
- 🍯 Raw honey (natural energy + skin magic)
- 🌰 Almonds + walnuts (healthy fat = glow)

Stick to whole, high-vibe foods that nourish your body and aura.

4. 3 Copy-Paste Texts That Spark Pursuit

📱 Text 1 – When he offers to plan a date:
“That sounds lovely, I like when a man takes the lead 😊”

📱 Text 2 – When he compliments you:
“Thank you... I love that you notice the little things 💋”

📱 Text 3 – When you want to shift from casual to intentional:
“I’m really enjoying this... I value consistency and thoughtfulness in who I give my energy to ✨”

Your words should invite pursuit, not pressure. Keep it light, sweet, and magnetic.