

CURVY CONTEMPLATIONS

Action Guide

GET MORE DATES

THAN YOUR SKINNY FRIENDS

*A Curvy Girl's Guide
to Conquering Men and the Competition*



KATBACON



KAT
BACON

GET MORE DATES
THAN YOUR SKINNY FRIENDS

Curvy Contemplations
Action Guide

Thank you for downloading the *Curvy Contemplations Action Guide*. This is the companion workbook to **GET MORE DATES THAN YOUR SKINNY FRIENDS, A Curvy Girl's Guide to Conquering Men and the Competition**.

This action guide is designed to help you reinforce the ideas and lessons you learned in the book. Review your *Curvy Contemplations* often so that you keep your new strategies at the top of mind. Challenge yourself to implement and practice a different Curvy Contemplation each week. You'll be amazed how vibrant you will feel and how you will naturally attract GREAT things (and men) to your life.

Today you are one step closer to living a life you love!

Part 1

Becoming a Confident Curvy Girl (CCG)

*Getting Ready, Inside and Out,
for Some Amazing Dates*

“Don’t worry about finding the right guy
—concentrate on becoming the right girl.”

~Kat Bacon

Chapter One

Confident Curvy Girl 101

“Self-esteem isn’t everything; it’s just that there’s nothing without it.”

~Gloria Steinem

CCG Step #1

Be Your Greatest Love

“Love yourself first and everything falls into line.”

~Lucille Ball

Change your energy and increase your magnetism by simply affirming that you love yourself. It will feel uncomfortable at first, but after you are done getting ready in the morning, look at yourself in the mirror and give yourself one compliment. Try “You look wonderful,” “You look hot,” “You have a great smile,” “Your hair looks amazing,” or “I love every inch of you.” And don’t forget to say “I like myself.”

Curvy Contemplation

Write down three positive affirmations you can say to yourself each morning.

1.

2.

3.

And don’t forget to say “I like myself.”

CCG Step #2

Get Your Curve On

*To me, beauty is about being comfortable in your own skin.
It's about knowing and accepting who you are.”
~Ellen DeGeneres*

I believe there are two types of curvy girls.

Type I curvy girls were born curvy and have struggled with their weight most of their lives. Type II curvy girl has recently become curvy due to pregnancy, stress eating, medication, quitting smoking, injury, menopause, addiction, or depression.

Curvy Contemplation

What type of curvy girl do you think you are? Type I or Type II? _____

If you're Type II, are you a "guest" or a "resident" in our curvy society? _____

Are you ready to accept yourself today, exactly the way you are? _____

CCG Step #3

Don't Be a Phooey Vuitton

"Always be a first-rate version of yourself, instead of a second rate version of somebody else."

~Judy Garland

The key to recognizing your awesomeness is to make a list of your positive attributes. Ideas for your list could include: good friend, honest, hardworking, nice hair, intelligent, caring, good cook and generous.

After writing your list, ask your friends and family to contribute what they think your best attributes are. You will be surprised by all the magnificent qualities you have of which you weren't even aware.

Read your list at least once a day and keep it in a place that you can get to easily when your confidence is weak.

Curvy Contemplation

Make a list of your good attributes. Try to write down at least eight.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

CCG Step #4

Fire Your Worst Critic

*“Change the way you speak about yourself
and you can change your life.”*

~Joel Osteen, author and pastor

Many of us allow ourselves to circulate negative ideas in our minds over and over again. Think about some of the negative “tapes” you may have going through your head. Some common themes are:

1. I’m not skinny enough.
2. I’m not pretty enough.
3. I’m not deserving of an amazing life because (insert).

These thoughts and prejudices hold us back from being fully alive, taking chances, and radiating confidence. It is essential to replace those negative tapes with positive statements. For example; change “Men don’t like me because I’m fat” to “I know I look and feel good, and any man would be lucky to have me.”

Curvy Contemplation

What negative tapes do you play repeatedly in your mind?

1. _____
2. _____
3. _____

What positive statements are you going to use to replace them?

1. _____
2. _____
3. _____

CCG Step #5

Stop Comparing and Start Appreciating

“Why compare yourself with others? No one in the entire World can do a better job of being you than you.”

~Anonymous

Habitually comparing yourself to others is a recipe for misery. It’s easy to exaggerate attributes and qualities you don’t like about yourself when compared against a perfect-but-incomplete picture.

Success in dating and in life is about being your best and not worrying about how someone else looks or what they are doing. You need to concentrate on rocking what you have, because you’re the only one who has it!

Curvy Contemplation

Be honest, do you compare yourself to others? _____

If so, what are some things you tend to compare? _____

Are you ready to stop comparing yourself to others? _____

Now commit to accepting your uniqueness and appreciated the endowed qualities that are yours alone.

CCG Step #6**Learn the Magic of Mantras**

“Self-worth comes from one thing

—thinking that you are worthy.”

~Wayne Dyer, self-help author and motivational speaker

Personal mantras are affirmation statements that promote the way we want to live our lives. Here is one example of great mantra: “I am hot, healthy, and happy. Everywhere I go, men are attracted to me.”

Curvy Contemplation

Write down three things you'd like to change about yourself. Beside each item, write down its opposite.

Item to Change	Its Opposite
1. I am _____	I am _____
2. I am _____	I am _____
3. I am _____	I am _____

Use your three opposite items to create your new mantras.

1. _____
2. _____
3. _____

Repeat these words to yourself at least ten times a day, either aloud or to yourself.

I recommend writing your mantra on Post-It notes or index cards and putting them up on your bathroom mirror, computer monitor, and bedside lamp. You may feel silly saying your mantra at first, but with enough repetition, your mantra will become your reality.

CCG Step #7

Get in a Sexy State of Mind

“Confidence is the ultimate in sexy. There is nothing more attractive, more seductive, than someone who is confident and embraces her life.”
~Stella Ellis, author and plus-size model

“Sexy” is an attitude that radiates from within. Size is immaterial; the quality of your “feminine swagger” is paramount. Being sexy is a choice—your choice. It must stem from the authentic belief that you are irresistible and appealing. If you don’t believe you’re a sexy siren, you will not exude sex appeal.

Trust me, feeling sexy will help you feel more confident and will definitely turn more heads in your direction.

Curvy Contemplation

Do you consider yourself sexy? _____

If not, what kinds of things can you do to make yourself feel sexy? _____

Now make up your mind that you *are* sexy, and you will be.

Chapter Two

Lights, Camera, Life!

“Stop acting as if life is a rehearsal. Live this day as if it were your last.
The past is over and gone. The future is not guaranteed.”

~Wayne Dyer

Fully engage and invest in your life as it is at this moment. Try to find the good, even in frustrating situations. For example: when you're stuck in traffic, take the opportunity to turn down the radio and enjoy the peace or call a friend you need to check in with.

Enjoy yourself in every moment, because this is it.

Curvy Contemplation

What is a recurring frustration in your life? _____

Write down the steps you are going to take to turn that situation around in the future.

Step 1. _____

Step 2. _____

Step 3. _____

Rock What You've Got!

"Choosing to be positive and having a grateful attitude is going to determine how you're going to live your life."

~Joel Osteen

Your body is a remarkable thing, even if you don't think it's perfect. Writing a gratitude list will help you focus on the positive aspects of your life and your body.

Curvy Contemplation

Enjoyable Activities Your Body Enables You To Do:

- 1.
- 2.
- 3.
- 4.

Positive Physical Aspects of Your Body:

- 1.
- 2.
- 3.
- 4.

God-Given Attributes (Unique Personal Qualities):

- 1.
- 2.
- 3.
- 4.

Blessings in Your Life:

- 1.
- 2.
- 3.
- 4.

Don't Let Your Attitude Give You a Case of Mood Poisoning

"Being a sex symbol has to do with an attitude, not looks.

Most men think it's looks; most women know otherwise."

~Kathleen Turner

To attract great guys, you must break the cycle of negativity. This involves detoxifying your mind of old, negative thoughts and replacing them with new, positive ones. Say you're getting ready to go to a club with some friends and start thinking, "Nobody is going to be interested in me, and I'm going to have a terrible time." Stop. Immediately replace that thought with, "I'm a curvy girl. There are going to be many desirable guys at the club that will be attracted to me. I'm going to have the night of my life."

When you hear those negative thoughts creeping back in, replace them with positive words. When you engage a positive attitude, your possibilities, experiences, and magnificent adventures become endless.

Curvy Contemplation

What are some negative thoughts that go through your mind when dating or looking for a great guy to date?

What positive words are you going to use to replace those negative thoughts?

Random *Facts* of Kindness

“There is overwhelming evidence that the higher the level of self-esteem, the more likely one will be to treat others with respect, kindness, and generosity.”

~Nathaniel Branden, self-esteem psychotherapist

Practice being kind and giving to others. When you give, you don’t focus on yourself—you focus on what you have to offer. This will invite more abundance and fulfillment into your life. When you are fulfilled, your energy will attract others.

To get started, try to do something nice for someone every day.

Curvy Contemplation

What acts of kindness can you perform this week?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Fake it Til You Make It

"We will act consistently with our view of who we truly are, whether that view is accurate or not."

~Tony Robbins

One of the great secrets to becoming anything you desire is to act as if you have already succeeded.

For example, if you are aspiring to be a confident, head-turning curvy girl, act as if you already are one.

Curvy Contemplation

In what areas of your life do you need to "Fake it Til You Make it"?

What are some strategies you will use to "Fake it Til You Make it"?

Don't Be a Day-Old Donut

"You cannot perform in a manner inconsistent with the way you see yourself."

~Zig Ziglar

Some curvy girls fear that they will never find a guy who loves them the way they are. As a result, they abandon their convictions and make irrational, desperate, and foolish decisions.

When you demand respect for your body, you exude confidence, and men will respond accordingly.

Curvy Contemplation

Do you overcompensate in order to catch and keep a guy?

In dating, what values and standards are you going to hold true to?

Your Best Publicist Is You

“You are a company of one, so it’s your job to write your story, create your reputation, and sell your awesomeness.”

~Kat Bacon

Perception is reality, and it is your job to give guys a positive image of you. The things you “advertise” build the mental image that people are going to walk away with.

Curvy Contemplation

What negative comments do you say about yourself?

What mental image do you want your dates to walk away with?

What positive comments are you going to say about yourself to give your dates the right impression?

Chapter Three

The Male Mystique

“What Women Want: To be loved, to be listened to, to be desired, to be respected, to be needed, to be trusted, and sometimes, just to be held.

What Men Want: Tickets for the World Series.”

~Dave Barry. Pulitzer Prize–winning author and columnist.

To put it simply: men are looking for something that appeals to them. Men are visual, and your curves may be just what they’re looking for. The key is to let them see you in your best light and avoid behavior that could turn them off.

Curvy Contemplation

Be honest. Do you have any undesirable dating habits? If so, write them down and commit to exterminating suspect habits!

Curvy Contemplation

Could you improve any of your dating goddess traits? If so, write down those that need improvement and commit to adding those improved traits to your dating demeanor.

Chapter Four

Ditch the “Rules” and Get SASSY

“If I’d observed all the rules, I’d never have got anywhere.”
~*Marilyn Monroe*

Women today are smart, clever, independent, ambitious, goal-oriented, and have a full life even without a man. Guys are turned on by women who are adventurous, career-minded, happy, functional, stable, and have good friends, great hobbies, and many passions.

Instead of playing hard to get and being someone you’re not— as *The Rules* suggests—just be SASSY.

SASSY stands for Sensible, Amazing, Savvy, Smart, and Yourself.

Curvy Contemplation

Do you follow any out-dated dating rules? _____

If so, what dating rules are you going to remove from your dating repertoire?

Chapter Five

Be Buzz-Worthy

"I'm not single, I'm in a long-term relationship with adventure and fun."

~Anonymous

Some curvy girls are boring, boring, boring. In other words, they have nothing interesting going on. They're not buzz-worthy.

In order to attract great dates, curvy girls need to be *interesting*. They need to be **SASSY**.

SASSY girls need to be ready to talk about what interests' guys.

SASSY girls are also open to trying new things.

SASSY girls consider taking classes.

SASSY girls consider getting involved in a charity.

SASSY girls look for chances to have adventures.

SASSY girls love to travel.

Curvy Contemplation

What five new activities are you going to try?

- 1.
- 2.
- 3.
- 4.
- 5.

Chapter Six

Brand Yourself

“You never get a second chance to make a first impression.”

~Anonymous

Think of the last book you bought. What attracted you to it? You probably bought it for the content, but it was the cover that made you pick it up in the first place.

Guys operate like consumer shoppers: they stay for the quality, but that initial glance is based upon looks alone. In short, to get someone to stay for your plot, you must first attract them with your cover.

Be yourself, but be your *best* self! There is a lot of competition out there, and appearance is important.

Curvy Contemplation

What are your best physical features? _____

What items in your closet do you need to throw away? _____

What items do you need to add to your wardrobe? _____

Before you go out and spend tons of money revamping yourself, it's a good idea to get two opinions: one from a girl and another from a guy.

Sit them down and tell them you're updating your look and that you respect their opinions and would like their honest advice.

Go down the list and ask them what they think. Your friends are not going to want to hurt your feelings, so be careful to word your questions in such a way that gives them permission to be totally honest.

Curvy Contemplation

Who are you going to ask for help?

Girl: _____

Guy: _____

Discuss the following areas:

1. Hair
2. Makeup
3. Clothes
 - a. Best Colors
 - b. Best looks
 - c. Best two date outfits
4. Shoes
5. Perfume
6. Body hair

Do you need to get a great date outfit? If yes, what outfit are you looking for?

Chapter Seven Work It Out

“The simple truth is this: when you feel good, you look good. If you don’t feel good, you won’t look good, regardless of how much you weigh.”

~Ali Binazir. MD. M.Phil.. author of *The Tao of Datina*

Although it is essential to love and accept yourself, curves and all, it is also important to take care of your body. Regardless of your weight, if you’re sluggish and in poor health, you will not enjoy life to the fullest.

Although weight loss is a desirable by-product of exercise, your main reason for exercising should be your health.

Exercise doesn’t have to be awful. If you choose the right activity, it can be a fun way to spend your time. It’s a chance to relax, breathe in some fresh air and enjoy the outdoors, socialize with friends, or simply engage in sports and activities that get your juices flowing.

As a general goal, aim for at least thirty minutes of physical activity every day.

Curvy Contemplation

Do you have an exercise regimen? _____

If not, how are you going to add activity into your daily life? _____

Get Hooked on H2O.

We all know that water is good for us, so why is it so hard to drink it? Why should you go through the trouble of drinking water if you don't really like it? Simple: the benefits far outweigh the taste, or lack thereof.

There are several reasons for drinking water. Here are my top four:

1. Weight Loss
2. Energy
3. Beautiful Skin
4. Cure for headaches

The recommended amount of water consumption is eight eight-ounce glasses a day.

Curvy Contemplation

Do you need to drink more water? _____

If so, what steps are you going to take to make that happen? _____

*Chapter Eight***Clean Up Your Act, Your Story's Getting Dusty**

"My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you at the best place for the next moment."

~Oprah Winfrey

Guys are attracted to girls who have their act together.

They want to be able to feel like a man around you, but they aren't looking to hitch their caboose to a train wreck. Be sure to show your guy that you're put together and take pride in yourself, your belongings, and your finances.

Here are some areas to consider:

- Your home
- Your car
- Your handbag
- Ambition
- Finances

Curvy Contemplation

What areas of your life need some sprucing up? _____

Part 2

Unleash Your Curve Appeal

Finding Incredible Dates

“When you dance, your purpose is not to get to a certain place on the floor. It’s to enjoy each step along the way.”

~Wayne Dyer

Chapter Nine

It's Not All About You

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

~Maya Angelou, author and poet

Despite their reputation, guys aren't all about looks. If there's one universal truth about the opposite sex, it's this: guys are attracted to how they feel about *themselves* when they're with you.

Stop and think about this. It has little to do with you and *everything* to do with them. A man's favorite subject is himself (shocking, I know), so make him feel like the stud that he wants to be.

Curvy Contemplation

Does making a guy feel good about themselves come naturally to you? _____

If not, what things can you do to make him feel amazing when he's with you?

Chapter Ten

Throw Away Your List

“Judgments prevent us from seeing the good that lies beyond appearances.”

~Wayne Dyer

Instead of making a list of what your guy has to be, make a list of what he absolutely cannot be. Limit your deal-breakers list to five items.

I will give you a little help with No. 6.

If you run across a guy who does not have one of your deal breakers, give him a chance! Trust me on this; you never know who’s going to be your “perfect guy.”

Curvy Contemplation

What is on your list of deal breakers?

1. _____
2. _____
3. _____
4. _____
5. _____
6. Separated guys

Chapter Eleven

Don't Let That Skinny Chick Take Your Guy

"Action may not always bring happiness; but there is no happiness without action."

~Benjamin Disraeli, British prime minister

Putting yourself out there is scary. It's much safer not to try at all. You eliminate the risk of disappointment, but you also eliminate the potential for positive change.

Sitting at home on a Saturday night curled up under a blanket isn't going to get you the guy of your dreams. While you're watching a Friends rerun and ordering a pizza, someone else could be grabbing your perfect guy.

Do you want some skinny girl to get your guy because you didn't seize the moment? You might get another chance, but the best properties don't hang around the market for very long.

Curry Contemplation

List ways you will become more approachable.

List some new opportunities to approach guys.

Are you a natural flirter? _____

If not, what are some new flirting techniques you are going try out?

Chapter Twelve

Ready, Aim, Fire!

“The urge to connect with others, and to love and be loved, is ageless and universal. No matter what your age, lifestyle, or personality, whether you’re seeking a one-night fling, a whirlwind weekend, a summer romance, or a lifetime love, dating is the way to find it!”

~Alison Blackman Dunham, advice columnist

READY —

Don’t Order a Burger at a Chinese Restaurant!

Getting more dates than your skinny friends is simple: go where the guys go.

The first rule of finding dates can be summed up in just two words: *get out!* Getting out serves two purposes: it gives you access to potential dates while also helping you to become more interesting.

Curvy Contemplation

Are you ready to get out of the house to look for your next date?

Are you ready to trade in the yogurt shop or knitting class for a guy-friendly venue?

AIM—**SASSY Searching**

To get more dates than your skinny friends, CCGs need to be *SASSY* searchers (remember, *SASSY* stands for Sensible, Amazing, Savvy, Smart, and Yourself)—with an emphasis on *Smart* and *Savvy*!

With a little creativity, curvy girls can easily outsmart their competition when procuring those dream dates. If you are willing to be innovative and strike up conversations, you can meet guys in the most unexpected places.

Curvy Contemplation

What clever guy-gazing ideas can you come up with?

1. _____
2. _____
3. _____
4. _____
5. _____

List a few unintimidating places that you can go alone to pursue your guy.

1. _____
2. _____
3. _____

**FIRE—
I’ve Found the Guys, Now What?**

The hard part is done—you’ve found the guys.

Now you just have to reel them in with your curvy, SASSY self. A CCG knows how to seize the moment—and if she doesn’t, she fakes it!

Curvy Contemplation

What mistakes are you making when eligible guys are in sight?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

List the strategies you are going to implement to get guys to notice you:

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Chapter Thirteen

Online Optimization

“Internet dating is the fastest, most efficient way to gather a pool of qualified candidates. It could take you a lifetime to do the investigation that the computer comes up within seconds.”
~Judson Culbreth, Internet dating author

Let’s be honest: how many interesting guys do you meet at bars, and how many great parties do you get invited to?

Although you can find dates in these traditional hunting grounds, on some nights you might suffer from a lack of quality guys. Online dating is the one venue that puts the odds in your favor.

Curvy Contemplation

Are you Internet dating? _____

If not, what dating site are you going to try? _____

Do you have a clever headline? _____

If not, practice writing a few:

1. _____

2. _____

3. _____

Part 3

It's Raining Men

First Date and Beyond

"If you do what you've always done, you'll
get what you've always gotten."

~Tony Robbins

Chapter Fourteen

The Where Have You Been All My Life?" First Date

"Save a boyfriend for a rainy day and another, in case it doesn't rain."

~Mae West

If you met your date online, trust me when I say keep your first date short – one hour or less! Just because you've "connected" through e-mails and had a few interesting phone calls doesn't mean you will have chemistry in person.

Let's say that you met your date at a bar, party, or out and about, and you know you would like to spend some time getting to know him. Plan a first date that lasts no more than four hours. This could be dinner and a movie, a picnic, a sporting event, drinks and a game of pool, a round of golf, or an evening at a comedy club.

Curvy Contemplation

List some fabulous first date ideas for online or blind dates.

List some fabulous first date ideas for those dates you have met before.

Chapter Fifteen
The Jury's In

“Speak in such a way that others love to listen to you.
Listen in such a way that others love to speak to you.”

~Anonymous

Okay, you’ve had your first date. So what is your gut telling you?

Could this be the guy of your dreams? Or does the thought of seeing him again trigger your gag reflex?

What are you going to do next?

Curvy Contemplation

What are you going to do when you DON'T want to see the guy again?

What are you going to do when you WANT to see the guy again?

Chapter Sixteen

Textually Active

“You should never hang on for the person’s next text, ready to fire off a response.

This communicates need, the biggest dating buzz kill.”

~Mike Masters. author of *Text Appeal*

Whether you embrace it or not, texting is here to stay. It has become an essential tool in dating, so you need to get on board and know what to do.

When texting, it is important to be SASSY, not psycho!

Curvy Contemplation

Do you have any bad texting habits? _____

If so, what habits are you going to break?

Chapter Seventeen
It's Your Time

“Eighty percent of success is showing up.”
~Woody Allen

If you take only one thing from this book, I hope it's the recognition that your happiness and fulfillment in both life and dating are directly related to how you feel about yourself and the confidence you exude to others.

Remember, confidence is key to getting more dates than your skinny friends.

You can have everything in life that you want if you just believe in yourself. This will take some action on your part, but I promise it will be well worth your time and energy.

Curvy Contemplation

Are you ready to become a CCG and *never* look back? _____

Curvy Contemplation

Notes:

Chapter Eighteen

FAQ—Your Dating Questions Answered

“Men don’t realize that if we’re sleeping with them on the first date, we’re probably not interested in seeing them again either.”

~Chelsea Handler

It’s difficult to know what to do in any situation. When you’re making dating decisions, just remember to be SASSY.

Remember, SASSY stands for Sensible, Amazing, Savvy, Smart, and Yourself!!

Curvy Contemplation

Do you still have unanswered dating questions? _____

You can ask your questions by going to www.curvygirlslifestyle.com

Copyright © 2013 by Kat Bacon

All rights reserved. No part of this eBook may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the author, except for the inclusion of brief quotations in a review.

Neither the publisher nor the author is engaged in rendering professional advice or services to the individual reader. Neither the author nor the publisher shall be liable or responsible for any loss or damage allegedly arising from any information or suggestion in this book.

By: Kat Bacon

Editor: Spencer Curry

Publisher: Curvy Girl Lifestyle

www.curvygirllifestyle.com

media@curvygirllifestyle.com