

5 Day Guide

TO BECOMING A

MILF

[www.sophie-sticatedmom.com](http://www.sophie-sticatedmom.com)



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# Introduction

When I say MILF my acronym for it, is Mom I'd Like To Friend. I am a Christian blogger so get your mind out of the gutter, let's keep it PG13. In any case, I created this 5-day guide to becoming a MILF because I know that as a mom, many of you want to pay better attention to your appearance but you lack the time, money, or energy to do it.

So from single mom to single mom I am here to tell you that you can do it and it does not take a lot of money and/or time to become a MILF. Try to complete the task for each of the 5 days and even after the 5 days are over grow and improve on your MILF strategy. Now that we have that introduction out of the way, let's get into the 5 day guide to becoming a MILF.



## Day 1. Take a look at Yourself

The purpose of day one is to not look at yourself and pick yourself apart. The reason why I am telling you to look at yourself because often as mothers we can get too busy paying attention to other things that we forget to actually look at ourselves and how we are going out into the world.

If you want to become a MILF, then you have to look put together. I know as a mom you may be saying that you do not have for all of that. But the fact of the matter is, it takes me about 40 minutes to get fully dressed and have all of my make up on. And that is on a super glam day.

If I am really in a hurry I can do it all in 15 minutes. The point that I am trying to make is not make excuses as to why you cannot improve your appearance and to look at yourself and be honest with yourself. Are you going out of the house looking any kind of way?

If you are then you need to put a stop to that and do not make excuses as to why you cannot put more effort into your appearance. Because you can, and if you aren't not doing it then the real reason is that you do not want to.

I have some great blogs that can help you out, even if you want to look more casual.

[How To Dress Casual But Still Look Put Together](#)

[How To Do A Makeup No Makeup Look In 4 Easy Steps](#)

## How To Do Makeup Even If You Don't Know What You're Doing

These tips will help you be the busy mom and still look put together. I am not asking you to go out in an evening gown, I am asking you to go out looking your best. Even when you are just going out to run errands.

If you are unsure, a tip that I always give is that you should imagine that if you were to see the person that you most admire in this world or someone you respect, would you be embarrassed by the way that you look or do you feel that you feel proud of your appearance.

If you would be embarrassed then don't wear it. With every day you never know who you may meet. You can meet someone who wants to date you or even someone who wants to give you a job. That is why you need to step out of the house looking decent. This situation has actually happened to me a lot. And I can tell you that I felt much better looking my best then I would have looking my worse.

### **Assignment 1: So take a look at yourself. And answer these questions.**

- *What Areas Do I Need To Work On with my appearance?*
- *Are my clothes in style or do they have stains or holes in them, and I look like I came from the 1980's?*

- *Are there areas of my appearance that I need to change, such as taking better care of my skin and hair?*
  - *Do I want to lose weight?*
- *Are there any other areas that are not mentioned above that I want to change about myself?*

Remember this is an assessment of things you want to improve. This is NOT a chance for you to tear yourself down and develop low self-esteem. You should NOT walk away from this assessment feeling bad, because the goal of this is to work on all the things you mentioned above. The next day we will look at implementing a plan to help you improve in his areas.



## Day 2. Preparation For Implementation

**Assignment 2:** Remember that assessment you did on day one? If you wanted to improve your skin, health, or whatever; this is the day where you are going to start preparing to implement that stuff. I am going to give you tips based on your assessment on how you can make sure you follow through with improving the areas you identified on the first day.

I am a huge advocate of doing things on a budget. So if your clothes are outdated, you need some makeup, or some good skin care items, I am not the one that is going to tell you to spend thousands of dollars to go and do that.

Based on your answers above I am going to give you some ideas of what you can do to improve in these areas. The affordable way. You are a single mom like myself and I know you do not have an unlimited budget.

### **Clothes**

Go to the thrift store or the consignment store. I shop their regularly and that is why I am able to stay fashionable on a budget.

[Check out my blog here on how to find a good thrift store.](#)

When you go shopping at the thrift store, make sure you choose capsule pieces.

That means clothing items that will still be in style for years to come. This will prevent you from having to go out and buy new clothes every time the trend changes. When picking out your clothes, ensure they are fashionable and they fit well on your body.

### **Makeup, Skin Care, and Hair Care**

If you are lost in the sauce about where to find out how to do better in these areas, then YouTube is your best resource. I also have some [Pinterest Boards](#) that you can follow dedicated to these subjects that will give your inspiration as well.

Choose the drug store makeup as oppose to going to Sephora for budget friendly options. The same can be said for skin care. Another suggestion of mine is this face mask from Amazon, you can get 12 masks for a very low price. [Click here to see it](#) (affiliate link). I love these masks, not only are they affordable, you get a lot for the price, but each mask has a focus on how it helps your skin.

ABOUT ME 



Make sure that you make a habit of washing your makeup off every day, washing your face, and putting on a face mask if you want to improve your skin. If you want to be a MILF then you need to be kind to your skin.

For your hair, you can go to YouTube as well. Remember when I told you about how fast I can get ready. That is because I learned the power of wigs. One minute your hair is not done, and you pop on a wig and the next minute your hair is done. It is an easy way to do your hair and it gives your real hair a break from styling all the time as well.

### **Fitness**

I know you are a single mom and you do not have time to go to the gym. I get it, go to Pinterest, you can [also see my health board](#), and find at home work out routines. Since I have been on my more healthy me journey I do these workouts at home all the time and they are effective. Most of them are some jumping jacks, squats, lunges, crunches and you are done. No fancy equipment needed. So once again no excuse to not work on this area. Doing it consistently will help you see results. But start today.

When you want to get healthy your eating habits need to change. I personally have started doing a low carb diet. [You can check out my blog here on how I lost 6 pounds in a week.](#) In the end, eating healthy is half the battle when it comes to getting your body straight. I also recommend the LifeSum app, on it you can take a quiz and they will



recommend a diet based on how much you want to lose, how fast, and what you want to eat.

Now , make time to go out and get some if not all of the things you need, so that tomorrow you can be ready to implement your new look.



## Day 3. A New You

Now that you have some new items under your belt it is time for you to try them out. I hope you were able to make a trip to the thrift store and CVS at least to try some new clothes and some drug store makeup.

**Assignment 3:** is to get up, get dress, and go out looking your best.

What you need to do is to dress from your head to your toes. That means your shoes need to match with your outfit, and your outfit needs to match with your purse, and your makeup needs to go with the clothes you are wearing, you get the picture. Leave no stone unturned when you go out today.

When people look at you today there should be nothing about you that stands out of place. There is no need to dress up and your hair is looking like a matted mess. Look good from your head to your toes. As a fair warning, even if you watched the YouTube videos to not feel pressure to go out with a gallon of make up on your face. Put whatever makeup on that suits you. Even if it is a little foundation, lip gloss, and some mascara.

The point is to look put together, when you look in the mirror you should not see the woman from day one but a much more improved version of her.

At the end of the day make a note of how you feel. If you did this right often times the people who are use to seeing you every day will compliment you on your new look. And even though you do not get

dressed for other people or to get compliments from other people, it sure does feel good doesn't it?



## Day 4. Fix The Inside

For the past three days we worked on the outside of you but now we need to take an assessment of in the inside of you. If you are walking around looking good but then when you talk there are a bunch of curse words coming out of your mouth, that is not a MILF. That is scary.

Evaluate how you come across. How do you speak to people? Do you sound smart or do you sound ignorant? Are you adding to the conversation or are you taking away? Do you complain a lot or are you positive? Depending on the things you need to work on this could take a while but there is no time like the present to start figuring it out.

If you need to work on your presentation and how you speak then you can [read my blog how to sound smart](#). Some good ideas are to start reading books that use proper English so you can learn how to articulate yourself properly.

Also, as you go throughout your day if you feel the need to curse, yell, complain, or be rude to someone then don't. Be polite to people, when people say things to you then say thank you. Have manners.

**Assignment 4:** When you go about your day represent yourself in the best light. Use your manners when dealing with people, do not yell, curse, or complain to people. And when you communicate with people, talk to them in an articulate way that gets your point across. Don't be

rude. The more you do this, the better you will get at it.



## Day 5. The Final Day

**Assignment 5:** Today I want you to go to a really nice place. It can be an upscale bar, happy hour, an upscale restaurant, or bookstore. Spend at least an hour there even if you must go by yourself. This should go without saying but make sure you are dressed nice, from head to toe and when you speak to the waiter use your manners and anyone who approaches you speak with confidence, maturity, and class.

I want you to walk in there like you belong, not just belong but like you own the place. Make eye contact, keep your shoulders up, and look like the woman that everyone wants to get to know. What you are doing is building your own confidence.

What I have learned is that you can talk people into believing that you are the bomb if you believe you are the bomb. When you do things like not looking people in the eye, looking at the ground when you walk, or being too fidgety; these mannerisms scream insecurity.

A MILF is not insecure. She is the best thing that walks into a room and when she walks in you notice her. That is what you have to think about yourself AND that is how you have to behave today.

Remember it takes practice to become a MILF and practice makes perfect. Do this for a few months and then report back to me on how you feel.

Some of this may seem like a lot but I promise you it will become second nature.

**Congrats you are a MILF (Mom I'd Like To Friend)**

Connect With Me

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