

THIS WEEK'S THEME // Bringing Sexy Back

REFLECT:

This week's Janie's Daughters theme is Bringing Sexy Back. If you're anything like most women, you were raised with the idea that "good girls" are meant to keep their legs closed and let that be that; any talk of sex or sexiness was either a) off-limits or b) talked about in a way that implied that "being sexy" was something you did for others. This week we're shattering that myth and discovering what it means to reclaim "sexy" for ourselves.

TAKE ACTION:

There must have been something in the Kool-Aid at Thanksgiving because this was one sexy week for our Daughters! Maya made the choice to do the do with sexy, young Stephan. Meanwhile Zora has decided to dedicate this holiday season to getting her groove back and celebrating her sexy. Now it's your turn!

Ask any woman and she will nonchalantly inform you: there are panties and then there are "special occasion" panties; those little scraps of silk and lace packed neatly into your underwear drawer alongside your comfy cotton briefs. The ones in your favorite color and cut, guaranteed to make you feel like a sexy goddess, no questions asked.

...The ones with the tags still attached.

...The ones you are saving for a "special" occasion.

Well your assignment this week is to break those bad boys out! Why? Because when you wake up in the morning and slip into something that you would normally save for a special occasion, you start sending all kinds of optimistic vibes to yourself and the universe. You are showing that you are open, and dare I say it, expecting something special to happen.

DISCUSS

Do you have a pair of "good panties" you're keeping locked away for a special occasion? How did it make you feel to wear them on a "normal" day? What other ways can you incorporate sexy into your day to day life? Post a Facebook status in the [Janie's Daughters private FB Group](#) so that we can provide you with feedback and support. Then, discuss your reflections with your accountability partner!