When you rely on your feminine charm as a single woman, you dramatically improve your interactions with men. That’s why it’s so important to understand how to tap into your natural feminine side and put that to work. Your ability to attract a masculine man depends on this and it’s incredible how much these proven suggestions will increase your appeal with men.

To capture the attention of masculine men, those alpha males who are so sought after, you need to literally appeal to their masculine nature. Only one thing can make that happen – your feminine charm. Are you in touch with that part of your womanhood?

As a dating coach for women over 40, I know that many great single gals have lost touch with their feminine side. You’ve gotten great at business and career, which require traditional masculine energy. In the make it happen, get it done world, you’ve got to know about and rely on taking action. Energetically, that will always be more masculine energy.

So what’s the feminine side of energy? Well, it’s not about taking action. While you do need to get out there to meet men or go online, when it comes to actually attracting men and turning heads, you need to use your feminine allure. Alpha males will never be attracted to how much energy and effort you put out to meet them. That will never work.

Instead, you need to amp up your femininity to draw men to you. How can you turn up the volume on your female appeal? Start by tapping into your inner Goddess. Here are 10 surefire ways to connect with your Goddess-like nature and be the kind of woman alpha males are naturally drawn to.

1. **Appreciate the beauty around you every day.**
The world is a beautiful place brimming with amazing sights and sounds. When you appreciate the beauty around you, that’s a way use your senses and feed your soul. Notice the beauty and share your joy about it with others.

2. **Make the most of your own beauty.**
Every woman has her own unique beauty. The trick is to be honest with yourself about making the most of what God gave you. Are you doing that? Do you wear clothes that make you feel fabulous or put on any old thing? Do you have a nice hairstyle and wear makeup or do you pull your hair into a ponytail and wear sweats? If you want to attract a masculine man who is a great guy, be the kind of woman he wants. Dress up, wear makeup and do your hair. That’s how to capture his attention.

3. **Use all your senses for a sensual approach to life.**
During your day, make it a practice to use all your senses. Be sure to take in the sights and smells. Listen to the sounds of nature or you the city around you. Touch fine fabrics and lavish your skin with scented creams. Really taste the wine you drink or a great cup of coffee instead of gulping it down.

4. **Take time to smell the roses.**
Don’t just rush around crossing things off your to do list. Life is meant to be enjoyed. You have to make time to smell the roses. Even if you only have five minutes to spare, make the most of that time and find a way to enjoy those glorious moments. The more you enjoy your life, the more attractive and irresistible you become.

5. **Pamper yourself to honor yourself.**
As Mama Gena from the Mama Gena School of Womanly Arts says, “A pampered woman is a happy woman.” So take the time to take great care of yourself. This build self-esteem as you honor your body and inner Goddess with massage, facial, mani-pedi or a great new hairstyle. When you keep up your appearance and take care of your body, your inner Goddess shines through to be seen by those masculine men you desire. If you want to be spoiled, start by spoiling yourself.

6. **Nourish your spirit.**
You are not just a pretty face. To be desired as a whole woman, engage in activities that help you regenerate. Take yoga, learn about wine, walk through museums. Get involved in something you enjoy. Volunteer to help those who are less fortunate. Whatever helps you feel alive and happy will work to nourish your spirit and make you an interesting person with things to talk about.

7. **See yourself as a sexy, appealing woman.**
What is your vision of yourself? Do you see yourself as a sexy woman men notice? If not, follow the steps above to get there. This is absolutely ESSENTIAL if you want to turn heads and capture the heart of a masculine man. Walk with a sexy gate and move with a slow assuredness. Behave like you are a great catch because – YOU ARE!

8. **Value yourself and set boundaries.**
When you know you are a great catch and you behave that way, you set clear boundaries for yourself and men. That means you expect men to plan ahead when they ask you out. Nothing wrong with spontaneity, but you might not be available for a last minute date. You also know you don’t need to answer inappropriate questions or be intimate before you are ready. When you set boundaries you let men know how you want to be treated – like a lady and the Goddess you are.

9. **Be playful with men.**
Your feminine charm allows you to be playful with men. You smile at them before turning away and flirt, knowing there’s no promise just because you shared your adorable grin. If a man asks you a question you rather not answer, you coyly say, “Wouldn’t you like to know?” You lighten up about men and your interactions because you know the right man is out there. If it’s not this guy, maybe the next will be “The One”. That sense of abundance helps you relax, be your best self and charm men like you never thought possible.

10. Be grateful for what is good in your life
You may not have everything you want in life but you are incredibly grateful for everything that is right in your world. Your attitude of gratitude is practically contagious and a breath of fresh air for others. Science has proven that when you acknowledge all that is going well, you are happier and that of course makes you very appealing to the masculine man.

So there you have it - 10 ways to radiate feminine charm like a Goddess. If you start to using them in your life regularly, your feminine energy will pour forth to attract alpha men on a regular basis. You’ll no longer what “those women” do that is so different from you because you’ll be one of them. You already are, you just need to remember and allow her presence to emerge.