



Mindset - Lean

I'd like to introduce "*Mindset - Lean*." A fantastic new file that encourages all my girls into being the absolute best princesses they can be. Nobody likes a chunky sissy, and that's why this file encourages you to distance yourself from any foods that might cause you to lose the girly figure you've been trying so hard to gain. You'll learn new ways to exercise and start to remember all the phobias you've had to building any kind of muscle. You'll be encouraged to show off your new lean figure and take the steps necessary in the future into making your body more feminine. Just imagine how easy it will be to seduce strangers into fucking the new "*Lean*" you!

- ✧ Working out every day.
- ✧ Practicing my yoga.
- ✧ Eating small, healthy meals.
- ✧ Keeping my cute, delicate body in shape.
- ✧ Working out in my tight, feminine leotards.
- ✧ Joining a women's exercise group at my gym.
- ✧ Never doing anything to grow any icky, masculine muscles.
- ✧ Staying lean and girly.
- ✧ Preferring vegetables and salads over anything else.
- ✧ Walking everywhere that I go.
- ✧ Wearing the tightest clothing that I can fit into.
- ✧ Knowing that I need to workout my curvy body every day to fit into my girly outfits.
- ✧ Wearing pink sweatbands around my limp wrists.
- ✧ Wearing a girly hair tie to keep my long hair in place while I exercise.
- ✧ Flirting with any cute strangers that I meet in the gym.
- ✧ Running like a girly girl.
- ✧ Doing my feminine squats.
- ✧ Knowing that lunges and squats have always been the most important exercise for me.
- ✧ Forgetting how to work out anything above my waist.
- ✧ Knowing that it's not proper for a girl like me to be working out of my gross arm muscles.
- ✧ Watching girly workout videos to keep my sexy body in shape.
- ✧ Always drinking my girly protein shakes.
- ✧ Jealous of the girls with better bodies than me.
- ✧ Only using small weights in my routine.
- ✧ Moaning like a girly girl whenever I lift something that is too heavy.
- ✧ Always working out my calves and ass.



- ✧ Practicing my yoga every day.
- ✧ Telling all of my cute friends about my routine.
- ✧ Shaking my ass as much as possible for any sexy strangers I might meet.
- ✧ Obsessed about my fitness and health.
- ✧ A sexy gym bunny. With adorable pig tails in a skin tight outfit.
- ✧ Knowing that my personal fitness is one of the most important things to me.
- ✧ Remembering that working out like a woman will lead to me being fucked.
- ✧ Feeling the safest at the gym.
- ✧ Knowing that I belong at the gym more than anywhere else.
- ✧ Getting a personal trainer to tone my body in all of the ways I desire.
- ✧ Molding my body into the ideal me.
- ✧ Needing my body to be toned and lean.
- ✧ Hating any fatty foods.
- ✧ Nauseous at the sight of anything that might cause me to lose my girly figure.
- ✧ Obsessed with my girly figure.
- ✧ Always desiring to be thinner than I am.
- ✧ Fitting into the smallest, tightest dresses that I can.
- ✧ Practicing my yoga every day.
- ✧ Wearing the girliest deodorant that I can find.
- ✧ Always wearing my sexy thongs whenever I exercise.
- ✧ Enjoying the stares that I get as such a sexy woman.
- ✧ Making sure that everyone can see my sexy belly button.
- ✧ Running in my heels.
- ✧ Wearing my long hair in pig tails.
- ✧ Dying my hair blonde like I've always wanted.
- ✧ Loving to dance.
- ✧ Dancing whenever I feel the need to.
- ✧ Being uninhibited with my body in public.
- ✧ Using my body to get what I want.
- ✧ Losing weight every day.
- ✧ Wearing tight corsets to discourage me from eating.
- ✧ Drinking lots of water.
- ✧ Loving my tight yoga pants.
- ✧ Wearing a sports bra under my outfit.
- ✧ Craving attention from everyone.
- ✧ Making sure that my makeup is sexy before I start working out.
- ✧ Only working out to girly pop music.



-
- ✧ Always keeping my wrists limp.
 - ✧ Intimidated by all the big manly weights.
 - ✧ Forgetting how to exercise like a man.
 - ✧ Loving to work out like a woman.
 - ✧ Loving the stares that I get whenever I show off my sexy body.