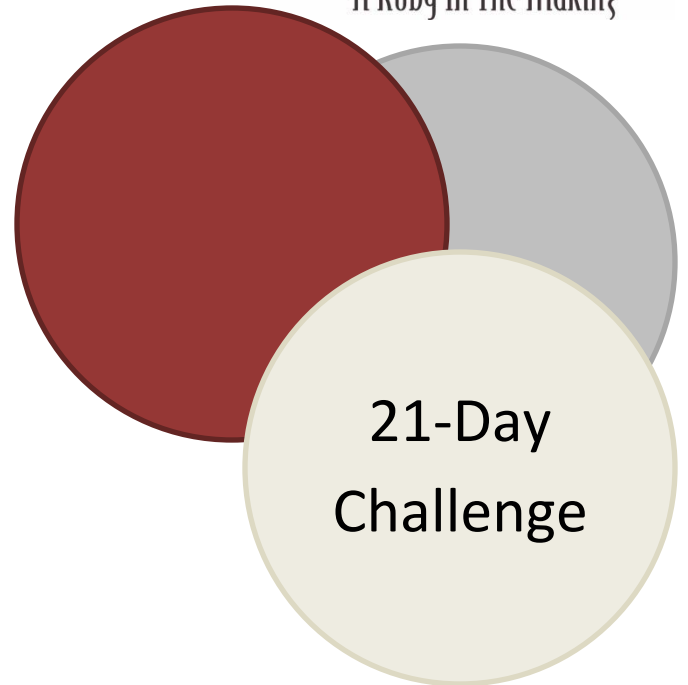


Practicing Your *Ruby* Traits



What Are Ruby Traits?

Ruby Traits are distinguishing qualities or characteristics that we feel develops women in becoming who we were created to be.

Why Practice 21-Days?

Studies show that although it does not take 21 days to make or break a habit, it does take about 21 days at minimum. Practicing something new for 21 days is short enough to be attainable, inspiring and keep your attention yet long enough to be believable and see results.

How Do You Practice The Trait?

First confirm the definition of the trait to understand its meaning. Then, simply begin to incorporate your understanding of those characteristics in your day-to-day mannerisms (i.e conversations, decision-making, actions etc.) based on situations and opportunities.