

## How To Be A Modern Lady

In an age of texting and social media, it's easy for manners to fall by the way side. Here are 12 things to consider to put your best foot forward.

### 1. Gossip girl.

Always try your best to steer clear of gossip chains. It's unbecoming to spread gossip, and when you're actually the focus of the gossip, it's quite hurtful. Everyone's fighting their own battles, and a lady doesn't want to air someone else's dirty laundry. Avoid it as best you can, and DEFINITELY do not spread anything via social media.

### 2. To post the photo, or not to post the photo.

When in doubt, think: If my grandmother saw this photo on Facebook/Instagram would she be proud of it? Would you want your children to see the photos you're posting 30 years down the line? I'm sure you look amazing in your new polka dot bikini selfie, and last night at the club you looked stunning, but just think before you post.

### 3. Always remember your please and thank yous.

Simple but true. Please and thank you make the world a happier and more polite place. From ordering your soy cappuccino at Starbucks to conversing with the sommelier at Le Bernardin, basic manners NEVER get old.

### 4. Beware of being braggy.

Nobody likes a braggart. If you paid a lot for that Chanel bag, have a gorgeous summer house in Nantucket, and a yacht in St. Tropez, your closest friends will find out eventually. There is nothing as refined and attractive as humility.

### 5. Watch your cocktails.

It's tough to be elegant after one too many cocktails. Always try to have water in between drinks if you can. And if you've had too much to drink, excuse yourself and leave.

### 6. Table manners.

Read a [refresher course](#) in table manners before a formal dinner party or wedding. It can never hurt.

### 7. Get a manicure.

Even if you don't wear polish, keep your hands neat. Especially in this digital age when everyone is showing their social circles things on their mobile devices, the hands are a central focus. If you're in desperate need of a manicure, take off your polish and buff your nails.

### **8. Chewing gum.**

If you're chewing gum in public, make sure not to smack it. Also, discard of gum before a dinner, meeting, or interview. I can't tell you how many black tie galas I've been to where women are wearing stunning gowns, but have gum in their mouths. Eek!

### **9. Hemlines.**

When wearing a skirt or dress make sure it FULLY covers your posterior. Apply rule from number 2 here too. Would Grandma be proud of this outfit?

### **10. Engage in conversation.**

When at the dinner table, at a wedding, or spending time with family and friends. Get off your phone. Remember conversation is a true art, and at the end of the day, it's the relationships you have with the people in real life that will shape your life, not the Instagram photo you just liked.

### **11. If you're in an elevator.**

Remember these **essentials** (and please stop talking on your cell phone).

### **12. Be kind, gracious, and confident.**

The holy trinity of being a modern lady.