

WHERE ARE YOU IN YOUR STYLE?

Thoughts and journal prompts to help you shine



WHO AM I?

Take 3 slow deep breaths, eyes closed, and ask yourself, "who am I?"

Write down everything that comes to mind. Now cross out any "roles" that you listed i.e. mom, business owner, caretaker, etc.

Re-examine the list, if you are left with less than 3 words on your list, take deep breaths, connect with your body again, and add to your list

HOW DO I WANT PEOPLE TO SEE ME?

Close your eyes again, 3 deep breaths, get back into your body.

Then ask, "How do I want people to see me?"

Write down everything that appears in your mind's eye



DO THE WORDS CONNECT WITH YOUR STYLE?



Now look at your outfit, yes, what you're wearing right now. How do the words you wrote down connect with what you're wearing?

Where are YOU visible in your outfit? Is it in your clothes? How so? Maybe it's your accessories, your jewelry, shoes, glasses, tattoos, makeup, your hair, nail polish, etc. Write it down.

NOW WHAT?

When you get dressed, think back to the words you wrote down about yourself. Then ask, which of those words are reflected in your outfit?

The next time you go shopping, ask yourself, how does this support how I want to show up?





PAY ATTENTION

Pay attention to how your clothes make you feel, or how you feel in them.

You should feel good in everything you put on your body.

WANT MORE?

Of course you do! Sign up for my 5 week long workshop, "Where are YOU In Your Style" or choose a one on one package with me!

I'll help you elevate your confidence, so that you will no longer be afraid to go after what you want in life, dream job, business, relationships, travel, or anything else that may have scared you before.



Can't decide? Let's set up a time to chat!
[Click here to book your style vision call!](#)