
THE HIDDEN SECRETS TO BODY CONFIDENCE JOURNAL -



BY THE POWERFUL WOMAN ACADEMY

WRITTEN BY BRIDGET BENNETT

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INTRODUCTION

ABOUT ME?

I AM BRIDGET BENNETT, A HOLISTIC HEALTH AND BODY IMAGE COACH AND LIFE WORKER!

WHAT'S THAT? IT MEANS I STUDY AND TEACH THE EXACT TOOLS AND PRACTICES THAT I USED TO HEAL MY OWN BODY IMAGE AND OVERALL WELL-BEING, BECAUSE I WAS ONCE IN YOUR SHOES TOO.

I CAME FROM A PLACE OF SELF HATRED, SELF CONSCIOUS ABOUT MY BODY, DEPRESSED BECAUSE I WAS ANXIOUS AND LACKED SELF WORTH AND OVERALL COULDN'T STAND THE SIGHT OF MYSELF....

BUT IT WASN'T ALWAYS LIKE THAT. I HAD BEEN A BUBBLY, CONFIDENT AND ACTIVE PERSON MY WHOLE LIFE, FROM BEING A DANCER FOR 10 YEARS AND PLAYING MULTIPLE TEAM SPORTS.

THIS LED ME TO STARTING MY CAREER AS A PERSONAL TRAINER AND NUTRITIONIST, TO HELP OTHERS ACHIEVE THEIR HEALTH AND WELL-BEING GOALS, WHICH LED ME TO WANTING MORE, AND BY MORE, I MEAN I WANTED TO SEE WHAT ELSE I WAS CAPABLE OF, AND THAT LED ME TO BODY BUILDING.

I COMPETED AS AN ATHLETE FOR 3 YEARS, BUT ON THE THIRD AND FINAL YEAR, IT ALL TOOK A TOLL ON ME, THAT YEAR I HAD BECOME A PROFESSIONAL ATHLETE, IN WHICH HAD PROVED ITSELF DIFFICULT, HAVING TAKEN MY PHYSIQUE TO THE NEXT LEVEL, I FELL IN A HEAP AFTERWARDS. MY HEALTH PLUMMETED AND I GAINED WEIGHT INSTANTLY AND THAT'S WHERE MY BODY IMAGE STRUGGLES BEGAN.



INTRODUCTION

ABOUT ME?

I SAW MY BODY CHANGE, I HATED IT, I FINALLY BECAME AWARE OF HOW MUCH OF MY SELF WORTH AND CONFIDENCE I HAD PLACED ON MY APPEARANCE ALONE AND I NOT ONLY FELT OUT OF CONTROL BUT WAS CHALLENGED WITH AN IDENTITY CRISIS.

SO I KNOW WHAT IT'S LIKE, TO HAVE ALL FORMS OF CONFIDENCE DIMINISH FROM YOU, TO HAVE ZERO COURAGE IN WHO YOU ARE AND FEEL AS IF YOUR BODY IS FAILING YOU. UNTIL I PUT THE CHALLENGE TO THE TEST AND HAVE RISEN, TO HAVE NOW FALLEN BACK IN LOVE WITH MY BODY AND SELF, BUT NOT IN THE WAY YOU MIGHT THINK. I DID SO BY DITCHING DIET CULTURE AND LEARNING HOW TO ACCEPT MYSELF AS IS, TO OFFER LOVE, RESPECT AND NOURISHMENT TO MYSELF IN MANY FORMS TO REGAIN MY BODY CONFIDENCE, INSTEAD OF SUCCUMBING TO SOCIETAL STANDARDS AND TRYING TIRESSELY TO LOSE WEIGHT SO THAT I COULD CONTINUE TO LIVE BY THE SOCIETAL BEAUTY AND HEALTH STANDARDS THAT LEAD ME TO PLACE MY SELF WORTH SOLELY ON HOW I LOOKED.

I EMPOWER, EDUCATE AND SUPPORT WOMEN TO MAKE AN IMPACT ON THEMSELVES BY DISCOVERING THEIR TRUE SELF. UNLOCKING THEIR INNER BODY AND SELF CONFIDENCE SO THAT THEY CAN BE THEIR MOST POWERFUL SELVES. THROUGH THE GUIDELINES, TOOLS AND PRACTICES I PROVID, I SHOW YOU HOW TO INTEGRATE THESE LEARNINGS INTO YOUR EVERYDAY LIFESTYLE.

I FOCUS ON SHOWING YOU HOW TO TRANSFORM YOUR MINDSET AND NURTURING YOURSELF BY NOURISHING YOUR OVERALL BODY THROUGH HEALING YOUR RELATIONSHIP WITH FOOD AND MOVEMENT SO THAT YOU CAN STEP AWAY FROM THE TOXIC DIET CULTURE THAT HAS LED WOMEN INTO A SPACE OF BEGGING TO CHANGE THEIR BODIES IN ORDER TO FEEL WORTHY. ALONGSIDE THIS, I'LL BRING YOU INTO A STATE OF AWARENESS, SHOWING YOU EXACTLY HOW TO TAKE BACK CONTROL OVER YOUR INNER SELF TALK, EMOTIONS AND OVERALL LOVE FOR YOURSELF.

THAT IS WHY I HAVE BUILT, THE POWERFUL WOMAN ACADEMY.

MY INTENTIONS OF THIS JOURNAL IS TO GIVE YOU A RIGHT HAND WOMAN IN YOUR POCKET EVERY SINGLE DAY. TO HAVE A STEP BY STEP GUIDE TO TAKING ACTION ON HOW TO CHANGE YOUR BODY CONFIDENCE FOR GOOD. THIS JOURNAL IS A BEAUTIFUL SUPPLEMENT TO MY SIGNATURE ONLINE SELF PACED COURSE 'THE POWERFUL WOMAN PROJECT'.

TO LEARN MORE ABOUT HOW TO WORK WITH ME, SCAN THE QR CODE BELOW:



INTRODUCTION

WHAT IS BODY CONFIDENCE?

BODY CONFIDENCE, IN ESSENCE, IS ABOUT HOW ONE FEELS ABOUT THEIR BODY, ONE WHO FEELS ACCEPTING, HAPPY AND AT PEACE WITH HOW THEY LOOK, REGARDLESS OF SHAPE, SIZE, SKIN TONE, GENDER AND PHYSICAL ABILITIES.

THERE IS A SPECTRUM OF BODY CONFIDENCE IN MY PROFESSIONAL OPINION THAT ASSISTS ONE'S BODY CONFIDENCE, FROM BODY NEUTRALITY, TO BODY ACCEPTANCE, BODY POSITIVITY AND BODY LOVE ALL IN ACCORDANCE TO CHALLENGING PRESENT-DAY BEAUTY STANDARDS AS AN UNDESIRABLE SOCIAL CONSTRUCT.

IT IS MY MISSION ON THIS EARTH TO BREAK DIET CULTURE, THE NUMBER ONE INFLUENCE FOR A LACK OF BODY CONFIDENCE AND BODY IMAGE ISSUES IN THIS WORLD, CLOSE TO THE FASHION AND BEAUTY STANDARDS THAT ALL PROFIT FROM INSECURITIES THAT HAVE BEEN CREATED BY SOCIETAL BODY IMAGE AND BEAUTY STANDARDS.

WHY HEAL OUR BODY CONFIDENCE THOUGH? TO FREE YOU FROM THE CONSTRAINTS OF HIDING YOURSELF, TO LIBERATE YOUR MIND FROM THE PRESSURE AND EXPECTATIONS TO EMPOWER YOU TO FEEL SO MUCH UNCONDITIONAL LOVE FOR YOURSELF THAT YOU EXPERIENCE TRUE FREEDOM WITHIN YOURSELF AND BODY.



INTRODUCING YOUR 2.0 SELF

I WOULD LIKE TO INTRODUCE YOU TO THE CONCEPT OF YOUR 2.0 SELF, SHE IS THE WOMAN WHO HAS ALREADY ACHIEVED HER DREAMS, THE WOMAN ALREADY LIVING HER DESIRED FUTURE, WHO HAS ACCOMPLISHED HER GOALS AND IS LIVING FROM AN ABUNDANT STATE. YOU MAY HAVE ALSO HEARD THE TERM 'YOUR HIGHER SELF' WHICH IS OF THE SAME NOTION, YOUR BEST MOST DESIRED SENSE OF SELF THAT YOU CREATE, THAT IS YOUR 2.0 SELF.

YOUR 2.0 SELF IS WISE, BEAUTIFUL, CONFIDENT, ABUNDANT AND MAGNETIC, A WOMAN THAT CAN ACHIEVE ANYTHING, BUT THE BEST PART, IS THAT YOU GET TO DECIDE WHO SHE IS, HOW SHE SHOWS UP IN HER LIFE, SHE IS THE MANIFESTATION OF ALL YOUR WILDEST DREAMS.

SO WHEN YOU DECIDE ON WHO SHE IS, ALL SHE HAS DONE AND HOW SHE SHOWS UP IN THIS WORLD (WHO YOU WANT TO BECOME ESSENTIALLY), SHE BECOMES YOUR GUIDING LIGHT, YOUR TRUE NORTH SO THAT WHEN YOU ARE CALLED TO CHANGE WHEN IT COMES TO ACHIEVING YOUR GOALS, WHEN YOU ARE CALLED TO MAKE DECISIONS FOR YOURSELF AND WHEN YOU WANT MORE FROM LIFE, YOU EMBODY YOUR 2.0 SELF AND MAKE THESE DECISIONS AND TAKE ACTION AS IF YOU ARE ALREADY THE WOMAN THAT HAS ACHIEVED IT ALL.

YOU EMBODY HER SUCCESS, YOU EMBODY THE MINDSET OF A WOMAN WHO HAS DONE IT ALL, GIVING YOU POWER, CONFIDENCE AND ABSOLUTE TRUST AND BELIEF IN YOURSELF THAT ALL YOU DESIRE CAN BE EASILY CREATED AND MANIFESTED, AS YOUR 2.0 SELF PROVES YOU ALREADY HAVE IT.

THIS CONCEPT ALSO ALLOWS YOU TO CHANGE YOUR FRAME OF MIND, IF YOU ARE FEELING EFFECTED BY SOMETHING IN YOUR LIFE, YOU CAN STEP AWAY FROM THE MIND THAT IS ATTACHED TO THE PRESENT AND EMBODY THE MIND OF YOUR 2.0 SELF TO HELP GUIDE YOUR WAY THROUGH.

THERE WILL BE A PRACTICE LATER ON IN THIS JOURNAL WHERE YOU GET TO EMBODY HER FULLY, MAY YOU LEAN ON HER AS OFTEN AS YOU NEED, MAY YOU BE HER!



YOUR PLEDGE

SELF CARE & BODY LOVE PLEDGE

I, _____ PLEDGE,

I AM WILLING TO LISTEN AND I AM COMMITTED TO THE EDUCATION AND RESPECT THE ADVICE GIVEN FOR THE ENTIRETY OF THIS BODY CONFIDENCE JOURNAL TO MAKE A CHANGE WITHIN MY MIND, BODY AND SOUL TO HEAL MY BODY IMAGE AND CONFIDENCE, TO LEARN HOW TO SHOW UP FOR MYSELF BY COMMITTING TO THE PROCESSES WITHIN THIS JOURNAL WHOLEHEARTEDLY AS I AM WORTHY AND WILLING OF CHANGE AND BECOMING MY MOST POWERFULLY CONFIDENT SELF, NOW AND MOVING FORWARDS.

I HAVE THE WILLINGNESS TO CHANGE, TO COMMIT TO BETTERING MYSELF.

I HAVE AN OPEN MIND THAT IS WILLING TO LEARN NEW THINGS THAT WILL SUPPORT MY JOURNEY.

I WILL BE OPEN AND VULNERABLE IN ORDER TO BE TRUE TO MYSELF AND GET THE MOST OUT OF THIS.

I WILL PRIORITIZE TIME OUT OF MY SCHEDULE TO FOCUS ON DOING, AND WILL NOT USE BUSYNESS AS A REASON FOR NOT SHOWING UP FOR MYSELF AND HOLDING VALUE FOR MY SELF.

I KNOW THAT DREAMING AND WISHING WON'T MOVE ME FORWARD. INSTEAD, I AM COMMITTED TO BEING AN ACTION-TAKER, TAKING RESPONSIBILITY FOR MYSELF AND ACTIONS, BEING FREE FROM EXCUSES, AND 'I CAN'T' STATEMENTS.

I WILL NOT JUST SIT AND WATCH, I AM READY TO WORK.

I WON'T GIVE UP ON MYSELF, BECAUSE I DESERVE TO BE PUT FIRST.

I'M NOT A DREAMER, I'M A DOER!

BY COMMITTING TO THE ABOVE STATEMENTS, I WILL BE IMPROVING THE QUALITY OF MY BODY IMAGE, BODY CONFIDENCE, WELL-BEING, HAPPINESS AND SELF LOVE.

NAME:

SIGNATURE:

DATE:



UNDERSTANDING

CORE LIMITING BELIEFS & LANGUAGE

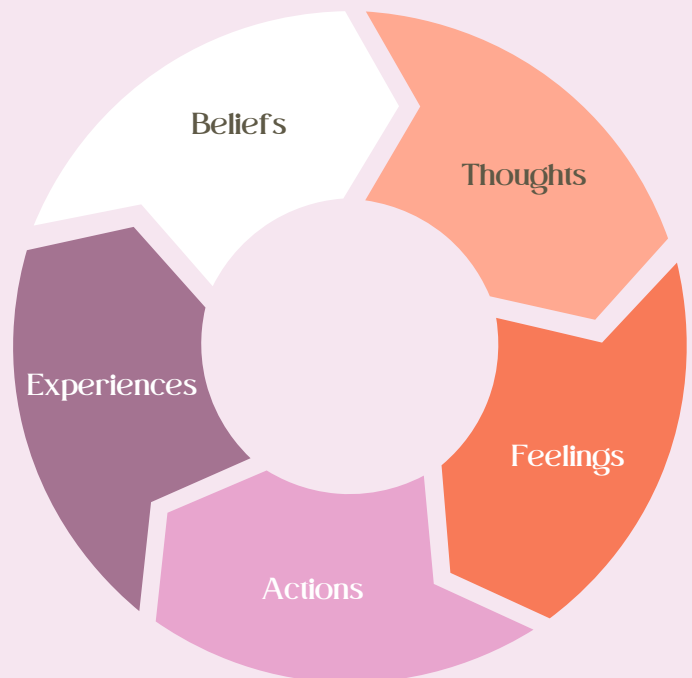
BELIEFS > THOUGHTS > FEELINGS > BEHAVIOURS > EXPERIENCES

OUR CORE BELIEFS ARE SHAPED IN THE FIRST 6-8 YEARS OF OUR LIFE DURING OUR CHILDHOOD EXPERIENCES. THEY CAN BE EXPLORED TO BETTER UNDERSTAND SELF-SABOTAGING AND REPEATED PATTERNS OF BEHAVIOUR THAT KEEP US STUCK.

BELIEFS THAT WE HOLD UNCONSCIOUSLY INFLUENCE OUR ENTIRE LIFE EXPERIENCE. THEY MAKE UP THE WAY THAT WE PERCEIVE OURSELVES, OTHERS, AND THE WORLD AROUND US.

IDENTIFYING OUR CORE BELIEFS STARTS BY NOTICING THEMES AND PATTERNS IN OUR THOUGHTS, FEELINGS, AND BEHAVIOURS. HERE ARE SOME LIMITING CORE BELIEFS THAT IMPACT OUR EXPERIENCE IN THE WORLD:

- I AM NOT GOOD ENOUGH
- I DO NOT DESERVE LOVE
- I AM UNWORTHY / INADEQUATE
- I AM DIFFERENT / DON'T BELONG
- IT IS NOT OKAY TO SHOW MY EMOTIONS
- I CAN NOT TRUST MYSELF / MY JUDGEMENT
- I AM A FAILURE



UNDERSTANDING

CORE LIMITING BELIEFS & LANGUAGE



SO HOW DO WE CHANGE THESE LIMITING CORE BELIEFS? THE PROCESS IS QUITE SIMPLE: THOUGHT > EMOTION > BEHAVIOUR = CHANGE



UNDERSTANDING

LIMITING BELIEFS & LANGUAGE

NEUROSCIENCE HAS PROVEN THAT OUR BELIEFS INFLUENCE UP TO 95% OF YOUR CHANGES TOWARDS YOUR GOALS BECAUSE OUR SUBCONSCIOUS MIND HOLDS THAT MUCH POWER.

WHICH MEANS YOUR CONSCIOUS MIND (WHERE WE MAKE DECISIONS) HAS A MERE 3-5% PROCESSING POWER, WHICH DOESN'T HAVE MUCH CREDIT TO SUPPORT YOU IN YOUR CURRENT DESIRES AND GOALS RIGHT?

IN ORDER TO CHANGE, WE CAN NOT CHANGE OUR BEHAVIOURS WITHOUT ADDRESSING WHAT IS DRIVING THOSE BEHAVIOURS. IF WE START A NEW PROGRAM WITHOUT ADDRESSING THE CORE BELIEF "I ALWAYS FAIL", THEN OUR SUBCONSCIOUS WILL EVENTUALLY SABOTAGE.

SO WHY IS IT HARD TO CHANGE? THE MIND LIKES TO KEEP YOU SAFE AND IT FEELS SAFE IN FAMILIARITY (YOUR COMFORT ZONE).

HOWEVER, IN ORDER TO START THE PROCESS OF CHANGE WE NEED TO FIRST BECOME AWARE OF OUR UNCONSCIOUS PATTERNS OF THOUGHTS, EMOTIONS AND BEHAVIOURS... THE WAY WE DO THIS IS BY EXERCISING SELF AWARENESS.

SELF AWARENESS

WHEN IT COMES TO CHANGE, YOU CANNOT CHANGE WHAT YOU'RE FIRST NOT AWARE OF. THEREFORE, AWARENESS IS A PRECURSOR TO CHANGE. WITHOUT AWARENESS, YOU'RE LIMITED IN THE CHANGE YOU CAN CREATE.

WE CAN NOT CHANGE AN OUT-DATED, FALSE BELIEF IF WE AREN'T FIRST AWARE OF WHAT THOSE BELIEFS ARE. WE CAN NOT CHANGE A PATTERN OF BEHAVIOUR IF WE ARE NOT FIRST AWARE OF THAT PATTERN OF BEHAVIOUR, INCLUDING THE PATTERN OF THINKING BEHIND THAT BEHAVIOUR.

YOUR ABILITY TO BECOME SELF-AWARE IS AN ESSENTIAL PART OF CHANGE. THROUGH SELF-AWARENESS YOU CAN RECOGNISE BLOCKS IN THE SUBCONSCIOUS AND REWIRE THEM INTO SUPPORTIVE AND RESOURCEFUL BELIEFS AND PATTERNS

AS THE CHANGE CHAIN STATES, WE MUST START WITH BECOMING AWARE OF OUR THOUGHTS/SELF-TALK:

- WHAT ARE YOU THINKING?
- WHAT ARE YOU SAYING TO YOURSELF?
- HOW DOES THAT MAKE YOU FEEL?
- WHAT IS THE EMOTION THAT COMES WITH THOSE THOUGHTS?



UNDERSTANDING

LIMITING BELIEFS & LANGUAGE

BY BECOMING AWARE OF WHAT YOU THINK, SAY AND DO, YOU BECOME RESPONSIBLE FOR WHAT YOU CREATE IN YOUR LIFE.... YOU BECOME AWARE THAT YOU REALLY ARE THE CREATOR OF YOUR LIFE AND IT'S HAPPENING FOR YOU, NOT TO YOU.

LANGUAGE REFLECTS OUR CULTURE, AND IT CAN HAVE A BIG IMPACT ON YOUR RELATIONSHIP WITH ANY ASPECT OF YOUR LIFE, INCLUDING YOUR BODY. THIS MORALISTIC WAY OF TALKING ABOUT OUR BODY PERPETUATES THE IDEAS AND VIEWS THAT WE HAVE ABOUT OUR BODIES AND SELVES.

WORDS SHAPE HOW WE FEEL, THE LANGUAGE WE USE IS USED TO CREATE MEANING, ALL WORDS HAVE MEANING. SO IT WOULD BE CORRECT TO THEN SAY THE WORDS YOU LINK TO EXPERIENCES SUCH AS "I CAN'T WEAR THIS, I DON'T HAVE THE BODY TYPE FOR IT?", WOULD THEN BECOME YOUR EXPERIENCE.

I WILL SAY THAT AGAIN, THE WORDS YOU LINK TO YOUR EXPERIENCES IN LIFE, NO MATTER THE TOPIC, THEN BECOME YOUR EXPERIENCES.

THIS IS THE POWER OF LANGUAGE AND EMOTION.

THE HABIT AND PATTERN OF YOUR LANGUAGE CHANGES YOUR BIOCHEMISTRY, MEANING OUR LANGUAGE CAN HAVE AN INTERNAL EFFECT AND IMPACT WITHIN OUR BODIES FUNCTION.

OUR LANGUAGE TOWARDS OUR BODY, AND EVERYTHING IN OUR LIFE IS VERY INFLUENTIAL, ESPECIALLY WITHIN THE REALM OF BODY IMAGE.

THE ART OF NOTICING

A PART OF THIS JOURNEY IS BECOMING CURIOUS AROUND YOUR PATTERNS OF THOUGHT, FEELINGS AND BEHAVIOURS. TO DO THIS WE CAN BEGIN PRACTICING THE ART OF NOTICING!

IT'S IMPORTANT TO PRACTICE NON-JUDGEMENTAL OBSERVATION DURING THIS PHASE - YOU MAY FEEL SOME HEAVINESS AS YOU BEGIN TO EXPLORE.

REMEMBER, THESE ARE ALL CONDITIONED BEHAVIOURS AND YOUR MIND AND BODY HAS DONE THE BEST IT KNOWS HOW TO KEEP YOU SAFE.

FOR THE NEXT WEEK OR MORE, BEGIN NOTICING YOUR SELF-TALK, FEELINGS AND BEHAVIOURS AROUND YOUR RELATIONSHIP WITH YOUR BODY.

TO BEGIN YOUR SELF-EXPLORATION JOURNEY AND TO MASTER THE ART OF INTROSPECTION - USE YOUR THE JOURNAL PAGES IN THIS JOURNAL TO WRITE DOWN YOUR THOUGHTS AND REFLECTIONS.



A GUIDE

MINDSET REFRAMES, HOW TO CHANGE YOUR SELF TALK

HOW WE TALK TO OURSELVES AND ABOUT OURSELVES IS THE FOREFRONT OF OUR BODY IMAGE ISSUES. FOR LANGUAGE (THE WORDS WE SPEAK AND THINK) HAVE MEANING AND MEANING IS EMOTION AND OUR EMOTIONS CREATE THE QUALITY OF OUR REALITY.

LANGUAGE REFLECTS OUR CULTURE, AND IT CAN HAVE A BIG IMPACT ON YOUR RELATIONSHIP WITH YOURSELF, YOUR BODY, FOOD AND ANY ASPECT THAT CORRELATES TO HOW YOU VIEW YOURSELF. THIS MORALISTIC WAY OF TALKING ABOUT YOURSELF PERPETUATES THE IDEA THAT IF WE SPEAK ABOUT OURSELVES IN A DEROGATORY WAY, WE WILL INHERENTLY FEEL THAT WAY ABOUT OURSELVES AND WHEN DONE OFTEN ENOUGH, WE FORGE NEW BELIEFS ABOUT OUR SELF VIEW, NO MATTER NEGATIVE OR POSITIVE.

WHEN WE THINK OF BODY IMAGE AND THE LANGUAGE ASSOCIATED WITH IT, WE CAN DETERMINE OUR RELATIONSHIP TO OURSELVES IN AN INSTANT.

FOR EXAMPLE, IF YOU LOOKED IN THE MIRROR AND SAID:
"I DON'T LOOK GOOD IN THIS, I LOOK HORRIBLE TODAY" - ARE YOU GOING TO FEEL GOOD ABOUT YOURSELF OR WORSE?

WORSE RIGHT? BECAUSE OF THE MEANING PLACED BEHIND 'LOOKING HORRIBLE' IS THAT OF NEGATIVE NATURE. WHEREAS IF YOU LOOKED IN THE MIRROR AND SAID:

"I LOOK GREAT TODAY, I LOVE THE COLOURS THAT I AM WEARING" - YOU ARE GOING TO MORE THAN LIKELY FEEL BETTER ABOUT YOURSELF AS WHAT YOU HAVE SAID IS OF POSITIVE NATURE AND CONTAINS A COMPLIMENT.

WORDS SHAPE HOW WE FEEL, THE LANGUAGE WE USE IS USED TO CREATE MEANING, ALL WORDS HAVE MEANING. SO IT WOULD BE CORRECT TO THEN SAY THE WORDS YOU LINK TO EXPERIENCES SUCH AS "I HATED HOW I LOOKED IN THAT PHOTO TODAY", WOULD THEN BECOME YOUR EXPERIENCE.

I WILL SAY THAT AGAIN, THE WORDS YOU LINK TO YOUR EXPERIENCES IN LIFE, NO MATTER THE TOPIC, THEN BECOME YOUR EXPERIENCES.

THIS IS THE POWER OF LANGUAGE AND EMOTION.

THE HABIT AND PATTERN OF YOUR LANGUAGE CHANGES YOUR BIOCHEMISTRY, MEANING OUR LANGUAGE CAN HAVE AN INTERNAL EFFECT AND IMPACT WITHIN OUR BODIES FUNCTION.



A GUIDE

MINDSET REFRAMES, HOW TO CHANGE YOUR SELF TALK

THE MORE YOU CAN BECOME AWARE OF AND CHALLENGE YOUR CURRENT THOUGHTS AND BELIEFS THAT ARE NOT SUPPORTIVE OF YOUR RELATIONSHIP TO YOUR BODY, THEN THE CLOSER YOU BECOME TO BEING THE BEST MOST CONFIDENT LOVING VERSION OF YOURSELF AND NOT DOING SO IN ORDER TO SUIT SOCIETAL NORMS AND EXPECTATIONS.

THAT IS WHY THE POWER OF LANGUAGE IS NECESSARY TO MASTER IF YOU ARE WANTING TO HEAL YOUR RELATIONSHIP WITH YOUR BODY AND BUILD BODY CONFIDENCE.

HERE ARE SOME MINDSET REFRAME EXMAPLES TO HELP YOU START TO MAKE A SHIFT:

INSTEAD OF THIS

I NEED TO EXERCISE

I AM SUCH A MESS

I LOOK HORRIBLE TODAY

I CAN'T EAT THAT

WHAT IS WRONG WITH ME

I HATE 'X' ABOUT ME

I'M GOING TO BE BAD AND DO THIS

I CAN'T DO THAT

TRY THIS

I WANT TO MOVE MY BODY

I AM A HUMAN BEING

IT IS OKAY TO LOOK THIS WAY

I CAN EAT WHATEVER I CHOOSE

I TRUST MY OWN UNIQUE PATH

I AM ALLOWED TO NOT FEEL GREAT TODAY

I AM NOT INHERENTLY BAD FOR AN ACTION I TAKE

I CAN DO THE HARD THINGS AND LEARN, EVEN WHEN I AM ANXIOUS/SCARED



A LETTER

LOVE FROM MY 2.0 FUTURE SELF

I WANT YOU TO WRITE A LETTER TO YOUR CURRENT SELF FROM YOUR FUTURE 2.0 SELF. THIS LETTER IS FROM THE POINT OF VIEW OF YOUR FUTURE SELF THE WOMAN WHO HAS UNSHAKABLE BODY CONFIDENCE. I WANT THIS LETTER TO ENTAIL ALL OF THE INTRICATE DETAILS OF WHO YOUR 2.0 SELF IS AND HOW WONDERFUL HER LIFE IS BEING SO BODY CONFIDENT.



YOUR GO TO LIST OF AFFIRMATIONS

HERE ARE 4 SEPERATE CATEGORIES OF AFFIRMATIONS THAT ARE CREATED TO SUPPORT YOUR REALTIONSHIP WITH YOURSELF AND YOUR BODY.

BODY CONFIDENCE

MY BODY IS WORTHY OF LOVE JUST AS IT IS

MY BODY IS A BLESSING

MY BODY DESERVES RESPECT

I LOVE MY BODY, IT IS BEAUTIFUL

I HAVE CELLULITE AND I AM HOT

BODY NEUTRAL

HOW I FEEL ABOUT MYSELF HAS NOTHING TO DO WITH MY APPEARANCE

I AM OPEN TO THE IDEA OF NOT HATING THE WAY I LOOK

I ACCEPT WHAT MY BODY DOES FOR ME

MY SELF WORTH DOES NOT LIE IN MY BODY

BEAUTIFUL IS NOT A SIZE

SELF LOVE

I CHOOSE TO GIVE MY BODY THE LOVE IT DESERVES

I AM BEAUTIFUL

I LOVE WHAT MY BODY IS CAPABLE OF DOING

I CHOOSE TO STOP APOLOGISING FOR BEING ME

WHEN I LOOK IN THE MIRROR I SEE PURE LOVE

SELF ACCEPTANCE

NOBODY IS ME AND THAT IS MY POWER

I GIVE MYSELF PERMISSION TO BE MYSELF

IT'S OKAY TO HAVE BAD DAYS

ALL BODIES ARE GOOD BODIES

I ACCEPT MYSELF AS I AM



YOUR GO TO LIST OF

AFFIRMATIONS

HERE ARE 4 SEPERATE CATEGORIES OF AFFIRMATIONS THAT ARE CREATED TO SUPPORT YOUR REALTIONSHIP WITH YOURSELF AND YOUR BODY.

BODY CONFIDENCE

I LOVE MY BODY BECAUSE IT ALLOWS ME TO EXPERIENCE THE WORLD AROUND ME

I AM AT PEACE WITH MY BODY

IT IS SAFE FOR ME TO RELY ON AND TRUST MY BODY

I AM CONFIDENT IN MY SKIN

I RADIATE BODY CONFIDENCE AND POSITIVITY

BODY NEUTRAL

I AM PROUD OF MY BODY AND ALL THAT IT CAN DO

I LET GO OF COMPARISON AND FOCUS ON MY OWN JOURNEY

I AM OKAY WITH MY BODY IN THIS MOMENT

I TAKE CARE OF MY BODY BECAUSE I DESERVE IT

MY BODY IS MY HOME

SELF LOVE

I AM CAPABLE OF DOING HARD THINGS

I OWN MY LIFE AND AM FREE TO MAKE MY OWN CHOICE

I AM VALUABLE

LOVING MYSELF GETS EASIER EVERY DAY

I LOVE MYSELF

SELF ACCEPTANCE

I CAN BE JOYFUL AT ANY SIZE

I AM LOVABLE NO MATTER WHAT I LOOK LIKE

I HAVE THE POWER TO CHANGE MY OWN STORY

I TRUST MYSELF

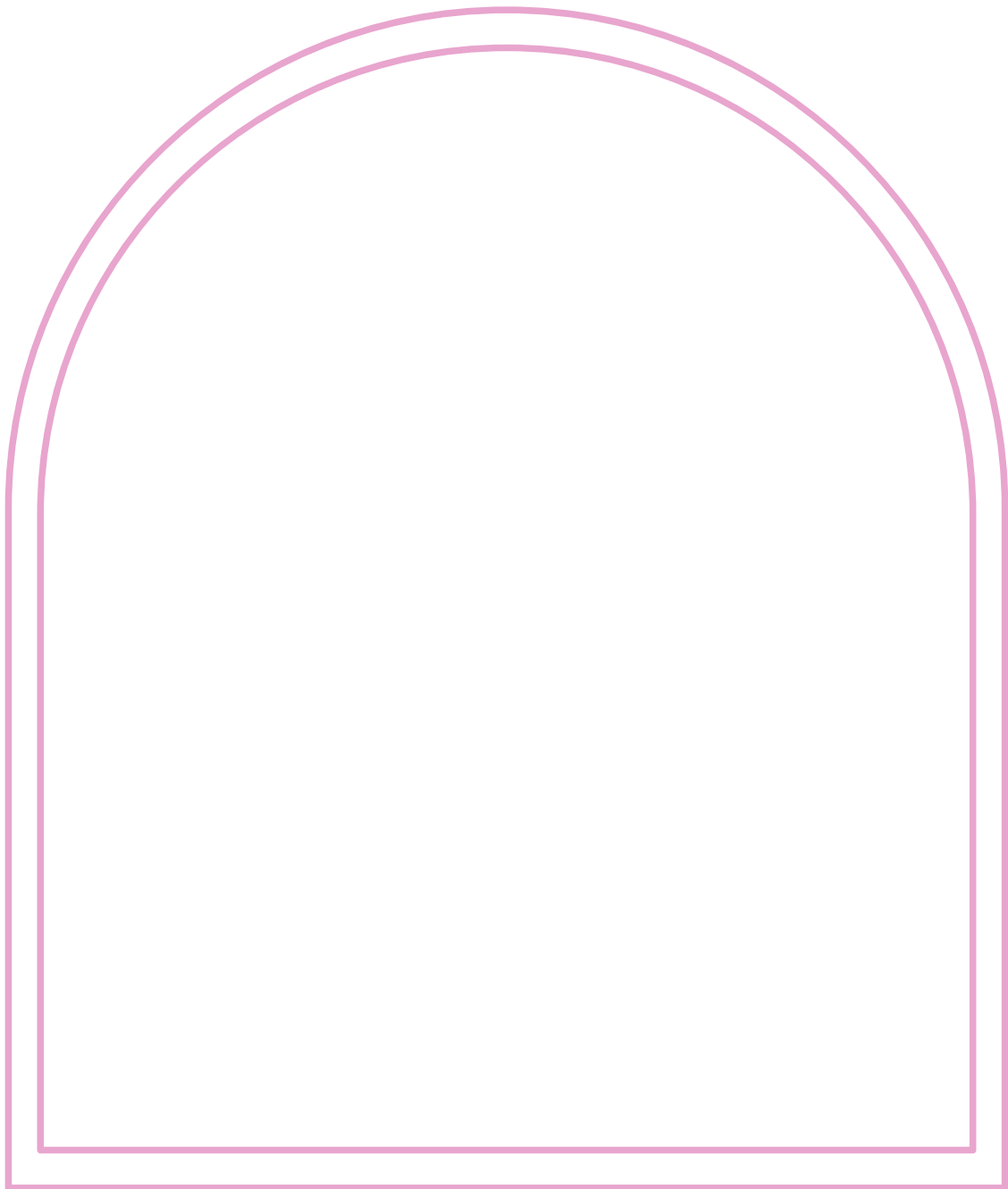
I ACKNOWLEDGE HOW POWERFUL I TRULY AM



WHO ARE YOU

MIRROR MIRROR ON THE WALL

POSITIVE SELF IMAGE IS THE EPITOME OF HEALING YOUR BODY IMAGE. AS YOU EMBARK ON THIS JOURNEY YOUR 2.0 SELF AWAITS YOU, YOU'VE MET HER, YOU'VE RECEIVED A LETTER FROM HERE, NOW IT IS YOUR TIME TO EMBODY HER AND LET HER BECOME THE REFLECTION THAT YOU SEE IN THE MIRROR. DRAW A PICTURE OF YOURSELF WITHIN THE MIRROR BELOW AND AROUND YOU, WRITE POSITIVE AND UPLIFTING AFFIRMATIONS AND WORDS THAT EMBODY YOUR 2.0 SELF.



A LIST OF

SELF CARE ACTIVITIES TO INCREASE BODY CONFIDENCE



MEDITATION

GUIDED MEDITATIONS SPECIFIC TO HOW YOU WISH TO FEEL ARE A GREAT WAY TO SUPPORTING YOUR BODY CONFIDENCE AND TO HELP SUPPORT YOUR MINDSET.



MIRROR WORK

THIS PRACTICE IS DESCRIBED FURTHER INTO THIS JOURNAL SHOWS YOU HOW TO PROGRESS THROUGH STAGES OF HOLDING GRATITUDE AND LOVE FOR YOUR BODY.



GRATITUDE JOURNAL

WRITING WHAT YOU ARE GRATEFUL FOR ABOUT YOUR BODY IN YOUR JOURNAL, I HAVE CREATED AN EASY TEMPLATE FOR YOU IN THE FOLLOWING PAGES.



YIN MASSAGE

A YIN MASSAGE IS A VERY GENTLE, FEMININE, ENERGETICALLY FOCUSED MASSAGE THAT YOU CAN PROVIDE YOURSELF TO OFFER GENTLE SENSUAL TOUCH TO GET TO KNOW YOUR BODY.



BATH

A PAMPERING WAY TO NOURISH YOUR BODY AND SKIN, AS YOUR SKIN IS YOUR LARGEST ORGAN IN YOUR BODY, SO PAMPER HER WELL.



A LIST OF

SELF CARE ACTIVITIES TO INCREASE BODY CONFIDENCE



MOVEMENT

WHETHER IT BE GENTLE OR PHYSICALLY DEMANDING, MOVING YOUR BODY IN A WAY THAT MAKES YOU HAPPY AND FEEL GOOD IS ONE OF THE BEST FORMS OF SELF CARE.



NOURISHING MEAL

NOURISHING YOUR BODY FROM THE INSIDE OUT IS OF TOP PRIORITY FOR YOU TO FEEL YOUR ABSOLUTE BEST, SO PAY ATTENTION TO HOW YOU FUEL YOURSELF AND BODY.



SKIN CARE

A SKIN CARE ROUTINE OR RITUAL IS SUCH A REFRESHING WAY TO CARE FOR YOURSELF AND SKIN, FROM A 6 STEP ROUTINE TO A 1 STEP RITUAL LIKE A FACE OIL, DO WHAT FEELS BEST FOR YOU.



AFFIRMATIONS

DAILY AFFIRMATIONS ARE A BEAUTIFUL ANCHOR YOU CAN USE TO START TO REWIRE YOUR LIMITING BELIEFS AND CHANGE YOUR LANGUAGE TO BE SUPPORTIVE, SEE THE LISTS BACK A FEW PAGES.



SELF EXPRESSION

THIS IS WHERE HOW YOU DRESS AND PRESENT YOURSELF GETS FUN! WHETHER IT BE CLOTHES, JEWELLERY, HAIR, MAKE UP, SHOES ETC, HOWEVER YOU WISH TO EXPRESS YOURSELF FREELY - GO FOR IT BEAUTIFUL!



JOURNAL PROMPTS

FOR EXPLORING YOUR RELATIONSHIP WITH YOUR BODY:

- 1 WHY DO YOU THINK YOU FOCUS ON YOUR PHYSICAL APPEARANCE SO MUCH? WHERE DID THIS STEM FROM?
- 2 ARE THERE ANY NEGATIVE BELIEFS YOU HAVE ABOUT YOUR BODY THAT ARE HOLDING YOU BACK FROM LOVING YOUR BODY?
- 3 WHAT ARE THE THINGS I LIKE/LOVE ABOUT MY BODY? WHAT ARE THE THINGS I DISLIKE/HATE ABOUT MY BODY?
- 4 DOES YOUR BODY IMAGE AFFECT YOU ON A DAILY BASIS? HOW SO?
- 5 WHAT JUDGMENTS DO YOU PLACE ON YOURSELF AND YOUR BODY?
- 6 DO YOU FEEL LIKE YOU HONOR YOUR BODY'S NEEDS? (REST, HUNGER, LOVE)

FOR EXPLORING WHERE BODY IMAGE CONDITIONS AND EXPECTATIONS CAME FROM:

- 1 WHEN WAS THE FIRST TIME YOU NOTICED SOME BODY SHAPES, SIZES AND WEIGHT HELD MORE VALUE THAN OTHERS?
- 2 AT WHAT AGE DO YOU REMEMBER HAVING NEGATIVE BODY IMAGE THOUGHTS?
- 3 WHEN IS THE FIRST TIME YOU FELT THE NEED TO COMPARE YOUR BODY TO ANOTHER PERSONS'?
- 4 CAN YOU REMEMBER A TIME THAT A NEGATIVE COMMENT WAS MADE ABOUT YOUR BODY? WHAT WAS IT? WHO SAID IT? HOW DID IT MAKE YOU FEEL? DO YOU THINK IT STICKS WITH YOU TODAY?
- 5 DID YOU GROW UP WITNESSING ADULTS TALKING POORLY ABOUT THEMSELVES? DIETING?
- 6 HOW HAS SOCIAL MEDIA AFFECTED YOUR BODY IMAGE?



JOURNAL PROMPTS

Date:

FOR EXPLORING HOW YOU WOULD LIKE YOUR RELATIONSHIP WITH YOUR BODY TO CHANGE:

- 1 WHAT IS SOMETHING MY BODY DOES FOR ME THAT MAKES IT UNIQUE?
- 2 HOW DOES MY BODY WORK FOR ME EVERY DAY?
- 3 HOW DOES YOUR BODY SUPPORT YOU? WHAT DOES IT ALLOW YOU TO DO?
- 4 HOW DO YOU WANT TO FEEL WITHIN YOUR BODY EACH DAY? GET SPECIFIC
- 5 WHAT DOES YOUR IDEAL RELATIONSHIP WITH YOUR BODY LOOK LIKE TO YOU?
- 6 HOW CAN YOU HONOR YOUR BODY FROM THIS DAY FORWARD?

GENERAL JOURNAL PROMPTS TO CHECK IN WITH YOURSELF:

- 1 HOW DO I FEEL TODAY? WHAT EMOTIONS ARE COMING UP AND WHY?
- 2 WHAT DOES MY ENERGY FEEL LIKE TODAY? CAN I ACT IN ALIGNMENT TO MY ENERGY LEVELS?
- 3 WHAT DOES MY MIND, BODY AND SOUL DESIRE MOST TODAY?
- 4 WHAT DO I NEED MORE OF? WHAT DO I NEED LESS OF TODAY?
- 5 WHAT THOUGHTS ARE CIRCULATING TODAY?
- 6 IS THERE ANYTHING I AM HOLDING ONTO TODAY THAT I CAN RELEASE?



A GUIDE

WARDROBE AUDIT

WELCOME TO THE WARDROBE AUDIT GUIDE, AN ACTIVITY YOU CAN DO FOR YOURSELF THAT WILL CREATE FREEDOM WITHIN YOUR RELATIONSHIP WITH YOUR BODY.

WE CAN EASILY FACE CHALLENGES OF CHANGES WITHIN OUR BODY, WHEN TRYING TO FIND YOUR SIZE (WHICH CAN BE MULTIPLE, WHICH YOU'LL LEARN) UNDERSTANDING HOW YOU WISH TO REPRESENT YOURSELF FASHION WISE AND LEARNING TO NAVIGATE HOW YOU CAN MAKE SURE YOUR WARDROBE CAN MAKE YOU FEEL GOOD AND HOW IT CAN ENCOURAGE YOUR BODY IMAGE AND HOW YOU CAN CHANGE THE NARRATIVE TO BE SUPPORTIVE OF YOUR BODY AND YOUR SENSE OF SELF.

I HAVE BROUGHT TO YOU THIS GUIDE AS THE FASHION AND BEAUTY INDUSTRIES ARE TWO CULPRITS WITHIN THE BODY IMAGE WORLD AND HAVE HAD A LARGELY NEGATIVE IMPACT BASED ON THE NEGATIVE NARRATIVES THAT FOR MANY YEARS NOW HAVE BEEN REPRESENTED IN THE MEDIA AND HOW THAT HAS INFLUENCED HOW PEOPLE VIEW THEMSELVES AND THEIR BODIES TO THIS DAY.

THIS GUIDE IS TO HELP YOU WITH NOT ONLY FREEDOM WITHIN YOUR RELATIONSHIP WITH YOUR BODY, BUT ALSO YOUR RELATIONSHIP WITH CLOTHING AND GETTING DRESSED AS WELL AS YOUR RELATIONSHIP WITH NUMBERS.

WE WILL DIVE INTO A SERIES OF TOPICS THAT WILL GIVE YOU AN IN-DEPTH UNDERSTANDING AS TO WHY A WARDROBE AUDIT IS ONE OF THE BEST ACTIVITIES YOU CAN COMMIT TO, TO SUPPORT YOUR RELATIONSHIP WITH YOURSELF!

THEN AT THE END OF THIS GUIDE YOU'LL GET A STEP BY STEP GUIDE TO COMPLETING A WARDROBE AUDIT FOR YOURSELF

COMFORT VS DISCOMFORT

IF YOU WANT TO BE COMFORTABLE IN YOUR BODY, IN SIMPLE TERMS, DRESSING IN ACCORDANCE WITH THIS IS IMPERATIVE.

IF YOUR GOAL IS TO BECOME AT PEACE AND COMFORTABLE WITHIN YOUR BODY, THEN IT MAKES SENSE TO ENSURE THE WAY THAT YOU DRESS SUPPORTS THESE FEELINGS FOR YOURSELF. IT IS ONE OF THE MOST OVERLOOKED ASPECTS OF WOMEN'S RELATIONSHIPS WITH THEMSELVES, THE PERSPECTIVE THAT THE CLOTHES WE WEAR RULE ALL AND THAT, THAT MUST MEAN THAT OUR BODIES ARE THE ISSUES WHEN WE DON'T FIT A SOCIETY SET STANDARD OF SIZING OR FEEL UNCOMFORTABLE IN CLOTHING INSTEAD OF UNDERSTANDING THAT THE CLOTHING WILL ALWAYS BE THE ISSUE.



A GUIDE

WARDROBE AUDIT

CLOTHES ARE MADE TO FIT OUR BODIES.... REPEAT, CLOTHES ARE MADE TO FIT YOU, WE WERE NEVER PUT ON THIS ON EARTH TO CHANGE OUR BODIES TO FIT A PIECE OF MATERIAL.

THIS ALSO MEANS THAT IF YOU ARE TRYING TO SQUEEZE INTO A SOCIETY SET STANDARD OF 'IDEAL SIZING' BECAUSE IT'S WHAT IS 'BEST' OR IS THE SO CALLED 'ACCEPTED SIZE' BUT THIS THEN CAUSES YOU TO GET CHAFFING, HAVE CLOTHES THAT ARE SO TIGHT IT HURTS AND THAT YOU ARE ESSENTIALLY DEPRIVING YOURSELF OFF OXYGEN.... THEN THIS IS A ONE WAY TICKET TO STAYING UNCOMFORTABLE WITHIN YOUR CLOTHES AND YOUR BODY.

IT IS ABOUT UNDERSTANDING THAT IF YOU ARE VOLUNTARILY CHOOSING TO SQUEEZE INTO A SPECIFIC SIZE IN ORDER FEEL WORTHY OF WEARING THAT PIECE OF CLOTHING OR OUT OF FEAR THAT IF YOU ARE TO GO UP A SIZE OR ACTUALLY DRESS FOR COMFORT AND WEAR WHATEVER ACTUALLY FITS YOU (NO MATTER THE SIZE, I WILL TEACH YOU ABOUT VANITY SIZING SOON) THAT IT MUST MEAN THAT YOUR BODY IS NOT ACCEPTABLE OR APPROVED BY SOCIETIES IMAGE AND THEREFORE ISN'T ENOUGH.....

CRAZY I KNOW. HOWEVER THIS IS HOW I USED TO FEEL AND HOW MANY WOMEN, PROBABLY EVEN YOURSELF READING THIS FEELS. IT HAS BEEN A NARRATIVE THAT HAS BEEN WRITTEN BY THE FASHION AND BEAUTY INDUSTRIES FOR DECADES BECAUSE FOR AS LONG AS THIS NARRATIVE IS AROUND THAT WE 'MUST WEAR A CERTAIN SIZE TO BE ACCEPTED OR DEEMED ENOUGH', THEN THESE INDUSTRIES WILL CONTINUE TO PROFIT FROM YOUR INSECURITIES.

THESE ARE NARRATIVE THAT WE FOLLOW BECAUSE THAT'S WHAT'S ADVERTISED, BUT WE CAN CHANGE THIS NARRATIVE, HOW ABOUT BEAUTY IS WEARING WHATEVER YOU LIKE BECAUSE YOU FEEL GOOD? OR I'M GOING TO WEAR WHATEVER SIZE I WANT BECAUSE CLOTHES ARE MADE TO FIT ME. IT IS UNDERSTANDING THAT IS WE DO NOT LET GO OF THESE NARRATIVES AND MEANINGS THAT WE PLACE BEHIND THE CLOTHES WE WEAR AND WHAT SIZE THEY ARE, THAT YOU WON'T BE ABLE TO FEEL COMFORTABLE IN YOUR BODY WHEN YOU GET DRESSED EACH MORNING AS YOU AVOID THAT COMFORT FOR THE DISCOMFORT OF BEING SEEN AND ACCEPTED BY SOCIETY INSTEAD... A DEAD END ROAD.

VANITY SIZING

DIFFERENT BRANDS WILL DIFFER IN SIZES, FROM WHAT THEY OFFER IN TERMS OF THE RANGES OF SIZES TO WHAT FITS YOU, FOR EXAMPLE IN MY WARDROBE THERE IS ANYTHING FROM AN XS-M OR 6-12, SO I COULDN'T TELL YOU WHAT MY ACTUAL SIZE IS, NOR DOES IT MATTER TO ME ANYMORE, AND THAT'S WHY I AM HERE TEACHING YOU THIS.

WHAT THIS IS CALLED IS VANITY SIZING!



A GUIDE

WARDROBE AUDIT

VANITY SIZING

THERE IS A LACK OF STANDARDIZED SIZING IN THE FASHION INDUSTRY, MEANING ANY BRAND CAN ASSIGN ANY SIZE TO A PIECE OF CLOTHING, NO MATTER IF IT'S SIZE 6, 12, 18, 24 ETC.

BUT WHY? TO SELL THEIR CLOTHES TO YOU OF COURSE. IT'S BUSINESS ALWAYS.

THE FASHION INDUSTRY THRIVES FROM THE BEAUTY AND DIET INDUSTRIES BECAUSE IF THEY ARE TO LABEL CLOTHES AS SMALL AS POSSIBLE AS WELL AS STOCKING A LIMITED RANGE OF SIZES TO ENCOURAGE WOMEN WHO WANT TO FEEL CONFIDENT TO CONTINUE BUYING THEIR CLOTHES.

THIS IS BECAUSE THE BEAUTY AND DIET ENCOURAGE THE NARRATIVE THAT WE MUST "SHRINK OURSELVES TO BE BEAUTIFUL" IN WHICH THE FASHION INDUSTRY NOW UNDERSTANDS, SO THEY MAKE A PROFIT FROM THIS.

YOU MAY BE THINKING BUY NOW... THIS IS ALL A MIND GAME, AND YOU ARE CORRECT, IT IS ALL ABOUT BUSINESS AND IF THERE IS A NARRATIVE THAT THE MAJORITY OF SOCIETY BELIEVE THAT THEY WILL FEEL MOST CONFIDENT IF AND WHEN THEY ARE SMALLER, WEAR SMALLER CLOTHES BECAUSE THEY PLACE A MEANING ONTO THIS THAT THEN THEY WILL BE BEAUTIFUL, ACCEPTED AND LOVED BECAUSE THEY 'FIT IN', THEN INDUSTRIES SUCH AS FASHION WILL ONLY ENCOURAGE IT FURTHER AND FURTHER... CONTINUING TO HARM THE MINDS OF MANY.

SO YOU COULD BE BUYING A SIZE 10 AND IT MIGHT ACTUALLY BE MORE ACCURATELY SIZED AS A 12 BASED ON PROPER STANDARD OF SIZING, BUT WE JUST CAN'T TELL ANYMORE. WHICH IS A LARGE INDICATION TO DETACH FROM THE NUMBERS IN THE FIRST PLACE, NOT JUST BECAUSE IT IS DETRIMENTAL TO YOUR MENTAL WELL-BEING TO ASSOCIATE YOUR WORTH TO A NUMBER/SIZE, BUT BECAUSE IF YOU ARE TO DO SO, IT IS MORE THAN LIKELY TO BE DONE SO FROM FALSE NUMBERS AND INFORMATION.

AS AN OVERALL EFFECT ON YOUR CONFIDENCE WITHIN YOURSELF AND YOUR BODY IT EITHER COMES FROM A) YOU HAVE IN THE PAST PLACED YOUR WORTH/CONFIDENCE BASED ON THE SIZE OF CLOTHES OR B) YOU HAVE TO CHOP AND CHANGE YOUR CLOTHING SIZE CONSTANTLY, WHICH MESSES WITH YOUR MIND THINKING YOU'VE EITHER LOST OR GAINED WEIGHT EVERY TIME YOU SHOP. IT'S JUST A SALES TACTIC.

AS I SHARED BEFORE. FASHION BRANDS CAN MAKE MONEY OFF OF YOUR INSECURITIES AND SO BY LEARNING THIS WE CAN BE AHEAD OF THEM.



A GUIDE

WARDROBE AUDIT

THINGS TO RECOGNISE

YOU MAY HAVE HEARD PEOPLE SAY THINGS SUCH AS “CERTAIN BODY TYPES CAN ONLY WEAR CERTAIN CLOTHES”. I CALL BS! THIS IS ANOTHER NARRATIVE THAT CREATES CONDITIONS ON YOUR BODY IMAGE HOW YOU CAN BE FASHIONABLE AND SO CALLED ‘ACCEPTED’ IN SOCIETY... THIS ISN'T TRUE BY THE WAY.

THESE RULES/EXPECTATIONS/CONDITIONS COME FROM A PLACE OF LACK OF ACCEPTANCE FOR OUR BODIES AND SO BY CHANGING A GLOBAL VIEW ON THE FACT THAT ALL BODIES CAN WEAR WHATEVER THEY LIKE INSTEAD OF ENCOURAGING THE OUTDATED NARRATIVE THAT CERTAIN BODY TYPES CAN BE SHOWN IS WHERE WE WILL START TO HEAL.

I ALSO UNDERSTAND WE ARE IN A WORLD WHERE WE ARE WORKING ON PROGRESSING WITH FASHION TO BE MORE INCLUSIVE SO IT IS ABOUT FINDING AND SUPPORTING COMPANIES THAT ARE INCLUSIVE TO HAVE MORE VARIETY ON WHAT TO WEAR AND WHAT WILL FIT, IT DOESN'T MEAN THAT YOU DON'T FIT IN, IT MEANS THAT CERTAIN BRANDS ARE LATE TO THE PARTY OF HOW TO BE INCLUSIVE AND LOVING OF ALL PEOPLE.

WARDROBE AUDIT STEP BY STEP GUIDE

FIRST OF ALL, GO THROUGH AND FIRST CHUCK OUT WHAT HAS BEEN ‘SAVED UNTIL YOU FIT IT AGAIN’ THOSE CLOTHES YOU ARE ‘SAVING FOR A RAINY DAY’ WHEN ‘MAYBE I COULD SQUEEZE INTO IT’.

THESE ‘ONE DAY’ ITEMS ARE KILLING YOUR CONFIDENCE. GET RID OF THEM PRONTO IF YOU ARE SERIOUS ABOUT REBUILDING YOUR BODY CONFIDENCE.

THESE ITEMS OF CLOTHING ARE THE PIECES THAT ARE ENCOURAGING THE OUTDATED BELIEF THAT YOU MUST CHANGE YOUR BODY IN ORDER TO FEEL GOOD. IT CREATES AN ATTACHMENT TO A ‘DIFFERENT’ AND SO CALLED ‘BETTER SELF’ WHICH AGAIN IS NOT JUST DETRIMENTAL FOR YOUR WELL-BEING AND CONFIDENCE BUT TAKES UP SO MUCH MENTAL ENERGY WORRY ABOUT IT CONSTANTLY. (YES I KNOW THE MENTAL STRUGGLE OF GETTING DRESSED EACH MORNING, BECAUSE THAT USED TO BE ME. I TOO USED TO SUFFER FROM PANIC ATTACKS FROM EITHER TRYING TO DECIDE WHAT TO WEAR OR IN THE MOMENT'S WHERE I THOUGHT ENOUGH TIME HAD PASSED THAT I COULD TRY ON THE ‘I'LL FIT BACK INTO THAT ONE DAY’ ITEM AND IT GOT STUCK AND I HAD TO CUT MYSELF OUT OF IT... YEAH, YOU AREN'T ALONE).



A GUIDE

WARDROBE AUDIT

NOW I WANT YOU TO GO THROUGH AND PUT INTO A PILE/CHUCK OUT THE CLOTHES THAT AREN'T COMFORTABLE AND OR DON'T MAKE YOU FEEL GOOD. THESE PIECES OF CLOTHES ALSO AREN'T ENCOURAGING YOU TO FEEL COMFORTABLE OR CONFIDENT, THEY ARE ENCOURAGING DISCOMFORT.

IF THE CLOTHING IS UNCOMFORTABLE IT'LL ENCOURAGE YOU TO THINK THAT YOU'RE UNCOMFORTABLE IN YOUR BODY - YOUR BODY IS NEVER WRONG... THE CLOTHES ARE!

I ALSO UNDERSTAND THAT CLOTHES HOLD VALUE AS WELL AS CAN BE SENTIMENTAL, SO THIS IS WHERE IT CAN BE TOUGH BECAUSE I GET IT, I HAVE CHUCKED OUT HUNDREDS OF DOLLARS OF CLOTHES FOR THE SAKE OF MY MENTAL WELL-BEING AND I ENCOURAGE YOU ALL TO DO THE SAME.

EVEN IF IT IS SENTIMENTAL, ARE YOU WANTING TO KEEP IT BUT READY TO PUT IT AWAY IN A BOX WHERE YOU DON'T SEE IT? LIKE A WEDDING DRESS OR SOMETHING OR IS IT THAT YOU WANT TO KEEP IT BECAUSE YOU HOPE ONE DAY YOU CAN JUST 'FIT IT AGAIN'?

I HATE TO BREAK IT TO YOU BUT IF YOU HEARD ME SAY THE LAST SENTENCE AND THOUGHT 'OOOH THAT'S ME' GET RID OF IT OR GET READY TO SHAKE UP THAT BELIEF AND REWRITE IT! WE ARE HERE TO EMPOWER OURSELVES, NOT TO ENCOURAGE BEHAVIORS THAT KEEP US RESTRICTING LOVE FROM OURSELVES.

YOU CAN THEN CHOOSE HOW YOU WISH TO GET RID OF THEM, I'LL ALWAYS BE SUPPORTIVE OF OTHERS AND THE ENVIRONMENT BY DONATING WHAT I CAN AND THEN USING THE OLD THINGS FOR RAGS AROUND THE HOUSE, OTHERWISE IF YOU FEEL CALLED TO HAVING A SALE AND SELLING WHAT YOU DON'T WANT, IT'S ALSO ANOTHER WAY TO CLEAR OUT THE CLOTHES YOU DON'T WANT ANYMORE.

SO NOW THAT YOU HAVE AUDITED YOUR WARDROBE, YOU MIGHT BE THINKING... WHAT WILL BE LEFT? WELL FRET NOT, HERE IS A FEW CHECK POINTS OF WHAT YOU DO WANT TO HAVE IN YOUR WARDROBE THAT WILL BE SUPPORTIVE OF POSITIVE BODY IMAGE, COMFORT AND CONFIDENCE.

- COMFORT, WHATEVER FITS, NO SIZE REQUIREMENT
- CLOTHES THAT MAKE YOU FEEL GOOD, ALIVE, LIKE YOU
- HOW DO YOU WANT TO FREELY EXPRESS YOURSELF? CLOTHES THAT SCREAM CONFIDENCE AND YOUR PERSONALITY (IT IS SUBJECTIVE MEANING THERE ARE NO RULES SO WEAR WHATEVER IS BEST FOR YOU)



A GUIDE

WARDROBE AUDIT

SUMMARY

IN ESSENCE, THAT IS HOW YOU COMPLETE A WARDROBE AUDIT TO SUPPORT BODY IMAGE, SO I WILL LEAVE YOU WITH MY PARTING WORDS...

DON'T LET A NUMBER ON CLOTHING DICTATE YOUR WORTH (I NOW BUY CLOTHES THAT ARE SIZE 20 ON PURPOSE FOR A MORE COMFORT CASUAL NON FITTED LOOK, I BUY FOR THE STYLE I WANT AND WHAT FEELS GOOD), JUST SOME IDEAS.

DRESS TO FEEL GOOD, YOU'RE IN CONTROL OF THIS!

COMPLETE A WARDROBE AUDIT.

IF YOU HAVEN'T ALREADY, GET CLEAR ON WHAT 'OUTDATED' RULES AND REGULATIONS YOU'VE BEEN LIVING BY IN THE FASHION WORLD THAT IS AFFECTING YOUR BODY IMAGE.

HAVE FUN SPRING CLEANING!!



YOUR GUIDE TO

MIRROR WORK

LET ME INTRODUCE TO YOU A POWERFUL PRACTICE CALLED MIRROR WORK.

GRATITUDE JOURNALING IS A GREAT WAY TO START TO LEAN INTO SELF-ACCEPTANCE AS GRATITUDE ALLOWS US TO BECOME GROUNDED AND RETURN TO COMING FROM A PLACE OF KINDNESS AND COMPASSION INSTEAD OF SELF-HATE, RESENTMENT AND JUDGMENT TOWARDS OUR BODY AND SELVES.

AN EXTENSION OF THIS IS WHAT IS CALLED MIRROR WORK, A PRACTICE WHERE YOU CAN START TO BECOME COMFORTABLE WITH NOT JUST FEELING AND SAYING WORDS OF GRATITUDE ABOUT YOURSELF, BUT TO THEN VISUALIZE AND LOOK AT YOURSELF IN THE MIRROR WITH GRATITUDE.

DO NOT HESITATE, I HAVE CREATED EASY STEPS TO FOLLOW THAT START WITH A BEGINNERS APPROACH TO THEN AN ADVANCED APPROACH, WHICH CAN BE TAKEN AT YOUR OWN PACE AND WHEN YOU FEEL COMFORTABLE AND READY.

I WILL TAKE YOU THROUGH A 3 STEP GUIDE TO MIRROR WORK FROM BEGINNER, TO INTERMEDIATE THEN TO ADVANCED. YOU MAY CONTINUE WITH STEPS IF THAT FEELS SAFER. HOWEVER, I DO ENCOURAGE YOU ALONG THIS JOURNEY TO STEP OUT OF YOUR COMFORT ZONE. CHANGE DOESN'T HAPPEN IN COMFORTABILITY, OTHERWISE YOU WOULDN'T BE HERE RIGHT? I, MYSELF, TOOK OVER A MONTH TO GET TO THE ADVANCED STEP, AND SOME CAN DO THIS QUICKER AND OR SLOWER, THERE IS NO RIGHT OR WRONG, JUST WHAT IS COMFORTABLE FOR YOU.

PLEASE NOTE THAT IF A FULL LENGTH MIRROR IS NOT COMFORTABLE FOR YOU, YOU CAN START WITH A SMALLER MIRROR THAT SHOWS HEAD TO WAIST OR A HAND HELD MIRROR, DEPENDING ON HOW COMFORTABLE YOU FEEL ABOUT LOOKING IN A MIRROR, I WANT TO APPRECIATE AND HONOR THAT NOT EVERY WOMEN FEELS LIKE THEFT HAVE THE STRENGTH TO USE A MIRROR FULL STOP, SO IN THAT CASE, KEEP AT YOUR GRATITUDE JOURNAL PRACTISE UNTIL YOU FEEL READY TO PROGRESS TO A MIRROR.

STEP 1 - BEGINNER

AFTER YOUR GRATITUDE JOURNAL PRACTICE IN THE MORNING, STEP IN FRONT OF THE MIRROR, COMPLETELY CLOTHED AND REPEAT YOUR WORDS OF GRATITUDE ABOUT YOUR BODY TO YOURSELF. YOU MAY USE THE SAME WORDS OF GRATITUDE OR PICK SOMETHING YOU CAN PHYSICALLY SEE THAT YOU ARE GRATEFUL FOR ABOUT YOUR BODY AND SPEAK THESE TO YOURSELF.

TAKE YOUR TIME, LOOK YOURSELF IN THE EYES, TALK TO YOURSELF WITH COMPASSION AS YOU SCAN YOUR EYES OVER THE PARTS OF YOUR BODY IN WHICH YOU ARE GRATEFUL FOR AND LIKE AS WELL AS REPEATING THE WORDS AS YOU LOOK AT YOURSELF IN THE EYES, DEEP CONNECTION INVITES SELF-LOVE.

COMPLETE THIS PRACTICE EVERY MORNING FOR A WEEK, EVERYDAY IS GREAT IF YOU CAN, HOWEVER AS MANY MORNINGS AS YOU PHYSICALLY CAN IS ADEQUATE, YOU MUST BE WILLING TO PRACTICE.



YOUR GUIDE TO

MIRROR WORK

THIS PRACTICE MAY NOT BE COMFORTABLE OR FEEL SILLY AT FIRST, BUT WITH PRACTICE, YOU WILL INVITE SELF-LOVE, GRATITUDE, COMPASSION AND APPRECIATION FOR YOURSELF AND THESE FEELINGS AND STATEMENTS WILL BECOME STRONGER.

STEP 2 - INTERMEDIATE

REPEAT STEP 1, HOWEVER THIS TIME YOU WILL BE IN YOUR UNDERWEAR. THIS IS THE NEXT STEP TO LEAN INTO SELF-ACCEPTANCE AND GAIN LOVE FOR YOUR BODY FOR ALL IT DOES FOR YOU AND HOW YOU WERE MADE. THIS INTERMEDIATE LEVEL ALLOWS YOU TO BECOME COMFORTABLE AND GET USED TO FINDING GRATITUDE IN YOUR NEARLY NAKED BODY, FINDING ALL THE WONDERFUL ASPECTS OF YOUR BODY THAT IT HAS TO OFFER, THE BEAUTY IN YOUR UNIQUENESS AS AN INDIVIDUAL FEMININE HUMAN.

STEP 3 - ADVANCED

REPEAT THE SAME STEPS YOU HAVE BEEN PRACTICING, HOWEVER THIS TIME YOU WILL BE FULLY NAKED. AGAIN, THIS PRACTICE MAY NOT BE COMFORTABLE OR FEEL SILLY AT FIRST, BUT BEING GENTLE WITH YOURSELF, PATIENCE AND PRACTICE, YOU WILL AGAIN INVITE SELF-LOVE, GRATITUDE, COMPASSION AND APPRECIATION FOR YOURSELF AND THESE FEELINGS AND STATEMENTS WILL BECOME SUCH A STRONG TRUTH AND BELIEF FOR YOU. THIS ADVANCED LEVEL ALLOWS YOU TO BECOME COMFORTABLE AND GET USED TO FINDING GRATITUDE IN YOUR MOST NATURAL FORM, NUDITY.

LET YOURSELF BE GUIDED THROUGH EACH STEP FOR AS LONG AS FEELS NECESSARY, ONCE EACH STEP BECOMES COMFORTABLE, THAT IS WHEN YOU MOVE FORWARDS TO THE NEXT.

THE 3 STEP MIRROR WORK PRACTICE DOESN'T JUST ALLOW YOU TO REGAIN APPRECIATION AND GRATITUDE FOR YOUR BODY, IT INVITES CONFIDENCE, SELF-BELIEF, INTIMACY WITH YOURSELF AS WELL AS COURAGE TO BE MORE INTIMATE WITH A PARTNER IF THIS IS CURRENTLY A STRUGGLE OR IS UNCOMFORTABLE FOR YOU.

TO LEARN AND PRACTICE HOW TO ACCEPT YOURSELF FOR ALL YOU ARE, EMBRACE EVERY ASPECT AND INCH OF YOURSELF IS POWERFUL AND I PROMISE IT IS POSSIBLE!!

THIS IS THE EXACT PRACTICE, AS WELL AS ALL THE REST I TEACH WITHIN THE POWERFUL WOMAN PROJECT, THAT HAS ALLOWED ME TO STEP INTO MY MOST CONFIDENT SELF AFTER YEARS OF SELF-HATRED AND EMBARRASSMENT.

I CAN NOW CONFIDENTLY SAY THAT FROM THE MIRROR WORK ALONE, I CAN NOW STEP IN FRONT OF A MIRROR AND NEED TO BE DRAGGED AWAY, BECAUSE OF THE AMOUNT OF LOVE AND GRATITUDE THAT OOZES OUT OF ME WHEN SEEING MYSELF.



YOUR GUIDE TO

MIRROR WORK

I DON'T JUST SEE A BODY AND MY SHAPE, I SEE IT FOR ALL IT DOES FOR ME, WHAT MY BODY ALLOWS ME TO BE CAPABLE OF, HOW MY LEGS ALLOW ME TO WALK, GET FROM A TO B, TO MOVE IN A WAY THAT MAKES ME HAPPY, TO DANCE, HOW MY ARMS ALLOW ME TO HUG THOSE I LOVE, PICK UP MY PUPPY AND MADE AMAZING FOOD. HOW MY WHOLE BODY ALLOWS ME TO FUNCTION IN A HEALTHY WAY AND TO HAVE ZERO LIMITS IN WHAT I PARTICIPATE IN, HOW MY STOMACH AND HIPS ALLOW ME TO BE ABLE TO CREATE AND BIRTH A HUMAN BEING INTO THIS WORLD AND HOW MY BREASTS ALLOW ME TO FEEL FEMININE AND FEED MY FUTURE CHILDREN.

OUR BODIES DO SO MUCH FOR US, LET'S RECLAIM OUR LOVE FOR THEM!



A GUIDE TO BREATHWORK

SELF REGULATION IS OUR ABILITY TO WIDEN YOUR WINDOW OF TOLERANCE, THE ABILITY TO SELF-SOOTHE AND REGULATE YOUR EMOTIONAL STATE. THE MORE YOU ARE ACCUSTOMED TO KNOWING HOW TO REGULATE YOUR EMOTIONAL STATE, THE LONGER YOU ARE ABLE TO STAY IN THE COMFORT ZONE, TO BE COOL, CALM, COLLECTED AND CONNECTED.

BY UNDERSTANDING HOW STRESS EFFECTS YOU AND HOW TO MANAGE YOUR WINDOW OF TOLERANCE, YOU ARE ABLE TO THEN SELF-REGULATE AND DECREASE YOUR OWN STRESS RESPONSE.

SELF-REGULATION DOESN'T JUST BENEFIT YOURSELF AND YOUR WELL-BEING, BUT ALSO PLAYS A HUGE ROLE WITHIN YOUR RELATIONSHIPS, CAREER AND OVERALL SUCCESS IN LIFE. AS THE RELATIONSHIP YOU HAVE WITH YOURSELF, SETS THE TONE FOR THE RELATIONSHIPS YOU HAVE WITH OTHERS.

THE MORE AT EASE AND STRESS FREE YOU ARE, THE MORE CALMER, COOL AND CONNECTED YOU WILL BE WITH YOURSELF AND OTHERS, DRAMATICALLY IMPROVING THE QUALITY OF YOUR LIFE AND THE WAY YOU SHOW UP IN THE WORLD.

THERE ARE LOADS OF BENEFITS THAT COME FROM SELF-REGULATION ALSO, SUCH AS BEING CALMER, BEING ABLE TO DO MORE WHETHER THAT BE PHYSICALLY OR MENTALLY AS YOUR MENTAL ENERGY INCREASES.

A GREAT PRACTICE TO BUILD THIS OF SELF REGULATION IS A PRACTICE CALLED BREATHWORK.

HEARING BREATHWORK, YOU PROBABLY THINK OF THE PHYSICAL ASPECT OF BREATHING—THE INHALING AND EXHALING OF AIR. BREATHING IS A VITAL PART OF LIFE; HELPING DELIVER OXYGEN INTO YOUR BLOODSTREAM AND TO REMOVE CARBON DIOXIDE.

THE PHYSICAL BENEFITS OF DEEP BREATHING ARE OFTEN IMMEDIATE. BY BREATHING DEEPLY, YOU CAN ACTIVATE YOUR PARASYMPATHETIC NERVOUS SYSTEM, TO SLOW DOWN YOUR HEART RATE AND DECREASE BLOOD PRESSURE, RETURNING YOU BACK TO YOUR WINDOW OF TOLERANCE (CALM STATE). BREATHING TECHNIQUES ARE ALSO TOOLS FOR MAJOR TRANSFORMATION AND HEALING. BREATHWORK BEING A WHOLE-BEING THERAPEUTIC PRACTICE ALLOWS YOU TO RELIEVE MENTAL, PHYSICAL, AND EMOTIONAL TENSION, ESPECIALLY ANXIOUSNESS.



A GUIDE TO BREATHWORK

WHEN YOUR BODY IS OPERATING UNDER “FIGHT-OR-FLIGHT” RESPONSE, WE KNOW THAT WE RELEASE A SURGE OF STRESS HORMONES INCLUDING CORTISOL AND ADRENALINE THAT CAUSES YOUR BREATHING TO SPEED UP, INCREASING YOUR PULSE, AND PUTS YOU IN A STATE OF HYPERVIGILANCE. DEEP BREATHING CAN HELP REVERSE THIS RESPONSE AND RELAX YOUR BODY. IN ADDITION, BREATHWORK NOT ONLY REDUCES STRESS SYMPTOMS BUT CALMS AND SLOWS DOWN THE EMOTIONAL TURBULENCE OF THE MIND, ALLOWING YOU TO REACH A DEEPER STATE OF MIND.

FROM EMBARKING ON A JOURNEY TO HEALING YOUR BODY IMAGE OR WANTING TO IMPROVE YOUR BODY CONFIDENCE TO CREATE EVEN MORE ACCEPTANCE AND LOVE FOR YOURSELF THERE CAN COME SOME TURBULENT TIMES, WHERE YOU WILL FEEL TRIGGERED, YOU MAY FACE OFF WITH REALLY HEAVY TOUGH EMOTIONS THAT LEAVE YOU FEELING UNCOMFORTABLE AND THROUGHOUT THIS JOURNEY AT POINTS, I DON'T DOUBT IT MAY FEEL OVERWHELMING IN WHICH YOUR NERVOUS SYSTEM WILL NEED SOME GUIDING BACK TO A CALM STATE AND I WANT TO GIFT YOU THE SKILL TO MASTER SELF REGULATION ON YOUR OWN.

THERE ARE MANY BREATHWORK PRACTICES YOU CAN PARTAKE IN, SOME ARE MORE SPIRITUAL OR TRADITIONAL AND SOME MORE MODERN DAY AND SCIENCE BASED.

SO FEEL FREE TO EXPLORE, HOWEVER BELOW IS A SIMPLE YET POWERFUL BREATHWORK PRACTICE YOU CAN ADOPT YOURSELF ON A DAILY TO WEEKLY BASIS OR AS OFTEN AS NEEDED.



A GUIDE TO BREATHWORK

STEP ONE

1. TAKE IN A STRONG INHALATION THROUGH THE NOSE.
2. LET OUT A RELAXED EXHALATION THROUGH THE MOUTH.
3. REPEAT FOR 30 BREATHS.
4. ON THE 30TH BREATH, EXHALE TO 90 PERCENT AND HOLD FOR AS LONG AS YOU CAN.
5. WHEN YOU FEEL YOUR BODY REALLY NEEDS TO TAKE A BREATH, INHALE FULLY AND HOLD FOR 15 SECONDS BEFORE RELEASING.

STEP TWO

REPEAT THE ABOVE STEP AGAIN AFTER THE EXHALE OF THE 15 SECOND BREATH HOLD, STRAIGHT BACK INTO ANOTHER 30 BREATHS FOLLOWED BY THE BREATH HOLDS

STEP THREE

REPEAT AS ABOVE AGAIN, AND ON YOUR FINAL EXHALE AFTER THE 15 SECOND BREATH HOLD, RETURN BACK TO NORMAL NASAL BREATHING COMING BACK TO YOUR NATURAL RYTHM AS YOU CONCLUDE THE PRACTICE.



LET'S CONNECT

WANT TO WORK WITH ME?

IF YOU DEEPLY RESONATED WITH THIS JOURNAL AND WISH TO LEARN MORE AND TAKE A DEEPER DIVE INTO HEALING YOUR BODY IMAGE AND WISH TO CREATE LONG LASTING BODY CONFIDENCE BY WORKING WITH ME THEN YOU CAN SIGN UP TO MY SIGNATURE SELF PACED COURSE 'THE POWERFUL WOMAN PROJECT' THAT WILL TEACH YOU HOW TO BREAK DIET CULTURE FOR GOOD SO YOU CAN LOVE YOUR BODY INSIDE AND OUT.

DESIGNED FOR WOMEN WHO WANT TO FALL IN LOVE WITH THEIR BODY, TO LEARN HOW TO PRIORITISE HERSELF AND WELL-BEING TO REGAIN HER BODY AND SELF CONFIDENCE!

IF YOU ARE CURRENTLY DREAMING OF FEELING CONFIDENT AND COMFORTABLE IN YOUR BODY, ACHING TO LOOK IN THE MIRROR AND FINALLY LOVE WHAT YOU SEE, THAT DOESN'T REQUIRE YOU TO...

- GO ON ANOTHER FAD DIET
- EXHAUST YOURSELF WITH COPIOUS AMOUNTS OF EXERCISE
- RESTRICT YOUR FAVOURITE FOODS
- MISS OUT ON SOCIAL EVENTS OUT OF FEAR
- OBSESS OVER YOUR WEIGHT AND LOOKS

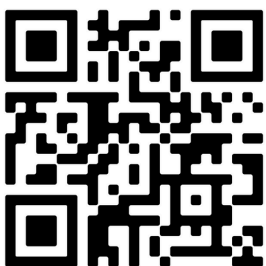
AND THAT ALLOWS YOU TO LEARN HOW TO ACCEPT YOUR BODY AS IS, DITCHING THE INCESSANT NEED TO CHANGE YOUR BODY IN ORDER TO FEEL GOOD ENOUGH...

THE ANSWER.... THE POWERFUL WOMAN PROJECT COURSE

SAY BON VOYAGE TO SELF CONSCIOUSNESS AND SAY HELLO TO LOVING ALL OF YOU.



*CLICK HERE TO SIGN UP
AND RECEIVE A 20%
DISCOUNT USING CODE:
BODYCONFIDENCE20*



*CONNECT WITH
ME ON SOCIALS*



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