

## Modeling Transformed Me - Confidence & Self-Love Body Love

*To fall in love with yourself is the first secret to happiness*

- Robert Morley



In a world that already obsesses over the female body, how do we create a balance? How can you build a career off your unique physical beauty and still not be obsessed with unrealistic beauty standards? Easy. Let me help.

It's very common to measure our self-worth by the way we look. *This is 100% not an accurate measurement of your value.* Body image is the way you think about your physical self. Body image is commonly mis-understood as the feeling you will get when you see yourself in the mirror. Body image is what you **believe** about your appearance including your assumptions, generalizations and memories.

Healthy body image is when you feel relaxed about your body. You understand its value and accept its uniqueness. It is important that you create a positive view of your body, filling your mind with thoughts of gratitude. This a tool to consider that will greatly help you in the modeling industry and in life.



Body Love is an extremely powerful energy that has the capacity to transform how we view our bodies and the bodies of others. Have you ever seen someone walk into a room and they look like they are glowing? They hold themselves with **poise and confidence** that reflects someone of extreme body awareness and clarity. **I want that for you.** I want that for **us**.

We can *all* be that person. But many of us find it difficult to direct love toward ourselves, especially our bodies. **We are simultaneously the harsh judge and the confused, scared child who wants to stop feeling judged.** We judge our bodies when we should actually be comforting it, stretching it, nourishing it, and getting to know how to care for it. Like the hurt young child who wants to be seen, heard, and loved, our bodies cry for that same attention.

If we want to live happy lives and make the right choices for ourselves, we need to know how we feel, admit to how we feel and express how we feel. Confidence in our body can be *built* once we are aware of the feelings that are getting in the way.



## ***Gain Clarity on Your Worth***

We must develop an in-depth understanding of your self-worth and how to cultivate a mindset that holds that value strong.

## ***Feel Courageous and Unique***

We learn the steps to create a creative hustle where taking risks feels exciting and natural. We practice moving in ways that make your uniqueness your strength.

## ***Hit Your Transformation Goals***

A structured experience with steps that, by committing to, will begin to create a lasting change in your life and possibly your career.





**Here are a few thought patterns we would like you to consider to support your body-image and self-love journey:**

Appreciate all your body can do for you. Everyday your body carries you throughout life and closer to your dreams.

Have a running list of all the things you love about your body and read it often.

Surround yourself with positive people who also respect their body and the bodies of others.

See yourself how you want others to see you - a whole person not just a specific part. Focus on yourself as a whole, not just bits and pieces.

Overpower your negative thoughts with positive ones. This takes practice but you can do it. Kick out that bully that lives inside your head. They are no longer welcome.

Clean up your social media - be mindful of what you choose to intake. Do something kind for your body every day. It can be as simple as a shower, a dance party in your room, taking vitamins, or drinking more water.

Discern where you put your energy. Monitor your energy and use it in ways that create more positive energy within your body.



### ***Remember:***

**You and your body are deserving of love *always*. Never allow others to tell you how to feel or determine how much you are worth. This means you need to be clear and confident with your boundaries. Sometimes we have to cross our boundaries to discover where the line is. This is a painful way of learning but it can be beneficial to getting clear just the same.**

In our society, body-love is often defined as the occasional spa-cation or skin-care routine. These types of self-care are like swimming in a shallow pond - they provide momentary pleasure but do nothing to sustain your goals.

Part of being a successful model is *loving your body beyond the basic self-care rituals*. There is a mental and emotional toughness one must build that ultimately protects and cares for you. This is the confidence and body love I hope to support you with.

I understand the deep wounds that lie below the surface that lead to self-doubt and self-criticism and it has no place in this journey. There will need to be a healthy detachment from your body's physical appearance and the work you will do.

Loving yourself and your body should be taught to all models before entering this hustle. *Valuing yourself as a person and an artist* is more than just buying a new pair of black leggings or heading to the spa.

### ***Your unique beauty is your strength!***

There is no one like you and that is what we have to get comfortable selling. Since you are your money maker, we need to get comfortable caring for your body and mindset too! This is important for your sustainable happiness and success in any field.

*mirror,  
mirror...*





**Here are a few ways you can practice self-love, body-love, and confidence:**

Communicating and upholding your boundaries with the people in your life and your business. *\*Most of the time its us who cross our own boundaries like working for less than our hourly rate or being mistreated and not saying anything because of fear\** If this is you, please contact me!

Being honest about your physical needs, both with others and with yourself. This means taking time to rest and move your body in ways that feel good!

Gaining awareness around your fears and limiting beliefs so that you can do the work to heal and resolve them. We cannot suppress negative thoughts and fears but we can see them for what they are and release them with different inner work and practices.

Following your aligned path, even if people judge you or don't understand. Be yourself and do what works for you. Your body and your life is yours. Do what makes you happy and if you're unsure, reach out on our facebook group!





The modeling world taught me about self-love because it gave me a tiny bit of inclusion and representation. Seeing women **like me** looking and feeling beautiful gave me the permission I desperately needed to step into my power.

Self-love and acceptance are powerful forces that can open up the door to feeling free and in alignment with who you are and what you need to live a happy, healthy life. *Being a model gave me that opportunity* to choose embracing my uniqueness instead of rejecting it.

Then I realized I wasn't that unique at all! There are so many women and people who feel lost in their bodies and need more opportunities to accept and love who they are. Loving ourselves from within and outwards is what will change our lives for the better, as well as those around us who are also drowning in shallow waters.

We live in a world that can often be hard on us, and it's easy to get caught up in the negative and lose sight of what we're really worth. It gets even harder when you don't feel like you know yourself or are brave enough to share your true self with anyone because of fear. I want so badly for this to change for everybody. **There is power and peace in knowing, loving, supporting, understanding ourselves** and our bodies first before looking outward for approval of what we look like and who we are.



Being able to do this means being able to break free from stigmas around body size and shape. *We must rewrite the definitions of our self-worth and our own beauty.*

On the next page, I have created a few questions to help you see more clearly your deep inner beauty and how you can use that to further your career in modeling and influencing.

Q: What makes me physically unique?

Q: What are some of the things I dislike about myself that I could start loving more?

Q: What is the regular thought I have that does not support me and my success? How can I rephrase it to be more positive?

Q: Why do I want to be a model, influencer, or successful boss babe?

Q: What could I get clear on that would make me feel more confident?

Q: What work are you most proud of?

Q: What type of goals do you have for your career in the next 1,3,5 years?

Developing **boundaries** that keep your body healthy is important for body confidence.

This is a crucial part of finding our true selves, and boosting our body confidence that often gets forgotten because of the message we see on reality tv and the media.

Your body is a powerful energetic system that is not meant to be on display for anyone but yourself. It is here to serve your pleasures, keep your soul safely expressed, and carry you on your journey.

Healthy boundaries are entirely about you personally defining and then following your individual sense of happiness and desires and personal truth. It is a state of self-awareness, integrity, self-worth and self-love.

You can't have any of those things if you are pushing against the world and you can't have any of those things if you are letting the world define who you are, what you want, and how you feel about your body.



*Having a healthy sense of your inner self and physical self serves not only you but also the universe. And ultimately, your happiness IS everyone else's happiness as well because we are all one.*



**Before you close out this experience I have a few questions I would like you to meditate on:**

What would happen to your world if you practiced taking more care of your body?

Can you imagine how everyday life would be when we no longer hide and reject our body, but instead we shower ourselves with love and acceptance?

How would your life be different if you were able to tell yourself the loving and compassionate words you deserve to hear about your body?

Right after reading this, I invite you to look deeply into the mirror and tell yourself that you love every inch of you. If you're not comfortable with this, then imagine a loved one lovingly admiring you.

***Imagine yourself loving on your body.***

How does that feel?

Empowering?

Freeing?

Like a wonderful release?



**You are so beautiful.** Please hear me when I say this.

I don't even need to know you for this to be 100% true. *There is a light within you that is unique and beautiful in a million ways.*

**This is why we self-love.** Self-love is powerful and will transform you and your success. This is true because the energy self-love offers brings your mind and body to a balance with who you are and what you need as each opportunity comes its way.

**Self-love will allow you to see what is possible.** It is an essential process to developing healthy business relationships, and confidence in your body's unique gifts and strengths.

Each chapter in the modeling course takes you deeper into a lifetime career of modeling, loving yourself, and seeing your own beauty. *Your body is a temple for your light* and a beautiful tool for your art and success.

As a model you are advertising with this body. It's your money-maker and you must see it for all it is, honor it, value it, and take care of it - this includes your mind too.

This course isn't designed to continue enabling the polarizing and pushing away of parts of yourself but embracing them and using them to boost your body confidence and overall confidence within yourself.

**You are not alone on your journey** and you should never feel that way. Thank you for being you and taking up space in this community.

Please share more about your self-love journey in our private facebook group.

xoxo,

alexa  
★

scan me!

