

# Style

# Revel-YOU-tion

## WHO AM I?

What is personal style, and where in heck do you find it?

STYLE is about aligning WHO YOU ARE on the inside with how you want to SHOW UP IN THE WORLD. So often we look outside of ourselves (social media, catalogues, societal norms/expectations) to figure out what we're supposed to wear, when in truth, the only real place to look is INSIDE ourselves.

Because here's the thing. STYLE is an INSIDE JOB. It's about dressing on the 'outside' in a way that accurately reflects who you are on the 'inside!'

When I talk about your 'inside', I'm not talking about the tired, exhausted, worn-out you. I'm not talking about the you that thinks she needs to lose 10 pounds or start going to the gym. I'm not talking about the you that feels overwhelmed, misunderstood or defeated. And I'm certainly not talking about the you that feels unworthy, or like you're both 'not enough' and 'too much', all at the same time.

I'm talking about the essence of YOU. Your spirit. The part of you who wants to THRIVE, not just survive. The true you, often hidden under myriad layers of who you think you should be.

I call it Inside-Out Congruency.

And Inside-Out Congruency can never be defined by any box or preconceived "rules" or cultural norms and expectations that are designed by somebody else.

The journey toward Inside-Out Congruency (identifying your own personal style) begins by answering this question: WHO AM I?

Imagine standing in front of your closet and unapologetically saying, I AM FUNNY, SMART, GRITTY, GROUNDED, and CREATIVE and then choosing to dress in a way that REFLECTS that you-ness on the outside.

Let's dig in and identify the essence of WHO YOU ARE on the inside.

I want to know... What drives you? What inspires you? What excites you? What empowers you?

I want to know... WHO ARE YOU?

xo Stasia

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WHO AM I?

THROUGH YOUR EYES

Set a timer for 15 minutes.

Begin a free-write of every single word that describes you. Or might describe you. Or that you WANT to describe you. If you're unsure, write it down anyway. In a free-write, you do not stop to think. You just write, without any self-editing. Some wacky words might flow from pen to paper, and that's okay. Don't waste time trying to come up with a "perfect" set of words. It's okay if you write down 17 words that mean almost exactly the same thing. Just write. This list should be HUGE. Don't edit out "bad" words, or words that make you bristle. Write them all down.

Remember, you are NOT writing down words that describe your style. A word like "comfortable" does not belong on this list. I've never heard a single person describe themselves as "comfortable." It doesn't make any sense!

This list is about YOU - the essence of who you are.

Start timer. Begin.

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*THROUGH THEIR EYES*

Ask at least 15 people to give you three words that describe the essence of you. This can be done privately, through email, text message, conversation, or private messenger. Or, if you're really brave, you could use Facebook!

(I would also recommend returning the favor. When somebody responds with three words that describe the essence of you, hit reply and do the same for them!)

Compile this list of at least 45 “best qualities” and write them down here:

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*SYNTHESIZED*

Review this list of words and phrases for the next couple of days, without taking any action. See how each word/phrase makes you feel. Words can leave us with a visceral feeling of joy, resonance, discomfort, etc. As you spend time with this list, certain words will emerge for you that make you say YES on the inside. Others simply won't connect. Begin crossing out words that don't resonate, until you're left with a list of 5 - 7 traits that light you up when you read them. Words that feel so intensely YOU, there is no mistaking them.

These are your words. Write them down here:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

(optional)

6. \_\_\_\_\_

7. \_\_\_\_\_

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INSIDE-OUT CONGRUENCY

These words are your POWER WORDS. Use this list as a powerful, practical and accessible way to set your intentions, before getting dressed. By choosing to show up each day in alignment with your truest self, you will begin to recognize the power of this practice.

Ideas on how to stay connected to your POWER WORDS:

- Tape them to your closet door or your bathroom mirror
- While you're showering, place your hands over your heart, and remind yourself WHO you are, so you're ready to get dressed accordingly when you get out of the shower
- Sit at the foot of your bed, read your words, and then head to your closet

However it works for you to connect with your power words before dressing for the day, do it!

If BOLD is on your list, put on some big earrings, a statement necklace or perhaps a bold lipstick.

If BRAVE is on your list, choose that dress that gives you some jitters, and wear it on a Tuesday.

If IRREVERENT is on your list, wear two patterns together that are unexpected... that make you feel like you're breaking the "rules".

If FIERCE is on your list, grab your favorite leather cuff or paint your nails red... or wear those leopard print shoes or a scarf!

If KIND is on your list, wear a color that brings out your eyes, because we all know our eyes connect us to our soul.

Give it a go, and see what comes up for you when you try to dress with your Power Words in mind.

Do you sense resistance? If so, what's getting in the way? What are the barriers for you?

Is it easy? If not, what's hard about it?

After completing this warm-up exercise, you'll be ready to deep-dive into the heart of this work over our weekend retreat.

A Revel-YOU-tion awaits!

xo Stasia