

DAY 19

Remember the days when you cared about your appearance.

How do you feel on those days?

When we feel better, more beautiful and attractive, we walk upright, our body language becomes clearer and we continue the day more energetically. We may even laugh more and communicate with people more.

- What kind of appearance does your Ideal Me possess?
- What colors and style of clothing does she prefer?
- How much time does she need to get ready?
- Does she pay more attention to her appearance?
- Does she have a beauty routine?
- How does she take care of her hair, body, and skin?
- How does she wear the clothes she has on?

Today we are at one of the most enjoyable parts of the game!

Don't forget to write on the worksheet how you feel at the end of the day! See you tomorrow!

Tasks:

- What would your ideal you look like, what would she wear, how would she style her hair, what kind of routine would she have? Write down on the worksheet how you feel at the end of the day.
- Listen to your affirmation before you go to sleep at night.

