

Your Body

Now it is time to turn our attention to your body, specifically your inner aspect and your outer aspect.

Your Inner Aspect: Your emotional state of being is reflected in the way you carry yourself. What is the habitual way you hold your body? What happens to your body when you are nervous? Excited? Comfortable? If you are curious about the message your body is sending to the world, then I invite you to quietly observe yourself over the next few weeks. Pay special attention to the following characteristics:

- **Spine:** Do you hunch over or do you typically stand up tall?
- **Shoulders:** Do you carry tension in your shoulders? Are your shoulders usually relaxed and open, or stiff and forward? Does this change depending on who you are with?
- **Chin:** Do you tend to stand with your chin pointing up, fairly level, or bent toward your chest?
- **Arms:** When standing, do you typically cross your arms in front of your body? Are you comfortable leaving them by your side?
- **Hands:** Do you tend to gesture with your hands or are you more reserved?
- **Stance:** When standing, do you typically lean, cross your legs, turn your feet inward or have a wide open stance?
- **Movement:** Are you stiff? Flexible? Can you move freely? Do you suffer from aches and pains? Do you tend to be very sedentary?

Please note: There is no “correct” way to carry yourself. In the broadest terms, if you are interested in projecting confidence, your body will be relaxed, open and grounded, and free from tension and pain.

Your Body: The Inner Aspect

Strengths and Stretches

Once you have observed yourself, jot down at least five areas that you believe are your personal strengths and then list five areas where you could imagine yourself adjusting slightly to be more open, released, balanced and strong. The more specific you can be, the better.

Strengths

(For example: I have a strong handshake, I look people in the eye, I smile when I meet someone new, I enjoy sitting up straight, I can walk / run easily without pain).

- 1.
- 2.
- 3.
- 4.
- 5.

Stretches

(For example: I bite my fingernails when I get nervous, I slouch when I sit at the table, when I chat with friends I jut my chin out - which strains my voice, I tap my foot when I get nervous).

- 1.
- 2.
- 3.
- 4.
- 5.

Your Body: The Outer Aspect

The outer aspects reflects the way we present ourselves externally. This includes wardrobe, hairstyle and general cleanliness. To me, personal style is about feeling great about the way you present yourself to the world. It is not about wearing the latest fashion trend or sporting the most expensive handbag. It's about being excited and comfortable in your self-expression.

Take a moment and reflect about how you present yourself to the world. What do you love and what do you want to improve - just a little bit?

Strengths

(For example: I always have a great outfit in my closet that is clean and ready to wear at a moment's notice, I love how easy it is to do my hair and it looks great, I wear comfortable shoes that make me feel powerful).

- 1.
- 2.
- 3.
- 4.
- 5.

Stretches

(For example: I never know what to wear, people say I look tired a lot, I feel like I'm the worst dressed person in the room, my closet is stuffed with things I don't wear).

- 1.
- 2.
- 3.
- 4.
- 5.