



RULE YOUR CLOTHES
with
confidence

About me

I have always felt uncomfortable in my body, being a pear shape I felt unbalanced and longed for boobs to give me the desirable hour glass figure. I spent years covering my body in dark clothing, long vest tops to cover my bum, stretchy leggings and staying away from patterns.

I would go shopping and constantly remind myself of the clothing 'rules' of what I should or shouldn't wear for my body shape. I'd try things on in the changing rooms and cry when I didn't fit in to the size I longed to be and felt to ashamed to size up.

As I would sift through my clothes I wouldn't be able to tell what was what because I was living in a sea of black. If this sounds like you too then I'm so glad you're hear because over the next pages I'm going to share with you three tips to help you begin to rule your clothes with confidence.

With love & gratitude,
Ana xo



Hello you!

First of all I want to thank you for allowing me to be part of your journey, I feel honoured that you trust me to make a positive impact on your life. Secondly, I want to share with you a bit about my struggles so you can see I can understand how you're feeling right now.

If you don't know me at all my name is Ana Louise Bonasera, I am a mother to 4 boys, including my autistic twins. I am a self love activist and author of "Stretched: a mother's journey to honour her 'flaws' & how you can too" which you can find an amazon.

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Banish the rules

There are so many unwritten rules of what we 'should' and 'shouldn't' wear...

Don't wear stripes they make you look too wide.

Stay away from bold colours you don't want to draw attention to yourself.

Avoid patterns on your 'problem area' you don't want to highlight them.

You're too young for this...too old for that...

You're too fat for this...too thin for that...

For too long we have lived in the shadows, holding back from what we would actually like to wear and hiding in black baggy clothes because it's just so 'flattering'. There is nothing more flattering than wearing an outfit that you love because you glow from within.

That's why I want you to banish those rules! I know, I know it is easier said than done, so to begin with just start to acknowledge these moments when the clothing rules start to dictate what you buy or how you dress. When the thought enters your mind, recognise it, take a deep breath in, a deep breath out and move on to a different subject.

If you can think of something positive, like your happy place or even something simple like a funny meme, distract your mind from going over and over those negative thoughts.

Stop caring

ABOUT WHAT OTHERS THINK SET YOURSELF FREE



Have you ever walked into a room or down the street and the hairs stand up on the back of your neck or the back of your head feels like its burning from people staring at you? Yep, me too. I have felt so self conscious in the past that I was convinced everyone around me was judging me for one reason or another.

It is normal to feel this way, we are still programmed from our cave man days into thinking that we might be someones dinner or they might be ours, so if you've ever felt judged or judged someone else it doesn't make you a bad person it just makes you human. It's the next thought that counts.

FEELING JUDGED OR JUDGING SOMEONE MAKES YOU HUMAN.

Therefore if you are feeling this way because you're a human being with regular human being processes, guess what? Everyone else is going to feel the same too! When we feel like we're being watched here's a few points to think about...

1. They are most probably so involved in their own life and problems that they aren't even thinking about you.
2. They could actually be saying something positive about you but our brains just love to jump to the negative.
3. They might be feeling self conscious themselves and wondering if you are judging them.

Now, I know there are people out there who gossip and troll (believe me I know!) and when this does happen its most probably because they are in pain in their own life and instead of processing it they take it out on other people inflicting more pain. This does not make it okay but if we can understand why people feel the need to act like this it can help us move forward.

Dress to express

This is the fun part! We've acknowledged the rules, the trolls and working our way past feeling judged, this is your time to shine now. There are so many amazing outfits out there that have your name on, that your heart desires and now it's time to stop dressing to impress other people's opinions and start dressing to express yourself.

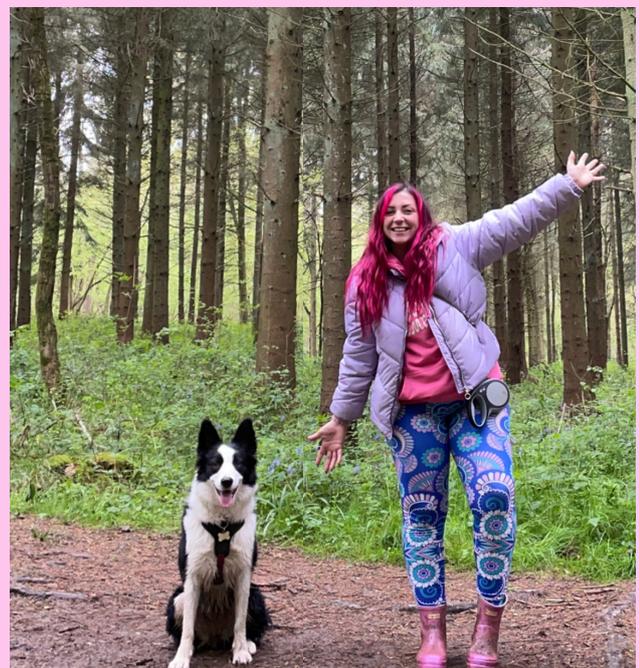
What colours do you love? What patterns take your fancy? What is something you 'wouldn't dare wear' because the clothing rules have told you it's not for you?

Why not have fun on Pinterest and make a board of all the colours and styles you'd love to try, that you haven't had the courage to try yet! Have fun, life is so short we need to make the most of this time and wearing what makes us happy on a daily basis can change your mood from negative to positive.

STOP DRESSING TO IMPRESS OTHER PEOPLE'S OPINIONS.

I challenge you to start by adding just a pop of colour to your daily outfit. Now, this could be something as subtle as colourful pants or socks so only you can see it. Then you could upgrade to a scarf or a headband with funky patterns. What next? A bright colourful t-shirt and then some crazy print leggings?

That all sets my heart on fire but what lights yours? Fill your life with things that make you smile, you might not think it will make a difference but I can tell you having a lilac coat to wear out dog walking with my bright leggings and pink hair might make me look like the village crazy lady but it makes me feel good.



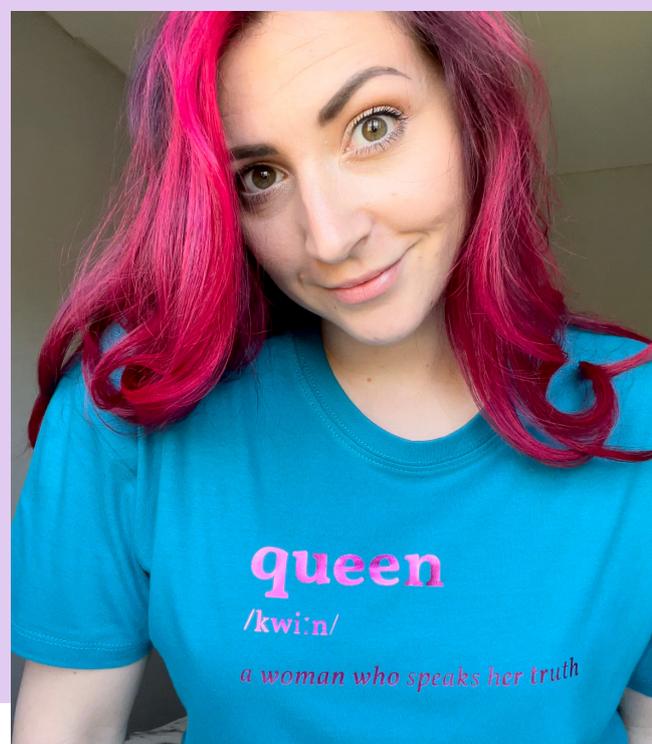
Resources

BOOKS:

- "Just eat it" Dr Laura Thomas
- "Body positive power" Megan Crabbe
- "Health at every size" Dr Linda Bacon
- "The Goddess Revolution" Mel Wells
- "Stretched: A mother's journey to love her 'flaws' & how you can too" Ana Louise Bonasera
- "Love Thy Body" Laura Bland, Serena Novelli & Ana Louise Bonasera

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Thank you



I AM

powerful

I AM

strong

I AM

fierce

Congratulations for reading through till the end, they'll be a lot of people who will download this and not even be able to face opening it, but you did!

It's not easy on this journey to find peace with your body but it's a lot smoother when you're not alone.

Always remember we have our GRL PWR support group if you need some empowerment or encouragement we're here for you.

We start our next workshop on 8th June "Conquer your confidence from within" if you are ready to work on your self belief we'd love to have you join us.

With love & gratitude,
Ana xo