



THE
Beginner's

Guide
TO
Elegance

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The Beginner's Guide to Elegance



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The Beginner's Guide to Elegance



The Motto



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What is a motto?

Something to live by?

Perhaps it is the main focus of who you want to be?

The motto should be something of tagline, even something to describe your life?

A motto is all of the above.

It is not only something to live by, but also how you would like your biography to be called.

A motto is how you want to live your life.

When you think of some examples of a motto, you think of what the brand stands for. For instance, “*Have it your way*” for Burger King or “*I’m Lovin’ it*” for McDonald’s. You want it to be memorable, and it is something you want to be recognized for.

It’s also important to remember that what I think is *my motto*, doesn’t necessarily need to be *your motto* and rightfully so.



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We are all so different with different goals in mind. Even if we all want to be as elegant and poised as possible -- they will all be unique.

We are all very special -- and for that, a special motto!

I like to think that this is great news because we all want to live for something special, but if we are all trying to look the same way or be the same, then not only would it get terribly boring, but it would leave some people very unhappy.

Not to mention that even you can change or tweak your motto, depending on your life circumstances. When you are single and dating, your motto might look very different than the stay at home mother of five.

It's all very fluid and ever-changing.

It's only natural, but the *secret* is finding the motto that works for you and brings you the most joy and zest for life.

To just simply tell you to think of a motto and expect you to live by it might seem daunting at first, because not only is it something you are not used to, but it might seem fake or forced.

Not to mention a tad cheesy.



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I get it.

I understand that you don't want to feel like you are fake because people can see that from a mile away (no matter how amazing you are an actor!).

But to be honest, this is a little bit from the party of “*Fake it till You Make it*”. There are always limitations and **your motto should always be realistic**, but don't be afraid to spread your wings and become the woman that you know you can be!

Let this be almost like a fresh new start for you.

Allowing you to dream of who you want to become and focusing on doing it!

You can achieve it if you try!

This motto is one of the first steps to getting where you want to in life.



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How to pick a motto?

1) What are your goals in your near future? What would you like to be seeing yourself as?

This is important because it will set you in the right direction.

Are you trying to work in an office?

Is trying to fit in where you are working now easy or hard?

Do you want to get noticed somewhere?

Would you like to be taken more seriously?

These questions should be answered as truthfully as possible.

What if you're not working and you're a stay at home mom of young children? Then being the same presentable with heels and skirts might not be for you.



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But possibly a good goal would be to be dressed as **presentable if someone you admired came to your door.**

Would you be able to answer it with confidence or embarrassed and try to hide?

This is super personal and I can't give you a motto.

This you need to do on your own. But have fun with it and don't forget, you can change it whenever you feel the need to!

2) How do you want others to think of you?

When you are not around, how do you want other people to talk or think of you as?

This one is a little eye awakening because there are times when I wore the right thing, but then I feel that this isn't me at all.

I don't want a reputation that doesn't match me, regardless of how wonderful it could be!

Not only does this apply to your clothes and body, but mainly rests on how you treat others and handle different situations.



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If you're kind and generous, people will see this and that is how they will think of you.

I love the quote that people say and it is “*Act so nice that they wouldn't even believe someone if they said you did something bad.*”

The way you act has the biggest impact because if you're a person who is constantly stressed and pushing other people and making others feel stressed and annoyed, then that is the impression that you are leaving on others.

3) How could you improve on yourself right now?

Even if you're not at your goal image of who you want to be, how could you be a better version of yourself *right now*?

Let me give you some examples:

You still haven't lost the extra 25 pounds that you are planning on, but already knowing that and putting it aside, what else could you do at the moment to make yourself a little better?

- You could adjust your makeup to be more flattering and less noticeable
- Those shoes that make you feel like a million dollars, wear them more often.
- Remembering to spray your favorite scent on yourself in the morning.



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You are still searching for the career that you want, but in the meantime, you are working at a retail store for minimum wage. What could you do to make it better?

- Wear the clothes that you think you would be wearing in the office (or wherever your career is)
- Don't think what you're doing is a waste of time and that you *deserve* a better job..
- Always do your best because you never know what opportunity could be lurking around the next corner.

I could go on with more examples, but I don't want to sound redundant.

My point is that although you might not be exactly where you thought you would be in life (and heads up: the chance that you ever will be, might never happen!) doesn't mean you can put your life on hold and wait.

Take action right now.



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Recap

❖ What is a motto?

- ◆ It is something that you want to live by and which someone would describe you by.
- ◆ Picking one is easy if you know what you find important in your life.
- ◆ How do you want to live your life?

❖ How to pick your motto?

- ◆ What are your goals?
- ◆ How do you want others to think of you?
- ◆ How could you improve on yourself at this moment?



Unleash your Elegance



How to Look
the Part



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How to Look the Part Every Single Day

Looking elegant is not as easily described.

It is not black and white.

Sure there are the basics, which maybe even a little stereotypical I guess. But they are not cemented in. Stealing the looks of Audrey Hepburn might give you a little boost of elegance, but it really won't last.

That would mean that anybody with a little extra cash could be elegant, which is *clearly* not the case when you look at the celebrities and socialites that the magazines showcase.

I need to start off this chapter by saying that elegance is not, **may I repeat**, not about looks.

It's easy to buy the whole wardrobe of Kate Middleton, but it won't give you the elegance if you're selfish and angry when things don't go your way.

In other words, your attitude will reveal your true self (more on this in the next chapter).



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However, for the sake of this book, I did want to include this chapter because let's face it, we are a visual species and by helping to look the part, it might even help us become more elegant.

Some people agree with this way because they feel if they get their feet wet then they will be able to follow it easier.

Understood.

So let's begin. *Shall we!*

Gotta be clean

Looking the part means we need to be clean, and this is a no-brainer, but that means no greasy hair, no messy makeup (or even heavy makeup), clean and proper fitting clothes. Nothing too revealing, and also fashion forward, it doesn't need to be trendy, but it needs to show that you are at least paying attention to what looks good on you.

Having a great grooming routine will make sure that you are always elegant.

Allow me to let you into a little **secret!**



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You can be wearing clothes that aren't the best quality, you can have your accessories lacking, even your purse could be not that stylish, but if you are wearing GOOD quality and beautiful shoes, **then you are good.**

To make things a little extra polished, if your hair is of good health and in a nice color and style, that is just extra elegance points!

It's true.

You don't need to wear the most amazing expensive clothes, but if you spend a little more on your shoes and make sure that your hair looks good, then you really can rock almost anything with the elegant flair.

They don't need to be high heels or stilettos, but just simple good clean and fine quality shoes.

I've seen so many times (even myself included) where you spend \$20 on some shoes, thinking you got a great deal! Only to find the toes chipping and the rubber starting to separate from the shoe. And don't think because they are on your feet that nobody will notice.

They do.

It's always a smart buy to purchase shoes with a bit more quality.

But don't be fooled into thinking that a higher price point means quality.



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Try to steer clear from name brands that are too flashy. Do some research with shoes in your area, and you'll find that those will be one of your best wardrobe investments.

Minimalist Wardrobes

Now more than ever, we are being bombarded on every turn about what we should have in our closets.

Not only with what kind of fabrics and articles of clothing, but also now we need to limit how many garments we own. This will supposedly bring us happiness and calm.

I find it has the **opposite effect** on us!

Why is that?

It makes sense that if we have less, we will stress less. It sounds rather nice on paper and it makes complete sense when we read it in the countless articles. So we want to do this and live with our smaller wardrobe.



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First step?

We think we need to *buy* a whole new “minimalist closet” and now we are out even more money and feel that we have failed because we think we need something else. Or we look at our steep credit card bill and a mountain of clothes that we feel aren't suitable for the new closet.

Then we pressure ourselves thinking that we should be happy with what we have.

Something new comes into our life and we need a new shirt or shoes for it but we stress about the idea that it won't be under the amount of clothing that is “allowed” and now we failed...again.

What happens **when** we fail?

We let the dam break and we just buy whatever it is that will make us happy.

Sound familiar?...

Let's make it simple! No?

If it makes you feel great, then keep it.



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If there are 30 different types of shirts you have that you can't decide to let it go -- then keep them all. As long as they are organized and kept well so you can find them easily.

One very wise way an elegant woman lives, is to not buy new things for the sake of buying new things. She always does something with a purpose. There is no void that needs to be filled, and if for some reason, you feel that you're empty and shopping used to be the way to fill it, find something else.

Search different hobbies because unlimited shopping is not good for your wallet or yourself.

An elegant woman is not made by the clothes she wears.

To make things clear, I am **not AGAINST** a minimalist wardrobe by any means. I just want to make sure that you are not adding additional stress to your life for something that really isn't a big deal.

IF it works for you, then keep it up and love it. **If** you think that it would be impossible, don't underestimate a few good pieces, but don't try to fill the void with more clothes.



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Are there any one single accessory that you should have, living as an elegant woman?

Ready for something cheesy?

Your smile!

That is a great accessory!

You look happier, younger, more pleasant. But it doesn't need to be a smile that shows teeth, even a beautiful little grin.

To be even more specific, is a pleasant resting face! (Every elegant woman's secret weapon!)

That is the number one most important accessory in my opinion!

Why?

Because you are out in public often, and you are not necessarily talking or interacting with other people the whole time. You're waiting in lines, you're on a bus, you're walking around, you're reading books.

There are so many times when you are just doing something that doesn't use your face in a way, so how do you think you look when you are "resting" your face?



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Are you angry looking?

Do you look pleasant and friendly?

Maybe your resting face looks like you are having a terrible day?

Work on implementing the resting face that you want to portray to others.

Practice in a mirror.

Truly examine yourself.

See how you look, see how you want to look.

Feel those muscles and try to work on triggering them often so that your face will get used to engaging them when you are not doing anything with them.

This sounds funny as I type it out, but honestly, it helps. Plus if your resting face is frowning, it can and will make those wrinkles appear deeper because that is how your face is most of the time.



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Recap

- ❖ Remember it's not about looks!
 - ◆ To be elegant it is about the beauty that shines from within.
 - ◆ Be kind and smile.
 - ◆ Refine your grooming and remember that clean is better. The devil is in the details. Have dirty fingernails, everyone and their brother will notice! Which means any attention that you want on yourself might be going there instead even unwillingly.

- ❖ Invest in great shoes
 - ◆ Shoes can make or break an outfit, spend a little more on them and you will be surprised at how great your wardrobe will be.

 - ◆ Besides shoes, a great hairstyle or neat hair will be all you need to remain elegant. Even if your clothes aren't the most flattering.

- ❖ You don't NEED to have a capsule or minimalist wardrobe.
 - ◆ Just because you read it everywhere does not mean it is a rule. It might help but depending on the person, it could make it worse!
 - ◆ It's nice to not be overwhelmed with clothes, however, if you are not already -- then this might not even apply to you.



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- ◆ Don't fill a void in your life with shopping.
 - ◆ Do what you think is right for you and your situation, at the same time take it all with a grain of salt.
- ❖ Best one accessory?
- ◆ Your smile.
 - ◆ There is so much beauty in your smile.
 - ◆ Take note of your resting face. How can you improve or do you think it is exactly what you want to portray?



Unleash your elegance



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It's in the
Attitude



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It's in the Attitude

We've all heard it before, **elegance is a state of mind.**

That's it all in the attitude that you possess, and it's true.

Having the right attitude can transform the most *rough woman* into a *poised woman of class*.

No amount of money or proper dressing could attain such a feat.

The best part about this chapter is that it is totally **free**.

It's free to change your attitude and your behavior, but it will take some effort. That is well worth it in my book.

But how do we do it?

That is a *really good question* because if it was easy, we would all be doing it already and feel great! But that's just simply not the case.



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First, we must look within ourselves.

What makes us lose control of ourselves? Is it other people? What do they do? Who are they?

This is not to put the blame on other people, but to see exactly where we stand within ourselves. Many times when we are frustrated with other people, they are just mirroring *our stresses and faults*.

Just think about when you get annoyed at someone doing something, for example, when your friend is **always late**. Perhaps, the stress that you are feeling is that YOU think you're most important than her and she should be working around YOUR schedule.

It's not *really* her that we are angry at, but really ourselves because we think we are better. We might call it out on her and say "*Oh, she clearly thinks her time is more valuable than mine.*", but in all honesty, we are saying that because we feel that way.

Be positive

Yes, how delightfully annoying!



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I know, but I say it only because of the truth in it.

Things only become cliches for a reason, no?

Looking at the glass half full is really the secret weapon that will help you achieve the proper attitude of an elegant woman.

Being around positive people will do the same for you and although you might get nauseous around people who are trying too hard to be positive, feeling it genuinely will scream poise! Everyone secretly wants to be around others that lift them up and make them feel good.

That's exactly what you would be doing with your positive attitude!

See life as it is, which is usually **great!**

Of course there are hard times, we all have gone through them before and will most likely go through more in the future, but by not feeding into the drama and negativity, you will come out the other side with a smile and an elegant demeanor.

For my *pessimists*, life could ALWAYS get worse.

Just focus on the happiness and feel gratitude to the wonderful things you have been given.



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This may take time to stick, but honestly, if you're not being stubborn, it is **one of the best and easiest ways to attain elegance for the rest of your life!**

Treat every experience as special

Yup, second round of *corniness* but for all intents and purposes, it's *corny* because it works!

As we get older, we think of things in our every day as just that, mundane and boring. Something that we do every single day.

We should not be looking at it as something special because it is something that we do so often it loses its appeal.

It's natural and normal.

Things become complacent and sadly we do this many things we even care so deeply about. Our families, our houses, our work. Actually, come to think of it, we do it almost with everything that we do often!

But because it is something that consider part of our daily or weekly routine, we need to still see it as special and something to celebrate!



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Adjust the attitude and stop being complacent and become excited!

If you were to step back and think of yourself as a tourist in your own life, odds are you would be amazed at the little things.

Pretend your house is a rented house that you are on vacation.

To change your views and outlooks is what will change your life!

No amount of money will make you happy and I'll tell you WHY!

When you get something that is amazing and new, you will be excited regardless! You will be lusting over your new belonging. This could be a new car, a new house, clothing, books, anything really!

But what about when you get bored of it after a while? And not to make you more sad, but even in marriages it will happen. Things become stagnant (which isn't necessarily a bad thing! -- again, it's how you look at it!)

You can't assume that life will **always be exciting**. Because, it **isn't!**

SO!



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There is good news though!

And the best part, is that YOU have all the power to harness and use it!

Yes, that's right!

You have the ability to take what you **already** have and change your life from *blah and humdrum* to **beautiful and elegant!**

Try with every moment you live to pretend you are a tourist in your own life.

Go through your “normal” life with the eye of someone on vacation! You will stop taking your life for granted because I am sure that the life you're living now is someone else's dream!

Yes, You ARE good enough! 😊

I am so sad when I hear (and I hear this often!) that someone can't be elegant or poised or even thought of in that way!



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Now, when I hear this, I wonder why would someone want to put themselves down so much! That is not how anyone with elegance will want to live!

The fact is, if this sounds like you, your confidence needs to get better! But if you don't know how, let me show you!

You can be elegant because you believe in yourself!

What? You might be thinking. *How can I believe in myself if I have no confidence?!* And I want to say that you believe in yourself because you have NO other choice!

Try it!

Obviously if you're reading this then I am going to safely assume that living elegantly is something that you are striving for, and for that I say that no matter what you do, you're doing a great job!

We will all have different views on what is elegant, what it looks like, what it sounds like, how it acts and how much money it makes.

There really is no ONE single way to look at it, and that's a **good thing!**

So, just keep telling yourself that you ARE good enough, and keep working towards your goal.



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The goal that you want to become!

You might be wondering why would I be so *vague* about elegance and I'll tell you why!

There are many different people with different ideas of what is beautiful, elegant and poised. It would be nearly impossible to all agree on some singular definition.

The most important part is that YOU see it that way!

Yes there are a few certain qualities that we should all acquire and exude, but there are just some qualities that are all different.

Don't judge anyone, and don't think too much into them.

Just do what *feels right to you!*



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Recap

- ❖ It's in the attitude
 - ◆ Elegance is a state of mind
 - ◆ Stop blaming others

 - ◆ Look within ourselves

- ❖ Be positive
 - ◆ I know it's overdone, but it's true!
 - ◆ Life isn't so bad.
 - ◆ Be thankful for what you have

- ❖ Treat every experience as special
 - ◆ Stop thinking boring is bad
 - ◆ Your life is not something to overlook and become redundant
 - ◆ Change your perspective and pretend you're a tourist in your own body



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❖ You are good enough!

- ◆ Raise your confidence!
- ◆ Don't believe a word you hear if it makes you feel small and belittled.
- ◆ We are all very different with very different ideas



Unleash your elegance



Dealing with Frustration



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Isn't it annoying!

How many of us have to deal with the uber frustrating life of being a wife, a mother, a daughter, a colleague, a boss, or simply a human being!

Yup, we all fall into a category that causes stress and annoyance.

C'est la vie.

Those French, they always have the most perfect sayings!

However frustrated we become or angry our day has made us, we just can't go off on a rampage destroying everything in our path. That just leads to more chaos and ultimately more stress.

So, what are us women supposed to do?

Well, I'll tell you as a woman who used to get annoyed with certain things more than others. For example, I could wait patiently in line without as much of a sigh, I don't get frustrated when other people are late or when things don't go as planned because of other people.

Life happens.



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I know. Weird.

But what does bother me?

When I haven't eaten and I accidentally stub my toe. Infuriating just thinking about it! Lol...

Actually, come to think of it, when I haven't eaten and anything happens! It's like I can only take one kind of annoying feeling at a time.

However, before, I used to get frustrated with many things in life, even the ones that I couldn't control. I would get all hot and bothered and with absolutely nothing I could do about it.

If I am getting mad at things that are out of my control, then I might as well get mad at the oceans for making the sky blue!

With the help of being patient with myself and time, I was able to relax most of the time.

Strategies I use

1) Think bigger and longer picture

It almost seems that every person who was ever wise has been able to look at the bigger picture.



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Think back to all the cartoons we watched as kids, or the grandparent that would say “just wait until you grow up” when we didn’t want to eat all our vegetables at dinnertime.

When you look at the bigger picture and think, wow if I get mad over this stupid situation then what will happen when something else happens.

I mean, being angry at every situation will only hurt you in the long run.

See... that “long run” thing again.

It’s there for a reason!

2) Perspective

Like everything good in life, you need perspective.

Actually, it’s true that almost everything can be a good thing in life if you look at it with the appropriate perspective.

Plus, in the big scheme of things, I bet your son spilling his water glass for the third time that day (...yes.. 3 times in one dinner -- I needed calm!) it really isn’t that big of a deal. After cleaning it up, it’s like it never happened.

Life is beautiful and a little few slip ups or irritable moments isn’t enough to ruin it for you!



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3) Think of the next good thing

I find that this helps to get me out of a rut that I can feel myself slipping into!

I bet you know exactly what I am talking about.

When you're having just one of those terrible days, and one bad thing after another -- the idea of going home and having a hot long shower and no one to ask you questions or bother you can get you through to the rest of the day.

That is exactly what I am talking about.

You can stop feeling so irritated when you know that very soon you will be laying down in a bubble bath and a book you've been dying to read!

Okay, those are easy enough...but,

... what about the issues that are **TRULY stressful?**

Like a sick child or dying parent?

Maybe when things don't go the way you thought it *would*?



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What do you do then?

Well, surprisingly I've been through two major stressful times in my little life.

And both times were *very different* and asked for very different reactions.

The **first** one was when my daughter was born with too many birth defects to count and having absolutely NO idea about them. I thought the life I knew was over and I would be full time in the hospital until the day I die.

Dramatic?

Sure.

But it's the *honest* truth.

It was the most scariest times of my life. She passed away after a month, but during that month, I realized more about myself than ever before. (If you haven't read it, you can check out the post [here](#)).

The **second** most stressful was when my sister-in-law and her husband passed away leaving three young boys without a family. Although they were half way around the world (and didn't speak English), my husband and I took them in and adopted them as our own.



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(Funny how after our daughter died, we told ourselves that we won't have any more children... God clearly had different plans!... *how ironic*)

But, my point is with these examples is that life is awesome now.

During those tough times, I just focused on the DAY.

Focused on what I could do THAT day and only that day!

What needed to be done, what was asked of me and everything I needed. Be it cooking dinner, calling doctors, making appointments, or just cleaning the house.

Focus on the task at hand.

It can be super difficult to NOT think of the future and how bad it could possibly be, but that's just it. I wasn't able to dictate the future and I am pretty sure you can't either.

Life is great, sure there are bumps along the path, but those bumps make you the beautiful and strong person you see looking back at you in the mirror.



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Recap

- ❖ Isn't it annoying?
 - ◆ As much as it would be nice, we can't go off and be crazy
 - ◆ Figure out what it is that annoys you the most
 - ◆ Remember what they are so hopefully you will be able to not let it get the best of you .

- ❖ Strategies I use
 - ◆ Think bigger and longer picture
 - ◆ Perspective
 - ◆ Think of the next best thing

- ❖ What about those TRULY stressful times in life?
 - ◆ Focus on the task at hand
 - ◆ Life is great, it really is



Unleash your elegance



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Loving
Everyday



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Love your day

Being an elegant woman is more than just being beautiful and poised.

It's about enjoying each moment as it comes.

I know how cliché that sounds, but it's overused for a reason!

Because living moment to moment and more importantly **being IN the moment** is what can ignite happiness, joyfulness, gratitude, and *(of course)* elegance.

This isn't some new age self help where you need to be meditating and writing everything you're thankful for in a journal (which, if it works for you, then I would say go for it!), this is just **about living**.

No rules, no perfect way to do something, just diving head first and living.

If you're like me, you likely to be a **list person**.

I would spend time after time (**and sometimes hour after hour!**) making lists, creating timetables, perfecting schedules, making sure that if I stick to *this routine* then I will be able to get everything done that I want.



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I forgot that I am a procrastinator (*which is not elegant, but hey, we aren't perfect!*).

After time, I was noticing that I wasn't able to get anything done because all the spare time I had I was using it to make lists and create schedules. (*Oh so stupid!*)

But when it came time to get it done, I already felt overwhelmed and exhausted from trying to do everything at once.

I don't like to admit it, but I might be an "all-or-nothing" kind of gal.

You see, I like to be on a routine to a degree, and if something will disrupt my routine, **I feel like I need to start all over again.** I can't be the only one!

It's terrible, I would even say that it could be a **disability to a good life** because you feel that you are never doing a good job.

It can actually **prevent you from enjoying your life!** The stress that it induces and creates will distract you from the beauty that you are surrounded by!

It is not great for the long term.

Yes, you could follow your schedule that you created for a perfectly productive life, **but you see, real life isn't nice and tidy.**



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Sometimes things go on longer, **you need to wait for people**, there are times when you can't have dinner at the time *you* want and even though you have put your sweat into making the perfect timetable, your husband gets sick and you need to take care of him for the time you would be making the perfect dinner.

The whole time you're with him, you're biting your nails and your mind is elsewhere. You can't stop thinking about how far you're falling behind on your *perfect* routine!

It robs you of being in the moment and the pure bliss that comes with it.

You can't just be quiet and enjoy the moment because your schedule has gotten off rail and now you will have to either work extra hard at something to make sure you get it all done, or you leave something off the list.

Once that happens, you feel like "*what's the point?*" and you just give up until the next time when you feel inspired to do a creative productive schedule.

But in the meantime you are secretly hating yourself and wallowing in your self-hatred because you feel that you can't get anything done where everyone around you is just lapping you with success.

You might wonder how I could paint such a clear picture and that is because that was and **sometimes still me!**

It's embarrassing when I actually read that back because if I was talking to someone else about this I would tell them to calm down, life isn't that bad. But when it's you and you're in the moment it seems that everything is falling apart.



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But in reality, nothing is.

We make mountains out of mole hills.

I always felt like I was failing because you watch YouTube or read other blogs and it seems that so many women have it all together, they are able to accomplish everything and still have time to make themselves beautiful.

While that might be the case for some, they truly are the exception and that is you, then I applaud you (and secretly hate you :P)

So, because that was getting me nowhere but **self-loathing**, I decided that I needed a change and direct myself onto another path that will help me achieve success that I want and still have time to spend with my family and do the things I love.

Take every moment and see its beauty

The beauty in life is enormous.

When you start looking around at how kind people are, how little things can bring big smiles to your face and even the stupid simple pleasures really can be the most pleasurable -- **life becomes wonderful.**



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There really is something to celebrate every day and I feel like the older you get, *hopefully*, the most it comes clear.

Just like most things in life, it doesn't need to be difficult or confusing.

Simply see every day with a **lens of beauty**. It helps to go into the day knowing that you're surrounded by the beauty of nature, of family, of friends, of food, of coffee, of whatever you are around.

The point is to not see it as it is, but rather see it with a spin.

This spin will make your life beautiful.

Be easy on yourself

As I wrote earlier, we are mostly hardest on ourselves.

Expecting us to be able to stick to ridiculous routine that even the most disciplined would have a difficult time with.

We might have the most elegant day one day, and the next we are frazzled and overwhelmed. This alone can leave you feeling defeated because you thought you *had* it!



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You did!

And you still do!

We all mess up, we all have moments where we feel so small and insignificant but we must NOT let that get into our heads!

I feel that sometimes when we feel like we will fail at something, we tend to avoid it because we clearly don't like to disappoint ourselves.

But when it comes to something as subjective as beauty, it must not stop us from trying to live our lives in that way. Sure we might not be having the best weekend, but that doesn't mean we are unable to live that way.

Take the time to reset yourselves. It's okay to mess up. It's okay to not clearly understand where you're going with it, but at least every moment you can say to yourself that you tried a little bit!

You tried to see the beauty and eventually it will come.

You will see it everywhere without much effort and it only gets easier.

When you make a mistake, move on.



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Don't dwell and continue to punish yourself over it. Life is beautiful -- look around at it!

Recap

- ❖ Love your day
 - ◆ See the beauty around you
 - ◆ Don't be blinded by your own self
 - ◆ You need to be able to be flexible and not so hard on yourself
 - ◆ Is your routine preventing you from seeing the beauty?

- ❖ Take every moment and see the beauty
 - ◆ Use the lens of beauty and actively seek out to see it
 - ◆ It's everywhere, really, but we often get side tracked and can't see it anymore

- ❖ Be easy on yourself
 - ◆ We will often make mistakes, and feel like we are failing
 - ◆ Oftentimes our thoughts of failing will prevent us from trying
 - ◆ Move on! From every mistake, just move on





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Unleash your Elegance



Putting it all
Together



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Now what?

Well, I hope you have enjoyed this book by this point and learned a few new things that can help you on your journey to living a more elegant life.

As you have learned that there is much more to it than putting on some pearls and calling it a day.

There is more because life itself is complicated.

There is no black and white spots.

Which is a good thing because there are times when you look at yourself and become sad because you think you weren't as elegant during your day.

But luckily, the very next scenario in your life is a chance to redeem yourself.

You aren't defined by one moment in your life, **thankfully!**



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Have fun!

Being elegant doesn't mean to live a life of boring because you're too scared of making a mistake or looking foolish.

Don't be such a stick in the mud!

One good thing about living in the 21st century is that there is more acceptance than any other century!

Got tattoos? Awesome -- you're still elegant!

Wear androgynous style clothes? The ease of being yourself radiates elegance.

You have a unique look that doesn't fit the norm? Your beauty is one-of-a-kind!

See!

As long as you love being who you are and are a kind soul -- **elegance will ooze out of every pore!**



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But what do you do now?

Well, that's a great question!

You take every moment you can and live the best way possible.

Examine everything you do and see how you can make them better.

Living elegantly isn't about being the best in the room, **it's about being YOUR best!** Doing everything the best YOU can! I really do not want to discourage anyone of you beautiful ladies! I want to lift you up and make you feel that you can do anything you put your mind to!

Don't ever let anyone put you down or stop you from living the wonderful life!

Unleash your elegance

*With love,
Jennifer Lynn*