

Clothing That Reflects Your Authentic Self

Every choice you make feeds your vision of self and home. You have to be comfortable with your choices. To me it's like finding clothes that fit. Adjusting, fidgeting, or lacking confidence in our clothing stinks. When clothes fit, feel, and function right, our best self shines and we're able to be more present and authentic.

WHAT: Imagine, then collage an outfit of your dreams. Money is no object.

WHY: An authentic outfit translates to an authentic home.

HOW: Search online or in magazines, or draw clothing types that represent you.

TOOLS: Computer or tablet. Magazines. Sheet of paper. Glue or tape. Drawing and coloring utensils.

TASK: Create a collage, compile accessories, shoes, scarves, hats, jackets, undergarments, etc. that reflect your authentic self.

TIME: One hour.

Reflection Activity

WHAT: How would you alter your vision of home to include these elements of your authentic self? In the space below, answer the reflection question.
