

# Trusting your Intuition

## (CAUSE GIRL, YOU GOT THIS)

When you go into your closet, do you feel 100% confident about your choices? Do you go to the store and know exactly what looks good on you? How about accessories? How do you feel when you are getting dressed every morning? Chances are, if this is something that gets you down there is one MAJOR thing that's missing.

You are missing the TRUST in your intuition.

What would it feel like to go to your closet and expect that you have the knowledge and skill to put together an amazing outfit? I'd like to suggest you give yourself a new frame of mind. Instead of heading to your closet with dread and doubt, I'd like you to open your closet doors saying, "I got this." Instead of disbelieving your ability every step of the way, I'd like you to TRUST that your gut and instinct won't be steering you in the wrong direction. No one knows YOU better than you, right? So no one else can give you the answers on what makes you feel amazing.

Of course, I understand that there is more to it than that. That's why there are so many style sheets throughout this week that help you to identify your style, find inspiration, know what flatters you and ways to pump up your outfit with accessories. But intuition is SO powerful. I'd like you to take a moment to think about what it would be like to trust yourself when it comes to your wardrobe. What would it take for you to feel confident in your abilities? Is it knowledge? Is it something deeper? WHY do you doubt your ability?

Below are some journaling questions that I'd like you to take the time now to answer. Really listen to yourself and write whatever comes to you instinctually. Remember, no one else will see this so you can be totally honest and real. That's the best way to get to the root of the issue and make a real change.



