

10 Keys to a Confident Image



Recognize that what you wear influences others and can make you appear to be, and ACTUALLY FEEL more confident and in control



Focus on being appropriately and comfortably dressed – every day



Plan ahead – don't 'wing it' – know your go-to items for every occasion



Develop a consistent style of dressing that takes into account your physical assets and considerations – always accentuate the assets



Spend enough money to look great – it's worth it to splurge on 5-6 great outfits you can mix and match that make you feel super-confident and invincible



Play it safe – when in doubt, dress conservatively



Sweat the small stuff – attention to detail always pays off in the confidence game



Grooming is key – watch for and remove hair growing in places it shouldn't be



Keep the closet under control – every garment in your closet should be an option and ready-to-wear... clean, pressed, lint-free – and it needs to FIT



You are the one who decides how your day will unfold – choose confidence and strut your stuff!