

Self Love Detox meets Popsy

How does wearing a Popsy make you feel?

Do you feel as good in a Popsy as you do in your normal clothes?

Do you feel as good in a Popsy as you do without clothes on?

If not, wouldn't it be amazing if you could feel this good all of the time! Let's work together to achieve this.

I asked in Frocks and Friends how does Popsy make you feel, the response was amazing. A common theme was that wearing a Popsy let them show off their "inner me" they felt confident and true to themselves wearing the quirky prints and flattering shapes that were easy to make you feel glamorous instantly.

Popsy has given you a tool to find confidence and now I want to give you some tools to tap into your confidence even for the days where we aren't wearing a Popsy.



Who am I?

Name: Ana Louise Bonasera

Age: 27

From: Oxford

Occupation: Confidence & Clarity Coach, Author, Mother of 4
(toughest role haha)

I struggled with my body image and self esteem for as long as I can remember, the usual teen thinking she was too fat when she wasn't but I also felt out of proportion being a pear shape and having much smaller breasts to butt ratio.

All of a sudden when I had my first child at 20 I was looking in the mirror longing for the body I had spent most of my life physically and emotionally abusing.

I wrote and published my book "Stretched: A mother's journey to love her 'flaws' and how you can too" and talk about my struggles as my body changed and how it affected my mental health.

I am on a mission to empower 10,000 women to conquer their body image issues and guide them on their self love journey by the end of 2020.

It's a big goal, but with the state of society as we are with children starting diets as young as 5, we as adults have to be the role model and show that self love is possible.



If man can go
to the moon,
you can learn
to love the
skin you're in



Self Love Detox Formula

Self Care

+

Self Discovery

+

Self Confidence

=

Self Love



Self Care

How do you talk to yourself?

Positive | Negative | Neutral

Would you talk to your best friend, child or loved one the way you talk to yourself?

Yes | No

If no, why do you find it acceptable to treat yourself different to your loved ones?

Where do you think these self beliefs came from?

Let's rewrite those beliefs with new positive ones.

Come up with your own mantra/affirmation that makes you feel popsy pretty all of the time.



Self Discovery

How often do you look at yourself in the mirror?

Very often | Sometimes | Not so much | Never

What's stopping you?

Reconnect with the mirror,

Spend 5-10 minutes in front of the mirror looking at yourself, get familiar with your body. The less we look at it the more we will resist it. Our medias lack diversity, we don't feel represented, if our body/shape/size/colour/gender isn't present, then we turn to the conclusion that we are wrong.

Honour your 'flaws':

1. Acknowledge
2. Understand
3. Familiarise
4. Honour

Celebrate, find gratitude and feel at peace with your body.



Self Confidence

Anchoring:

This technique is used in acting to bring the actor into a place where the character they are playing feels a certain emotion. This can be used in everyday life.

Faith it until you make it!

Think of a time when you were feeling Popsy Pretty, your most confident and felt amazing:

Where were you? What were you doing? Who were you with? What Popsy were you wearing? Get really specific.

Five senses:

Sight:

Sound:

Smell:

Touch:

Taste:



Self Confidence

Use these feelings to bring them back to you when you're feeling low and add in your Popsy power pose.

Choose a pose that you can use to anchor those good feelings when you need them.

Make them extra, a bit OTT, flamboyant, unleash the DIVA!

Then we can use these vibrant poses to really connect to the good emotions we feel and in real life bring out an essence of your inner DIVA.

What will be your Popsy Power Pose?

Does it make you feel Popsy Powerful?



Self Love Detox Formula

Fill in your own Self Love Detox Formula

SC:

+

SD:

+

SC:

=

Self Love

@anabonasera

www.selflovedetox.com

