

Own Your Own Look!

The Looks Book, R. Odes, E. Drill, H. McDonald
Pg. 30-31

Of course you're concerned about your looks.
It's natural...and it's part of being human.

So, what do you do if you don't happen to look exactly like
A supermodel or a pop star or the beauty icon of the moment?

YOU HAVE A CHOICE.

You can spend a lot of money and a lot of energy trying to
achieve the elusive ideal or you can **find your own ideal**.

People throughout history and around the world have found
so many different kinds of bodies and styles beautiful. Choose
an ideal that works for you (or make one up.) IF SOMEONE
DOESN'T LIKE IT, YOU CAN BET THERE'S
SOMEONE ELSE OUT THERE WHO WILL.

Amidst all the forces to contend with
and ideals to compare yourself to,
remember the most important force
and ideal of all: **YOU**

Beauty is about how you express yourself—
Your looks, your image, your personality.

A common ingredient in every beauty
ideal is **self-confidence**.

The kind of beauty that really knocks people's
Socks off, or makes them smile when they see
You, is the kind that comes from inside...

The kind that comes from someone
who is in control of her own destiny.

YOUR BEAUTY IS YOUR OWN.

So the next time you look in the mirror and your brain gets
Flooded with those inevitable unflattering thoughts and
comparisons and badness, try to take a step back
and acknowledge the whole crazy world of beauty and looks
obsession that makes you think that way. And then... maybe
you'll see that you have the power to create your own look.

Have fun with it.
Take matters into your own hands.
Experiment. Experience. Enjoy.

Make your own beauty.