

Read by the Author
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WEAR YOUR LIFE WELL

LESSONS ON THE JOURNEY
TO YOUR TRUEST SELF



AUDIOBOOK SUPPLEMENT



JOURNAL YOUR JOURNEY

You've walked with me through these stories, reflections, and lessons. Some tender, some bold, some hard-won. Each one shared in the hope that it would spark something in you, perhaps a truth, and a nudge toward what's next.

After a lifetime spent on the other side of the dressing room door, helping women rediscover their beauty and their confidence, I realized something: it's not just about what we wear. It's about who we are becoming. That realization deepened when I started journaling. What began as a playful story about panties with my granddaughter became the first step in writing *Wear Your Life Well*. Page by page, I uncovered my own truths, and what surprised me most was how many other women saw themselves in those stories too.

That's why this part of the book is for you. These journaling prompts aren't "you should" assignments, they're invitations. To pause. To reflect. To explore the quirks, questions, and quiet wisdom that live inside you.

You don't need fancy paper or the right words. Just a willingness to be honest. To let the blank page be your friend, the kind who listens without judgment, nudges you gently, and cheers you on as you design your life, fashion your style, and learn to love it.

Let this next part of the journey be yours. There are no wrong answers. Only your answers. This isn't a workbook. It's a soul space.

All you need is a journal you love. It could be a blank sketchpad or notebook where you can reflect, explore, and express yourself freely. Choose something that feels good in your hands. Something that invites you in.

You don't need rules, routines, or perfect handwriting. You don't need to journal every day. You don't even need to go in order. You just need to begin. This isn't a to-do list. It's a to-be list.

Write. Scribble. Cross things out. Doodle. Use stickers or scraps or glitter pens if that's your thing. Let it be messy. Let it be real.

Each prompt is a door. Open the ones that speak to you. Come back to others when you're ready. Let your story unfold at your own pace, in your own way.

As you step into the journaling section, imagine me right there with you, your friend who nudges when you hesitate, cheers when you take a step, and reminds you that your story, like your style, is meant to be lived boldly and unapologetically as your own.

This is your manifesto. Live it. Wear it. Be it.

“

I don't want to live
in a hand-me-
down world of
others
experiences.

I want to write
about me.

My discoveries,
my fears,
my feelings,
about me.

—Helen Keller

DESIGN YOUR LIFE

Every dream is a thread—this is where you stitch yours into being. Your life is your canvas. What will you create with it?

Reclaiming authorship happens through choice, through chance, and through change.

These are the stories behind the shifts. The moments you started again, pivoted with purpose, and trusted that clarity would catch up to action.

Sometimes you don't need a grand plan. You just need the next right step and the willingness to take it.

Designing your life isn't about perfection. It's about direction. It's about listening for the whisper within that nudges you forward and daring you to follow it.

Because every decision, every detour, every door, every new beginning is another stitch in the fabric of your becoming.

These prompts are here to guide you into that discovery.

To pause, notice, and imagine what you truly want.



reflect

EXPRESS YOUR ESSENCE

- *What qualities make up the essence of who you are?*
- *How do you currently express your essence in daily life?*
- *What new way could you honor and show your true essence?*

OWN YOUR CHOICES

- *What's a choice you're proud of that shaped your life for the better?*
- *Where have you given away your power by not choosing yourself?*
- *How can you reclaim yourself in your choices?*

LET HER BE LITTLE

- *What do you remember most vividly about your childhood self?*
- *How could you invite more play and curiosity into your life today?*
- *What part of your little-girl self would you like to reclaim?*

TRUST YOUR INSTINCTS

- *Recall a time when your intuition guided you? What happened?*
- *Where in your life are you ignoring a quiet nudge?*
- *What would it mean to trust your instincts more fully?*





reflect

FIND YOUR GROOVE

- *What activities or moments make you feel most “in your groove?”*
- *How does your sense of purpose show up in your daily life?*
- *What small joyful practices help you relax?*

DECIDE YOUR DESTINY

- *If you were to design your future intentionally, what would it look like?*
- *What decisions are you avoiding that could shape your path.*
- *How would it feel to take ownership of your destiny right now?*

START WHERE YOU ARE

- *What’s the gift of beginning from exactly where you are today?*
- *What resources or strengths do you already have at your disposal.*
- *What first step feels most accessible right now?*

TAKE THE FIRST STEP

- *What keeps you from taking that first step toward change?*
- *Recall a time when a single small step led to big progress. How can you repeat that?*
- *What first step could you take today to build momentum?*



reflect

BEGIN AGAIN ANYWAY

- *When have you found the courage to start again?*
- *What stops you from beginning again now?*
- *What could you give yourself permission to restart today?*

DO IT FOR YOU

- *Where in your life have you made choices to please others rather than yourself?*
- *What would change if you prioritized what you truly want?*
- *What's one thing you'd love to do purely for you?*

BE A ROCK STAR

- *What does "owning the stage of your life" mean to you?*
- *When have you felt bold, confident, and unapologetic?*
- *How can you bring more of that energy into your everyday life?*

STEP INTO CHANGE

- *How do you typically respond to change - with resistance or openness?*
- *Recall a change you resisted that later became a gift. What did it teach you?*
- *What shift in your life right now could you meet with more courage?*

reflect

PIVOT WITH PURPOSE

- *When have you had to shift direction, and what did you learn from it?*
- *What's one area of your life where a pivot might be needed now ?*
- *How could you use a pivot as an opportunity rather than a setback?*

KNOCK ON THE DOOR

- *What opportunity would you pursue if you believe you were worthy of it?*
- *What "door" in your life is waiting for you to knock?*
- *How can you prepare yourself to say yes when opportunity opens?*

FORGIVE YOURSELF

- *What past mistake or regret still weighs on you?*
- *How would life feel lighter if you forgave yourself?*
- *What self-forgiveness could you extend today?*

MIND YOUR THOUGHTS

- *What recurring thoughts lift you up, and which ones weigh you down?*
- *How do your thoughts influence your choices and actions?*
- *What's one thought you'd like to replace with something kinder and more empowering?*



reflect

BE PERFECTLY IMPERFECT

- *What expectations of perfection could you release?*
- *How has imperfection made your life richer or more real?*
- *What would it feel like to embrace yourself exactly as you are?*

CARRY LESS

- *What burdens (physical, emotional, or mental) are you carrying that no longer serve you?*
- *How would life feel if you let one of them go?*
- *What's a practical first step to lighten your load?*

DREAM BIG

- *What dream do you have tucked away that deserves to come back to life?*
- *If you weren't afraid, what bold dream would you pursue?*
- *What small step could you take toward a big dream today?*

JOURNEY TO JOY

- *What does joy look and feel like for you at this stage of life?*
- *When was the last time you felt pure joy?*
- *What's one joyful practice you could invite into your daily life?*

FASHION YOUR STYLE

Every choice is a thread—this is where you stitch yours into style. Style isn't self-indulgent. It's self-honouring. More than clothes, it's the way you choose to meet the day.

Style is the language you speak without words—a quiet reflection of your soul, your essence, your energy, your spirit. Before you say a thing, the world can sense the story you're carrying.

This is where the inner work begins to show on the outside. When your values, your confidence, and your presence align with how you dress, you feel it—not only in the mirror, but in how you move through the world. There's an ease that comes when your style fits not just your body, but your life. When you honour yourself through style, you're not just putting on clothes, you're stepping more fully into your life.

These prompts are here to guide you into that discovery. To pause, notice, and play with what feels true.

Think of them not as rules, but as invitations. To explore, to experiment, and to celebrate the beautiful conversation between who you are inside and how you choose to show up on the outside.





reflect

MAKE IT YOURS

- *What parts of your style feel truly yours, and which feel influenced by others?*
- *Recall a time when you felt completely yourself in what you wore. What made it work?*
- *Where could you give yourself more freedom to express individuality in your style?*

EMBRACE YOUR EVOLUTION

- *How has your style shifted over time, and what does that reveal about your journey?*
- *Which items in your wardrobe no longer represent who you are today?*
- *What style choices feel aligned with the woman you are becoming?*

RECOGNIZE YOUR VALUE

- *When do you feel most confident and worthy in your skin?*
- *How do your clothes reflect the value you put on yourself?*
- *What's one way you could dress each day that reminds you of your worth?*

STAY TRUE TO YOU

- *When have you dressed to please others instead of yourself?*
- *What detail in your style always feels authentic to you?*
- *How can you use your style to stay anchored in your true self?*



reflect

STRIKE A POSE

- *How do you want to be seen when you enter a room?,*
- *Think of a moment when your presence made you feel powerful. What can you take from that?*
- *What would it mean to “pose” with confidence in your everyday life?*

REVEAL YOUR TRUE COLORS

- *Which colors make you feel most alive and authentic?*
- *How do your color preferences reflect your moods or seasons of life?*
- *Where might you add a splash of color to reflect who you are now?*

LIVE A COLORFUL LIFE

- *What color represents your energy today and why?*
- *When have you used color to boost your mood or confidence?*
- *What would it look like to live your life in full color?*

WEAR BLACK LIKE A BOSS

- *When do you reach for black, and what does it say about how you feel?*
- *How could you use black as a symbol of power rather than invisibility?*
- *What would it mean to wear black with intention instead of habit?*



reflect

WALK ON THE WILD SIDE

- *Where in your life do you play it too safe - in style or beyond?*
- *What would trying a bold choice (in clothes or life) look like for you?*
- *How do you feel about drawing attention to yourself?*

CELEBRATE YOUR SHAPE

- *When you stand in front of a mirror, where does your gaze go first? How could you shift it to notice something you appreciate instead?*
- *What part of your body shape have you criticized in the past?*
- *Think of one outfit that made you feel polished and at ease. What was it about the fit, fabric or shape that supported you?*

LOVE THE SKIN YOU'RE IN

- *What messages about beauty and body image did you absorb growing up from family, media or culture?*
- *When have you felt most comfortable in your own skin?*
- *Imagine looking at yourself through the eyes of someone who loves you unconditionally. What would they notice and appreciate about you that you often overlook?*

DON'T LABEL YOURSELF

- *How have size or age labels shaped the way you see yourself?*
- *What would change if those labels didn't exist?*
- *How might you reframe your body as a shape rather than a size?*



reflect

LET YOURSELF BE SEEN

- *In what situations do you tend to hide or blend in?*
- *What might shift if you allowed yourself to be fully visible?*
- *How could style help you step into the spotlight of your life?*

BE YOUR OWN KIND OF BEAUTIFUL

- *What is your personal definition of beauty?*
- *When have you felt beautiful in a way that had nothing to do with perfection?*
- *How can you embody your kind of beauty more often?*

UNCOVER YOUR SECRET STRENGTH

- *What strengths or qualities do others notice that you may overlook?*
- *How might style help you bring those strengths forward?*
- *When did you feel powerful in what you wore, and why?*

KNOW YOU ARE DESERVING

- *What do you often tell yourself you're "not enough" for?*
- *How would your style change if you fully believed you deserve good things?*
- *What small choice in clothing could remind you daily that you are worthy?*



reflect

JUST SAY NO

- *Where in your life and style do you say “yes” when you want to say “no”?*
- *How might setting boundaries influence how you dress?*
- *What would change if you only chose clothes - and commitments- that truly fit ?*

CURATE YOUR CLOSET

- *What pieces in your closet no longer serve you?*
- *What items truly bring you joy and confidence?*
- *How would your mornings feel if your closet only held clothes you love?*

SHOP TILL YOU FEEL FABULOUS

- *What kind of shopper are you? Do you enjoy the hunt, or do you just want the result of a good buy?*
- *When was the last time shopping felt more frustrating than fun? What made it that way?*
- *Think about a purchase you lived in - too many days in a row. What made it such a win, and how can you repeat that success?*

SHOP YOUR BUDGET

- *Think back to a time when you felt great in something inexpensive. What did that teach you about your style?*
- *How does your current clothing budget affect the choices you make? Do you feel limited, or creative?*
- *If money weren't an issue, what would you buy right now? And what does that reveal about what you're really craving - ease, confidence, comfort or celebration?*



reflect

DON'T DRESS OLD

- *What makes an outfit feel dated versus fresh and current?*
- *Where might you be clinging to outdated choices out of habit?*
- *What would “ageless style” mean to you personally?*

WHAT NOT TO WEAR

- *What invisible “heaviness” do you carry that’s not clothing at all?*
- *What beliefs or rules about style are you ready to release?*
- *If you stopped worrying about “what not to wear” what freedom would open?*

LOVE YOUR LIFE

Every chapter is a thread—this is where you stitch them into the fabric of your becoming.

The real glow-up isn't about looking younger. It's about loving the life you've lived and the woman you've become.

Here we embrace the fullness of who we are. The chapters written in joy, the pages smudged with tears, the stories still unfolding.

We find joy in the everyday. In the coffee cup, the conversation, the small moments that sparkle. We find meaning in the mess, the undone, the uncertain, the beautifully imperfect.

And we find beauty in becoming, not who we once were, not who others expect us to be, but who we are right now.

Loving your life doesn't mean it's perfect. It means you are present. It means choosing gratitude when it would be easier to complain. Choosing grace when it would be easier to judge. Choosing growth when it would be easier to stay the same.

Because loving your life is the most radical, most life-giving thing you can ever do.

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reflect

SPEAK YOUR TRUTH

- *What's something you've been holding back from saying, and why?*
- *How would it feel to speak your truth, even if your voice shakes?*
- *Write down a statement that feels most true to you right now.*

CHERISH YOUR MOTHER

- *What's one life lesson you carry from your mother (or a mother figure) ?*
- *If you could tell her one thing today, what would it be?*
- *How might you honor her legacy in the way you live your life ?*

GET PLAYFUL

- *When was the last time you truly played? Describe the experience.*
- *What activity makes you lose track of time and feel carefree?*
- *How could you invite more playfulness into your daily routine.?*

BE YOUR OWN HERO

- *When have you surprised yourself by rising to the occasion?*
- *What would it look like to "rescue yourself" in an area of your life where you've been waiting for someone else?*
- *Write down three qualities you already have that make you your own hero.*





reflect

FIND YOUR FUNNY

- *Recall a moment when laughter shifted your mood or perspective? What happened?*
- *Who or what never fails to make you laugh, and why?*
- *How could you lighten up a situation in your life with humor right now ?*

FLIP THE AGE SCRIPT

- *What outdated beliefs about aging have you been carrying that no longer serve you?*
- *How has getting older given you more freedom or confidence?*
- *What kind of example do you want to set for others about what aging can look like?*

GROW THROUGH LIFE

- *Reflect on a challenge that forced you to grow? How did it re-shape you.*
- *Where in your life are you resisting growth, and what might happen if you leaned in?*
- *What new growth do you want to nurture in the season ahead?*

NEVER GIVE UP

- *Think about a time you almost gave up but chose to keep going. What did that decision teach you about your own strength?*
- *Where in your life right now do you need to apply more resilience?*
- *What words of encouragement would you give to your future self when things get hard?*



reflect

TREASURE LIFE'S SCARS

- *What scars, emotional or physical, tell the story of who you are becoming?*
- *How can you reframe a past wound as a source of beauty or wisdom?*
- *If you were to write a love letter to your scars, what would it say?*

LIVE FOR TODAY

- *What's one small way you could savour the present moment more fully today?*
- *If you weren't worried about tomorrow, what would you do differently right now?*
- *Write down three ordinary things that bring you joy when you notice them?*

EMBRACE THE AGE YOU ARE

- *What do you appreciate most about this exact age and stage of life?*
- *How can you celebrate your current self instead of longing for a younger version of you?*
- *If you could choose a word or theme for this chapter of your life, what would it be?*

CHERISH THE FACE YOU WEAR

- *When you look in the mirror, what story does your face tell?*
- *Which lines, features or changes reflect the experiences you're most grateful for?*
- *If you could choose the legacy your face carries to the world, what would it be?*

reflect

PASS THE TORCH

- *What wisdom or life lesson do you feel most called to share with others?*
- *Who in your life do you want to inspire or mentor, and how might you do that?*
- *Imagine writing a “note to the next generation.” What would it say?*

A LITTLE SOMETHING FOR YOU

The magic of this book doesn't end when the last page is read, or the final word is heard—that's where it begins. To lovingly extend your journey beyond the book, I've created a private online Book Portal just for Wear Your Life Well readers and listeners.

Inside, you'll find thoughtful guidance, reflections, and soulful extras to support you as your story—and your style—continues to unfold. I'll meet you there.

Enter the Book Portal. Your access is complimentary.



www.wearyourlifewell.com

JOIN THE MOVEMENT

Because when women gather, something powerful happens.

Stories are shared. Strength is reflected. Confidence grows.

Join us on social media. It's a place to help you feel good about how you look *and* how you live.

Together, we're not just talking about style - we're part of a *movement* that celebrates the beauty of becoming.

Step inside the circle.

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LET'S STAY IN TOUCH



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xo, Helene



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