

MAIDEN-ART

THE SELF-LOVE
STYLE GUIDE:
5 EFFORTLESS
WAYS TO LOOK
GOOD, FEEL
AMAZING &
ATTRACT POSITIVE
VIBES
– STARTING TODAY!

EBOOK

DISCOVER SIMPLE STYLE AND MINDSET
RITUALS TO BOOST YOUR CONFIDENCE AND
GLOW—INSIDE AND OUT.

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The Author

MAIDEN-ART®

Rockmantic Jewelry & More ♥

ARENZA - ITALY

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AU OF

Maiden-Art

Italian Rockmantic Jewelry & Mindful Fashion

Author's Manifesto:

Rockmatic + Mindfulchic Jewelry, Clothing and More, to boost your confidence
in 5 Minutes.

At our core, we champion individuality. We design and craft Made to Order & Unique jewelry and more because we believe in celebrating the uniqueness of each individual.

You deserve to wear something as one-of-a-kind as you are.

This conviction inspired us to create a Mindful Fashion Self-Love Ebook. Discover the art of elevating self-love and healing the mind, body, and soul through the transformative power of jewelry and mindful fashion.

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Welcome

Welcome Beautiful Soul,

We're so happy you're here!

At Maiden-Art, we believe self-love is the foundation of confidence, and what you wear is a reflection of how you feel inside.

That's why we created this Self-Love Style Guide – to inspire you to shine brighter every day through small, mindful choices.

Inside this guide, you'll discover 5 simple yet powerful steps to nurture your confidence, express yourself, and feel radiant in your own skin.

Plus, we've added practical fashion and jewelry tips so you can effortlessly align your inner glow with your outer style.

Let's dive in together – because you deserve to feel amazing. 💖

With love,
Maristella &
The Maiden-Art Team



Self-Love

Chapter One

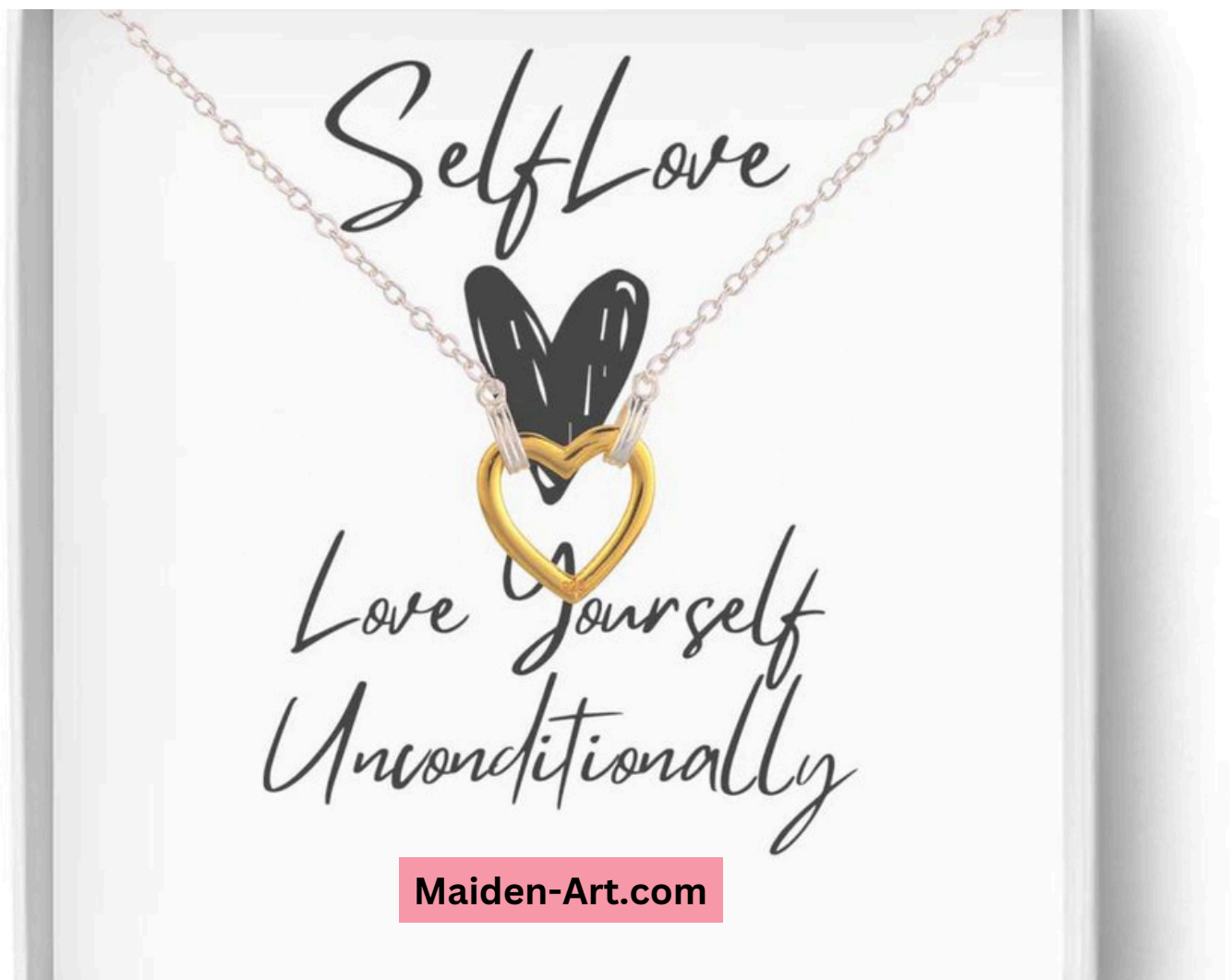
Step 1: Start with Self-Compassion

Before anything else, give yourself permission to be kind.

Stop the negative self-talk and start celebrating your uniqueness.

Try this: Write down 3 things you love about yourself today.
Look in the mirror and say them out loud.

Style Tip: Wear something that feels soft, cozy, and comforting – like a favorite wrap, cozy sweater, or your go-to necklace that makes you smile.

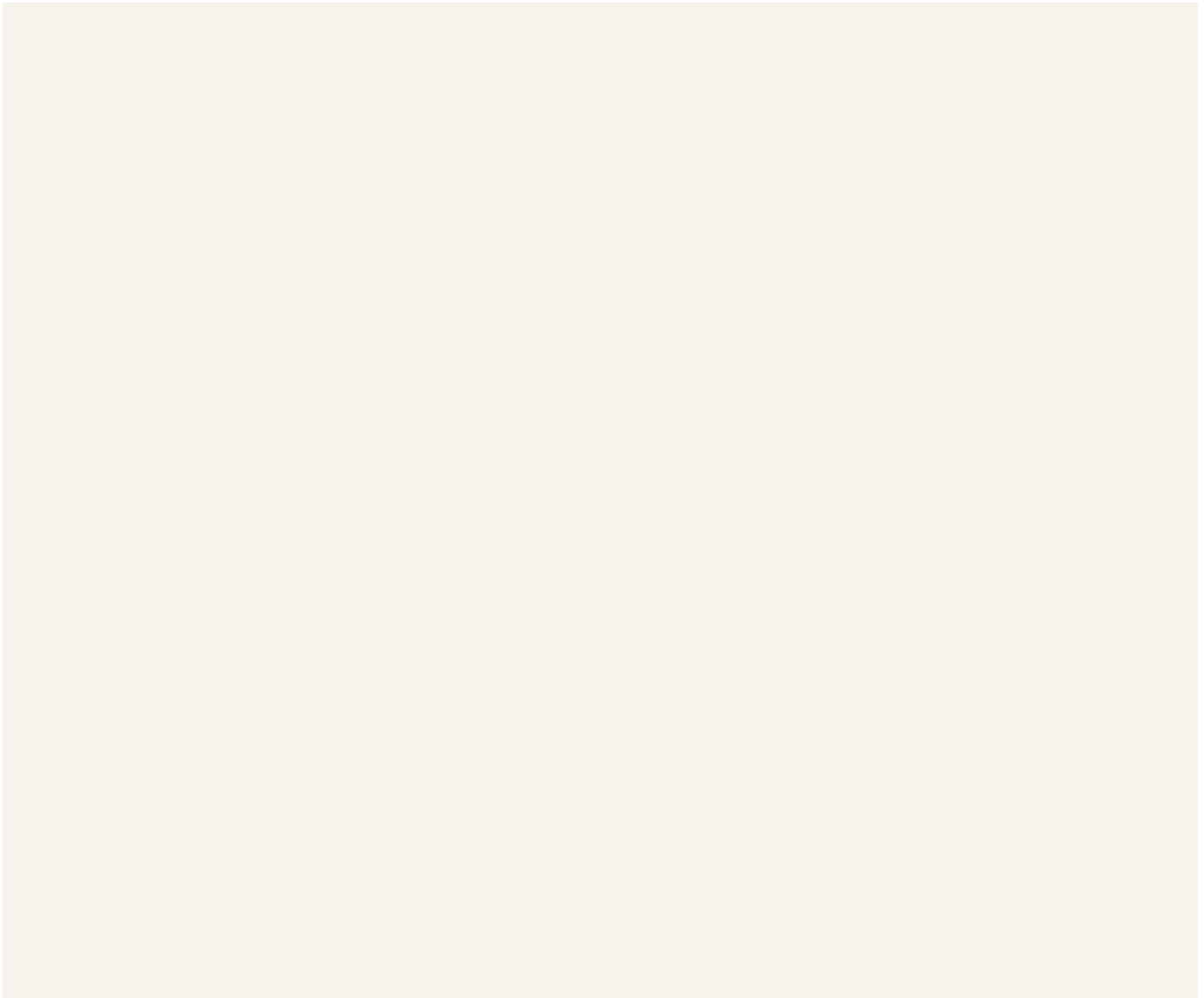


Chapter One

Step 1: Start with Self-Compassion

TAKE NOTES:

Write down 3 things you love about yourself today.
Look in the mirror and say them out loud.



Chapter Two

Step 2: Curate a Ritual that Celebrates You

Self-love is a practice, not a one-time event.

Create a morning or evening ritual that's just for YOU – whether it's a skincare routine, journaling, sipping tea with your favorite scent nearby, or adding a bold lip color to your look.

Style Tip: Keep a small tray with your favorite jewelry pieces near your mirror or bed.

Each morning, choose a piece that reflects your mood or intention for the day.

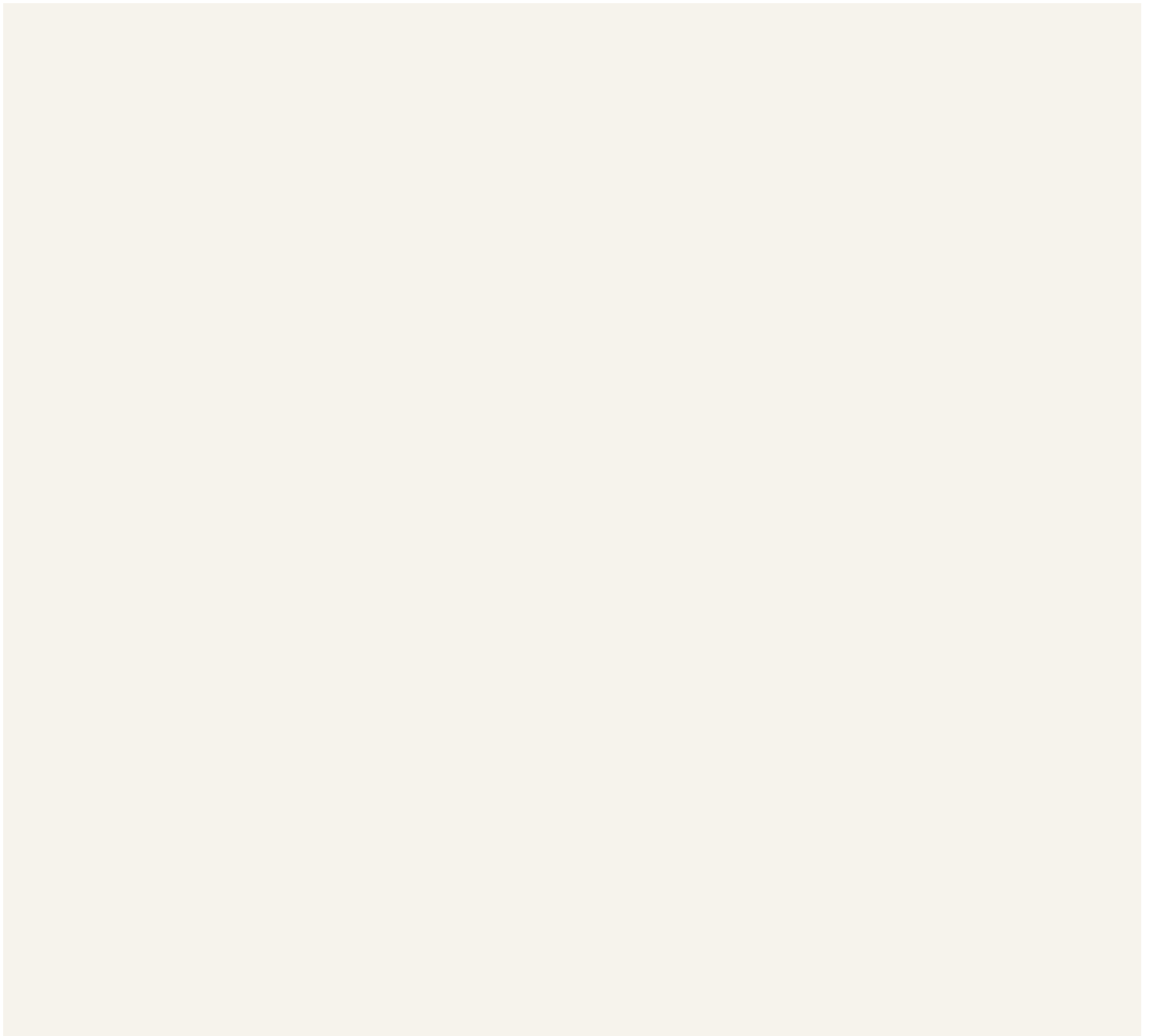


Chapter two

Step 2: Curate a Ritual that Celebrates You

TAKE NOTES:

Write down your morning or evening ritual that's just for YOU



Chapter Three

Step 3: Wear Confidence Like Jewelry

Your confidence is magnetic – wear it proudly.

Choose clothes and accessories that make you feel empowered, not just trendy. Jewelry is your personal reminder of your worth – it tells your story.

Try this: Stack a few bracelets that remind you of your strength. Or wear a necklace with a charm that symbolizes your goals or values.

Maiden-Art Pick: Our Round Knot Necklace – a symbol of unbreakable self-love.



Chapter three

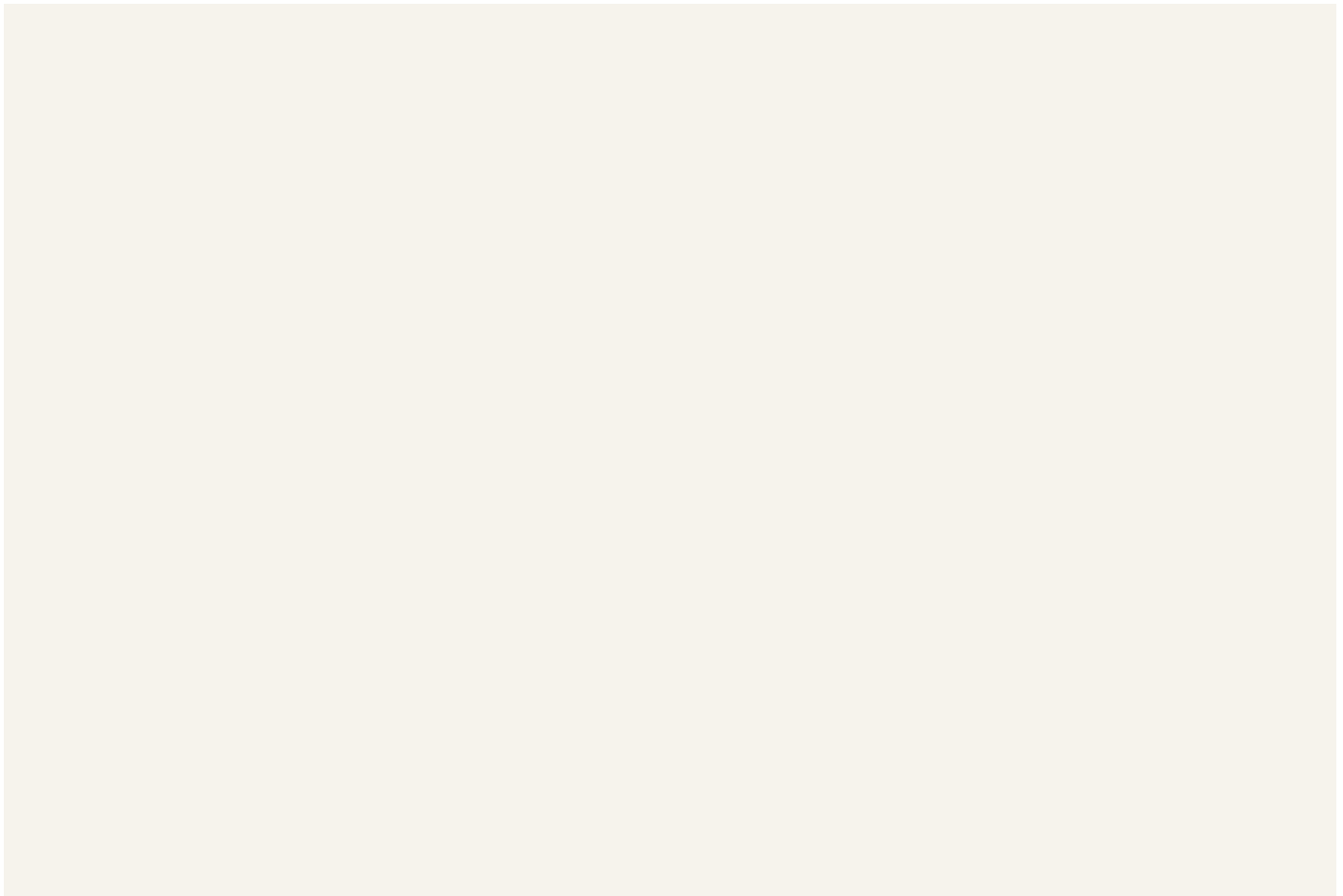
Step 3: Wear Confidence Like Jewelry

TAKE NOTES:

Choose one piece of jewelry today that tells your story—whether it represents strength, love, or a personal milestone. Write down how it makes you feel when you wear it.

or

Style with purpose: List 3 accessories or outfits that instantly boost your mood or confidence—and wear one this week.



Chapter Four

Step 4: Say No to Comparison

Scrolling through social media can make us forget our magic. Unfollow accounts that drain you and follow those that inspire realness, positivity, and growth.

Try this: Schedule “offline” time every day to reconnect with YOU.

Style Tip: When you stop comparing, your personal style emerges. Mix, match, and play with looks that express your mood – there’s no right or wrong.



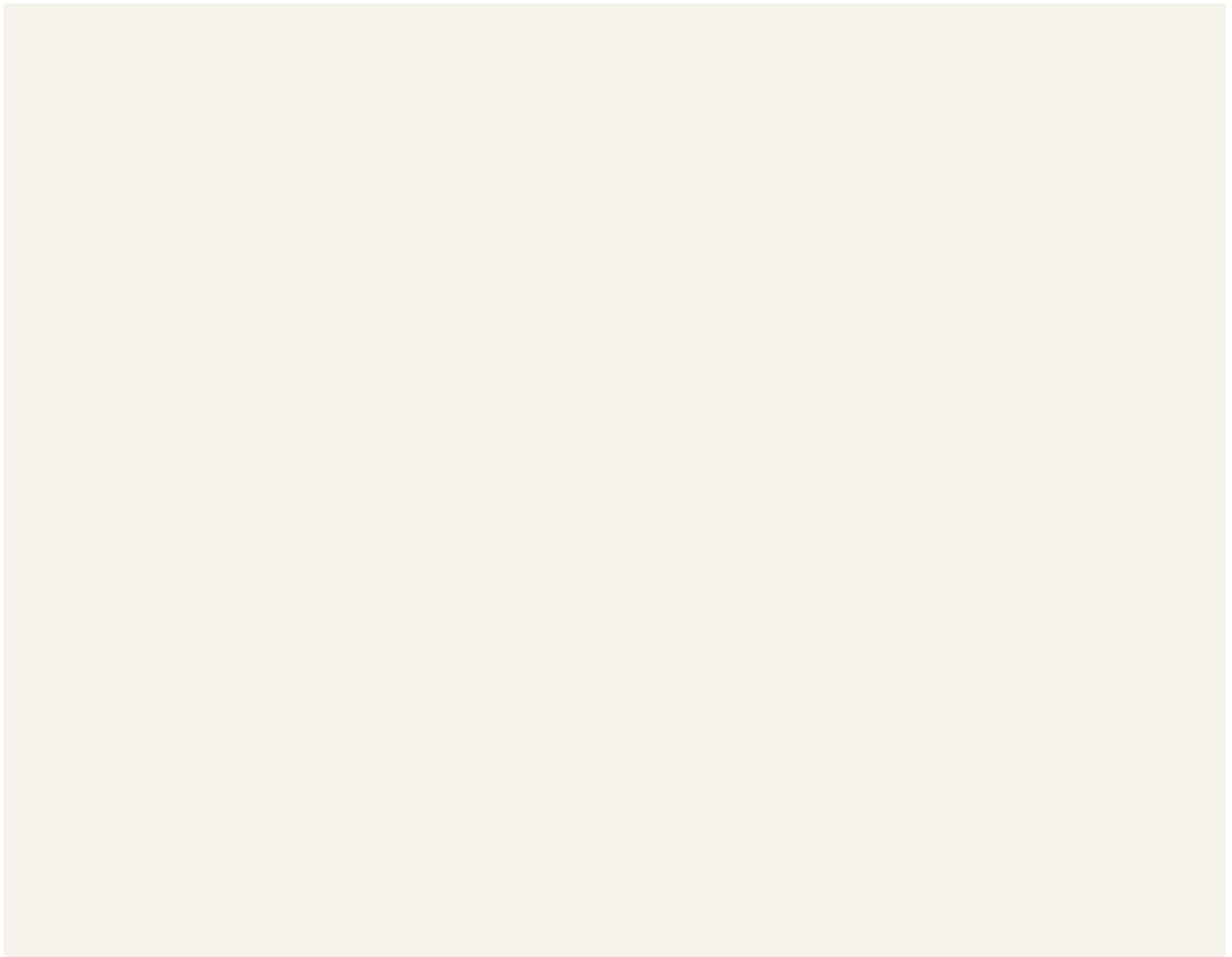
Chapter Four

Step 4: Say No to Comparison

TAKE NOTES:

Write down 3 Instagram or TikTok accounts that inspire your confidence, creativity, or self-love—and unfollow 3 that make you doubt your worth.

Bonus: Jot down one outfit or style idea that reflects your true vibe, not someone else's.



Chapter Five

Step 5: Celebrate Your Wins (Even the Small Ones!)

Every step you take toward self-love matters. Win of the day? Got out of bed, put on mascara, and faced the world? That's a win!

Celebrate it: Go for a walk in your favorite outfit, treat yourself to a mindful shopping moment, or just dance around in your room.

Style Tip: Keep a “confidence drawer” – pieces you wear when you want to feel instantly bold. Pull from it whenever you need a boost.



Do it
for your
future self.



Choose people that
choose you



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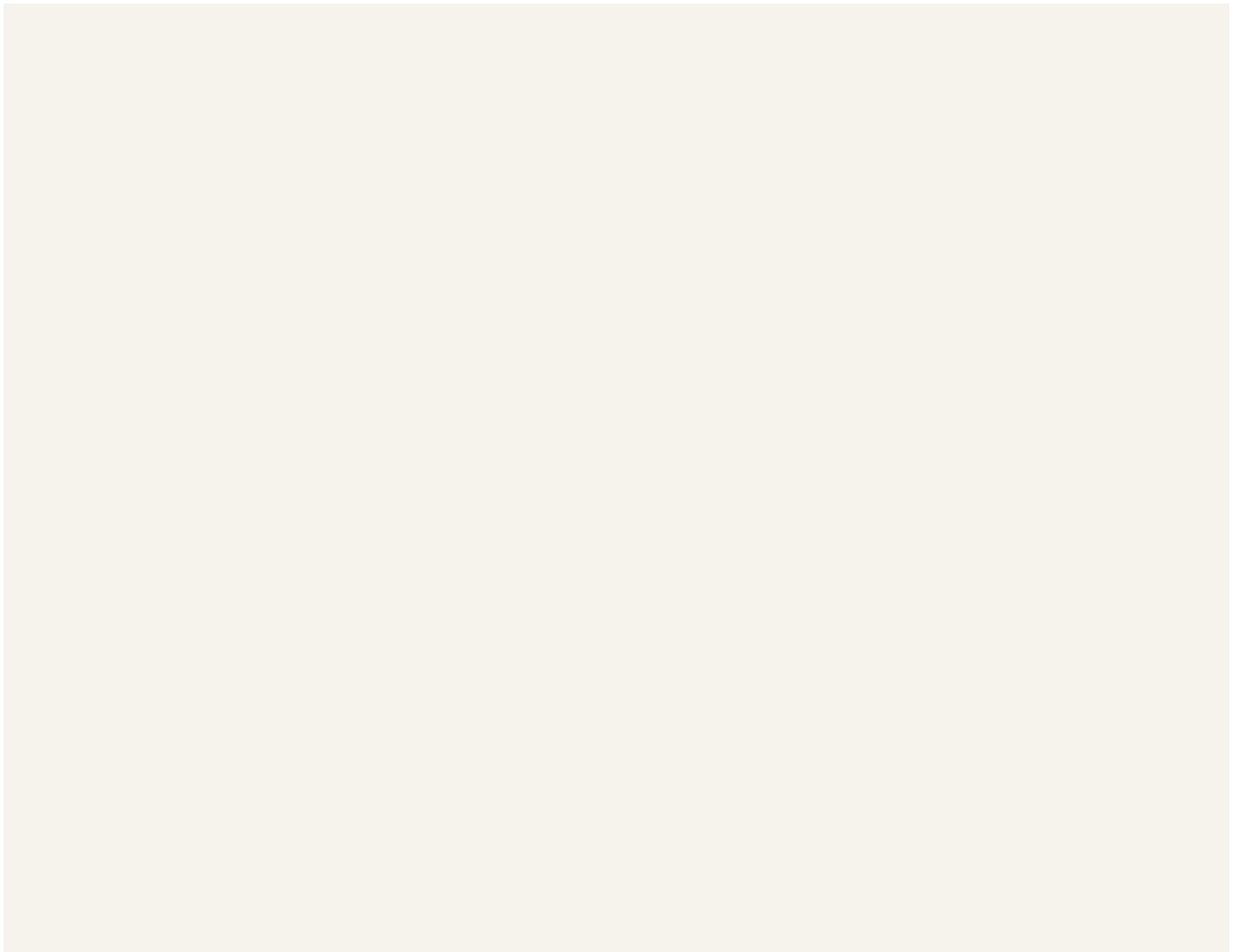


Chapter Five

Step 5: Celebrate Your Wins (Even the Small Ones!)

TAKE NOTES:

List 3 small wins you've had this week—no matter how simple. Then, write down 1 item from your “confidence drawer” (or start creating one!) that makes you feel unstoppable. Make it a habit to wear it on days you need extra love.



Conclusion

Take the Next Step in Your Self-Love Journey

Now that you've started your self-love journey, are you ready to go deeper?

🌟 Discover our exclusive **Self-Love Jewelry & Fashion Collection** – designed to help you express your true essence every day.

📁 Or grab our full **Self-Love Ebook for just \$27**, packed with practical affirmations, style rituals, mindset shifts, and more!

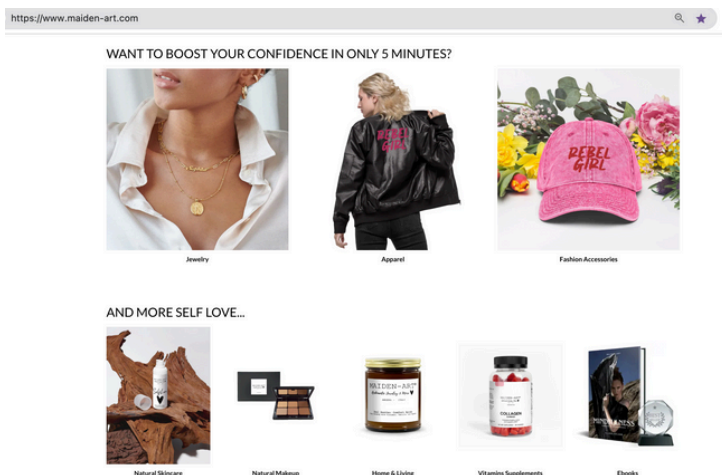
👉 Click here to get it now:

www.maiden-art.com

<https://www.fashioncourses.net/selflove-sales-page>

Because when you choose YOU, everything changes.

With endless love,
Maristella & The Maiden-Art Team



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