

# Tap into your *elegant energy*

*“Elegance is when the inside is as beautiful as the outside.” – Coco Chanel*

True elegance isn't simply about the things you wear. It's something you **embody**, and that is available for you to tap into any time (you don't need more clothes, more money, or a different body, contrary to what we're led to think!).



Today, we begin by looking inward. On the following pages you will find some prompts (you can print them out, or copy them into your own journal, as you wish).

Let these reflections help you reconnect with your natural poise, presence, and sense of innate elegance.



Where in your life do you feel most like yourself?

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Where do you feel like you're performing or editing who you are?

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***Elegance in Action:** What's one small thing you could do today to spend more time in your "true self" space? It might be a shift in how you dress, set boundaries, or even how you speak to yourself... try to implement one.*

What kind of energy have you been moving through life with lately?  
(Choose 3 adjectives — e.g., rushed, soft, scattered, grounded...)

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What kind of energy would feel more elegant, calm, or self-honouring for you to carry this week?

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***Elegance in Action:*** Choose one small gesture today that helps you embody this energy. It can be as simple as slowing your pace, sipping your coffee without a phone, speaking more mindfully or gently, or just pausing more often.

If you were acting fully from a place of self-honor this week, how would you start your mornings? Dress? Speak? Make decisions? Really reflect on what this would look and feel like in a practical way..

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***Elegance in Action:*** Pick just one thing you listed here and live it out today, even in a small way. Making time for a beautifully made dinner? Speaking up at work calmly? Wearing something that uplifts you?



