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Rise of queendom personality test

Watch our third episode with Victoria Peel-Yates, who will share her tips to learn how to make yourself a priority. She will also answer all your questions. A little background on Victoria... Hello, my name is Victoria Peel-Yates, I am a writer and blogger based in Barcelona in sunny Spain. Today I'm going to talk about the topic of Self-Love, which I'm super excited about. I was so happy when Queendom invited me to talk about this, because it is a very important subject for me personally and it is that I also know a very important subject for many of you. I know Queendom did some polls and there were a lot of interesting topics to choose from within Self-Love. But I decided to deal with the subject of yourself for others. Set the needs of others to your own needs. I know a lot of you are struggling with this, and I've struggled with it a lot, too. That's why I wanted to talk about it. If you have the needs of others for your own needs, it's actually a form of people pleasurable. And people who are pleasant is a symptom of lack of self-love, because if we want people, what we're trying to do is get that love from outside sources that we don't give to ourselves, right? People who are pleasant usually come from a place of fear, of abandonment, fear of rejection and trying to maybe fill that void that you feel inside, if you don't have enough love for yourself. But here's the thing, people pleasantly don't get you that love that you crave and that you need, and that you deserve. Actually, if you like it, you don't serve anyone. So even if you put others before your own needs, you're not really serving them. Why? Because if you put their needs first, you deny your own needs, and if you deny your own needs, you become exhausted. When you're exhausted, you're not good to anyone, right? When you're exhausted, you feel low, you have no energy, you feel exhausted, you feel angry, you feel unfulfilled and how can you be of any good for someone? How can you help someone else when you feel that way? So, the point is you don't pour out of an empty cup, right? You must first fill your own cup, before you help others fill theirs. And also, really important is that you don't give more love to other people than you give to yourself, right? So, you have to learn to be that source of love for yourself. And if you give yourself that love, you will also be able to receive it from others. So, what you should do if you are a people pleaser, if you need others for your own. It's a huge topic that I don't have time to go into detail, but if I could give you some takeaway, some actions steps from this video, I'd say: • First you have to work on learning to unconditionally love yourself, which is much easier said than done. It's a huge subject. So I can't go into it right now. But learning to love yourself unconditionally is going to change your life. Learning to be that love for yourself will attract more love in your life as well. So, you really have to learn to be able to give to yourself and to fulfill your own needs. • The second thing I would say is, you have to learn to say no. It's so hard, especially for us women, because we know, we've been told that we can have anything and we can do it all, and we're not at all, and we're still expected to be so, for everyone. Learning to say no is one of the most powerful things you do. And when you set such limits, you will find that instead of rejecting you, people accept you and love you more. It can be scary to say no, it can be scary to set boundaries because we feel like we're not doing well and respect, but actually it helps us to receive more. • And the last thing I would say is to start some kind of practice, where every day you do at least one thing to fill your own cup. And it shouldn't be negotiable. I know you're super busy, I know you have jobs, kids, partners, parents, pets, you know, everything that's going on. So, it's really hard to find time for yourself and so that's why I say just choose one thing you do for yourself every day. Make that thing a non-negotiable, prioritize, schedule time in your calendar for and do nothing for anyone else without doing it for yourself first. Thank you so much for listening to my speech, let me know in the comments if it was helpful to you or share some other tips or practices for increasing Self Love. Watch the full Victoria Peel-Yates interview below! We hope this video gave you some insights about Self Love. ☺ Was this video useful? We'd like to know! Send us your comments and let us know which tips really work for you and what tips you weren't to be a fan of. Stay tuned for our next episode! Until soon ☺ This week we decided to take Radiance Harris, Esq. to learn more about how to balance business and motherhood. She will give some tips on how to find the right balance between your work and your personal life. A

little background on Radiance... I am an activist, an experient being a minimalist, an old soul and a God girl. I also balance many roles in my life, as a mother, wife, lawyer and entrepreneur. I first own a trademark law where I help women to own, protect, make money and grow their brand with trademarks. I am also the creator of #FLYFILAWVERCHICK, which is a Self-Care movement and community for female lawyers. How the heck can I balance it all? Well, I did early in my maternity and entrepreneurship trip to remove all expectations and just do and do the best I can. So, I just record every day moment and identify what it is that I need in a given day to be productive. And That's what I do. Besides, I delegate quite a bit. I can't do everything, and I'm not trying. So, I delegated things like laundry, groceries and meal preparation. You can call me Boujee if you. But it's what I need to maintain some balance and mental health. And besides, I find some time in my time to commit to self-care. So, whether that's a 30 minute home workout, a walk outside, a nap, what I need in a given day is what I give myself. Because in the end, if I don't take care of myself, I can't show up as my best self. I won't be good for anyone else and I certainly won't be able to take care of anyone else. Watch the full interview of Radiance Harris, Esq! We hope this video inspired you to be your best self! We know that finding the right balance is not always easy, so we hope this interview will be useful to you. ☺ follow Your Radiance on Instagram at @radianceharrisresq See you soon ☺ This week we decided to interview Wynne Prasetyo to learn more about self-care and self-love and how to find out what works for you. She will share some tips on how to take care of yourself as you work from home. A little background on Wynne... My name is Wynne Prasetyo, I'm from Jakarta Indonesia. I'm a mother of one. My child is now almost a year and a half old. I'm a lawyer, I work in a law firm and since the quarantine, I've been working from home and certainly spending more time with Owen, but also juggling work and I've found that it's harder to do self-love care these days because while we're at home, protecting ourselves and our physical health from the virus, it can definitely take a toll on our mental health. And so I would like to share some tips that work for me in the context of self-love and self-care. The essence of self-love and self-care for me is really just being happy, really, really happy within yourself. How do you stay happy in times like this? My first tips are to pray and read the Bible. I have noticed that being locked up at home really opened my eyes to what really mattered to me, as to my heart and soul. A few weeks ago, I was really tired, and I was bored, and I noticed that no amount of scrolling through Instagram or watching my favorite series on Netflix or whatever I was doing on my phone worked to make me feel better, making me feel less tired, less empty. But then I tried to read the Bible and I talked to God through prayers, and that really helped me feel energized and nourished. So, I really recommend you try, if you haven't already. There's a lot of Bible and daily devotional apps that you download today to get you started for the first time. How do you find what works for you? The second thing is to do what works for you. I feel like self-care is a more popular topic these days, with people talking about how to do exercises, or journaling, or cooking, or sewing what she has done a lot in it of their mind and body healthy. I belong to the small group of people who have tried them all, but after a few days having fun with it, I felt bored and abandoned. If you're like me, I just wanted to. Just. You that it's good. Maybe we don't find therapy in just one activity, maybe jumping from one thing to another is our thing. So, I'd recommend you to just, you know, try what you want to try. If you feel like you already want to go to another thing, that's fine, just enjoy the process of doing it and just do what you feel works for you in the moment. Time for yourself is the key! The third thing is to be nice up. I found that finished with a good going out outfit and a little makeup, helps me feel happier, even if all I'm going to do is play piggyback with Owen. So, I shower every day, I put some serum on for my dry skin, and I do my eyebrows and blush and maybe a little eyeliner and then I wear something cute and then maybe take a few pictures. I feel like I'm at least having fun, and I recommend you at least try. Get some fresh air! The fourth tips that, in the more natural side, is to go out of the house, to expand that you and get some sun. I feel like we're sitting at home all day, we're looking at our phones too much these days and that can be really depressing with all the news and social media. And I feel like getting some sun and enjoying the open air and looking at the beautiful blue sky, is a really good detox for that. Communication is the best policy. And the latter is to talk to your husband, or your partner, or other people in the house and help them to understand that you might need them to take care of the kids or help with house chores at certain times of the day. So you get away and do something you have to do for yourself. It could be the things we've just talked about, or other things that you think work for you, uninterrupted, unless of course they're emergencies and also give them the chance to do the same, so you're not selfish, but you promote self-love and self-care at home. So, kind of like building that understanding and collaboration in the house and hopefully this can give you better harmony. That's all, hopefully some of the tips can be helpful for all of you. I know not everyone is the same, but I'm very happy to have this opportunity to talk about what works for me. Hopefully it inspires you and helps you find whatever works for you. Watch wynne Prasetyo's full interview below! We hope this video inspired you to step up your self-love game! ☺ follow Je Wynne on Instagram at @WYNNEPRASETYO. Up to ☺ Watch our second episode with Dr. Pasha Fick, who will share her tips and the benefits of practicing Mindfulness. She will also answer all your questions. A little background on Pasha Fick... I'm a psychologist. I completed my PhD in Psychology (PsD) last year and now I am in my year of residence, specialising in and behavioural medicine! I treat all chronic pain disorders and often work with neurology, oncology, physical medicine... I also have a one in neuropsychology, however, pain psychology took my heart! I want to start by discussing what Mindfulness is and then I want to get into some of the questions you've posted in response to the poll, discuss what kind of things you want to know about Mindfulness, what questions, whether it's confusion and things like that. But I think it's really important to start with what the topic is that we're really talking about, because Mindfulness can have a lot of different meanings for a lot of different people and even socially on the internet, there's just a lot going on in terms of how people talk about Mindfulness. For our purpose, we are going to define Mindfulness as a moment to moment, non-judgmental awareness of what is there. So, breaking that down a little bit, it just means that when we're aware, we act as an observer to ourselves. So that's a little confusing, an example of this would be if we're sad, or if we're angry or if we feel pain in our bodies, let's say physical pain everywhere. What we do is, we almost step back from our bodies and we just observe it. When we're angry, we're just going to sit back and say okay, so this feels some anger or if we're really torn or sad about something, we say okay this is what grief feels like. When you see the relationship here, it's basically to take yourself out of the situation and be aware or be an observer of what's going on. And the most important part of what I wanted to point out about Mindfulness is the non-judgmental part. We as humans are our worse inner critics, we have a natural human tendency to just very quickly harshness and judgment and criticism about ourselves. We certainly wouldn't treat others that way, as we treat ourselves most of the time and it's a hard shift to get used to, but that's what Mindfulness is. We are able to step back from our thoughts, feelings, our physical sensations and observed them without any judgment, without any criticism, without being harsh on ourselves. So that's what Mindfulness is in a nutshell. There are many ways to practice it, you know I talk a lot about Mindfulness meditation on my page, but it all contains the same thing that it develops the ability to just not be judgmental in the present moment. So that's an overview of what mindfulness is. Now let's start with your questions! Can Mindfulness stimulate the functioning of the immune system? Research shows it is. Research shows that Mindfulness can actually improve your cognitive function, so it can help you to think more clearly, provide mental clarity, it can actually lower your blood pressure if you practice Mindfulness on a consistent basis and yes everything actually improves your immune system and system as a by-product. Research Increasingly Shows That Mindfulness Benefits go beyond just our brains, which is really cool. Can Mindfulness Help With Stress, Stress, and overanalysis? Yes, so the purpose of Mindfulness and I want to talk about this little bit like a segue here, is not to feel happy or to get yourself distracted or to take away your problems, because I think that is a common misconception that sometimes the media or you know different sources point. It's not meant to make you feel good or bad, but it's meant to just emphasize what's going on and hope you deal with it, if that makes sense. Mindfulness sometimes brings the feeling of uncomfortable, which I think many people don't expect, but that's where growth takes place, because if you keep resisting things, they'll persist. So a saying that my supervisor once told me to stay with me is: 'What your resistance will continue to exist. So, basically, Mindfulness helps us to connect with our inner selves and help us relate to our thoughts, our emotions our feelings all these uncomfortable things in a different way. It helps us to relate to them in a more strategic, clarity, you know to what is it that I actually feel and how I'm actually going to deal with the kind of way, rather than just reacting to it immediately. When we're stressed, that's a huge reaction that just comes right away, we either scream or we cry or there's just this physical reaction that happens. And when we practice Mindfulness, when we learn to practice mindfulness, we reduce that, we choose the intensity of whatever we feel and we're able to distance ourselves, we're able to spread ourselves a little bit, and from there we can think about what we're going to do next. So, stress as a byproduct that is getting lowered because you are able to get a block, to get some distance between the immediate thing that bothered you or made you feel uncomfortable and then what you are going to do. So the same goes for pondering as we start to get into a feedback loop of pondering in our minds or our brains have us hooked. And once we're hooked, it's hard to get loose. Think of a fishing line right, so once a fish is hooked it's really hard for it to come off on its own. So, we want to avoid that and when we practice mindfulness when we practice that moment to moment, non-judgmental awareness of what is, we are able to prevent ourselves from becoming addicted to our own mind. And that's really important, and that's really important, because at the end of the day, we don't want our minds to keep us on the line. We want to be able to keep our minds on a leash, metaphorically here. But it really helps if we're able to get that observer perspective and just step back from ourselves and say hey what is that makes me feel right now? What can I get out of this? And one of things that really helped in my own practice with Mindfulness, because it's hard hard practice being mindful you know right off the bat, is with this mantra that I'm about to tell you guys and just say it repeatedly throughout the day. It's: Come if you want, stay if you want, go away if you want, so I'm going to say that again: Come if you want, stay if you want, go away if you want. Try saying that to yourself all day, if you have something uncomfortable coming or, or not, or just something that is small irritating or you know something that is a little challenging for you, just say that to yourself and see what a difference it makes if you keep repeating that and if you keep making a habit of saying that. So mindfulness can come in little packets like that, you know, just say something to yourself to help you ground yourself, to help you stay in the present moment and it can also be something like having a meditation practice that you do that helps you stay conscious in your daily life. So there's a lot of variation in it and I think the last thing I want to discuss here is actually how I practice Mindfulness and what happens when I get stuck or if I get unfinished with it? And I want to say that it's perfectly okay or normal to feel that way. There is this view that we have the perfect atmosphere, pillows, candles, everything perfect for us to be aware or for us to practice mindful meditation, but that is not true. We can do this while we cook, we can do this while we clean, in the car, on a walk, practicing Mindfulness does not require the perfect or ideal set-up you sure, but it does not require having the perfect or ideal set-up. You certainly can, but there's no need. And if you give yourself the freedom to say -- hey you know I have this little corner in my room right now I can sit and I can just breathe and I can be by myself and connect with myself and look at my thoughts and my feelings and my physical sensations - that's Mindfulness. You need nothing else, nothing more, nothing less. If you like to have a practice where you do everything on stilts, that's great too, but the best thing about Mindfulness is that we can learn this and we can do this without having anything other than ourselves. We just need ourselves, we just need to focus on ourselves and practice mindfulness and that's all there is. So, I can talk about this forever Mindfulness is something that I practice and preach, it's my go to. It's really incredible for many conditions like anxiety, depression, chronic pain, a lot of different things, but it's just something I think is a valuable investment in yourself, if you practice it, as you learn it. It's a skill like anything with our muscles, when you work them out, the more you work them out the more they get stronger, the same with your brain. When you practice Mindfulness, it works your brain out and becomes stronger in it. I'm going to end with this play. Piece, research shows that 20 minutes of Mindfulness or Mindfulness meditation a day as enough strength to actually change and change the chemistry in your brain and your body. That's fascinating! And by chemistry, it means a lot of the stress hormones, cortisol and adrenaline that float in our brains and then float in our bodies and cause the fight-or-flight reaction, causing us to panic, making us feel anxious, feel depressed. When we practice Mindfulness, when we practice to just be with ourselves in our feelings or sensations, making it as it is and then working with mental clarity, it changes your body. So that's where I end up. I'm so down, always, to have a conversation about Mindfulness as I said it's one of my passions and again very grateful for QueenTalks for having me on and talking about this topic, it's so important for mental health and I'm really glad it actually comes from a lot more these days. So I hope everyone stays safe and well and I hope we can talk again soon. We hope this video gave you some insights about Mindfulness. ☺ Was this video useful? We'd like to know! Send us your comments and let us know which tips really work for you and what tips you weren't to be a fan of. Stay tuned for our next episode! Until soon ☺ Welcome to our QUEENTALKS: A space where we will share, discuss and debate life topics related to women. As the first feminist beauty brand, we want to take up space and open up about mental health, female entrepreneurship, body positivity and much more. In these strange times where our mental health is even more important, we want to talk about fear. Watch our very first episode with Meg Emerson, an Anxiety coach for women who gives us insights and tips on how to deal with anxiety. A little background on Meg... I have a very personal experience with anxiety and PTSD. I had a near death experience while I was backpacking and from that moment on, I went from someone who had never heard the word fear, certainly never experienced it, never felt it to anyone who experiences crippling anxiety every day. And this switch happened to me almost at night. And so I'm starting to be very curious about what fear is, what does it mean, why is it here and I'm starting to deduce my career and move my decision in what I offer the world to help women who are struggling with everyday anxiety, just like me. For me, fear was palpitations, it was constant fear or panic that my loved ones would die or that I would die. Fear of me was a lot of brain fall, I couldn't think straight. I really struggled to show up, I couldn't regulate my emotions. I felt very out of control, I would cry for apparently no reason and I was really struggling. Fear for you a little different: it might come in disturbing thoughts, lingering thoughts over and over again, unable to really let things go, release and to the truth or the circumstances of your environment or your situation. Fear is very personal and that was so interesting about it. Fear is not a one size fits all. So, it's really important that you start to understand and work with your anxiety almost as if it were a separate entity from who you are. Create a relationship with your fear. Now let's start with your questions! How do I deal with my fear of covid-19? First of all, I really want to say that I see you in this room and I feel you. First of all, there's nothing wrong with being anxious right now. That's a valid emotion, which is a good thing to experience. If you decide that you don't want to feel fear, if it's not employed by you, you start working with that. What I would like to offer is that is not covid-19, is not the virus that is creating fear for you, but it is your thinking about the virus. It's your conviction about what this means for your community, for your family, for yourself, maybe for your work, whatever that looks like. What will encourage you to do is write down on a piece of paper absolutely everything you believe about this virus. Why are you anxious? How does it feel? Get all your thoughts on a piece of paper, because we can't begin to hear, understand, forgive or let go of our emotions or our fear without first fully understanding them. How can I calm my anxious mind? And I loved this question. I have three tips for you. The first is to say it out loud. How do you feel? If you feel anxious, contact your friend, physically rotate and talk to someone. Someone who feels safe of course and just say out loud, Hey, I feel fear right now. And when you're alone, talk to yourself or talk to an animal, maybe your pet, your dog, your cat, but speaking out loud is going to help regulate your emotions. That's going to help regulate that fear. Number 2 is to remove tension from the body. First of all, the most accessible thing for everyone is to strain your jaw, so mindfully create a gap between the back of your teeth and take the tongue off the roof of your mouth. This is going to signal your central nervous system which is okay to start calming, which is okay to start soothng and relaxing. Number 3 is developing a kind of mindfulness practice for you. For some of you who may be meditation, it may be yoga, maybe mindful walks. But mindfulness is the practice of coming back again and again to the present moment. So there are so many different branches on that concept, on that main tree of mindfullness that you explore and figure out which ones feels right for you. A common misconception about meditation is that you should be crossed chair with your spine upright, but that's not true. I would invite you to start where you are, so if meditation is more comfortable for you laying down or walking outside, but to tune in your senses senses pause and notice: What do you smell or hear? What do you feel? What temperature is the air against your skin? By doing this practice, it makes you come back to yourself over and over again. It brings back to the present. Fear is only visible if we are worried about the future or stuck in the past. But if we are here and now, grounded and balanced in the body, fear cannot live, it does not exist. 82% of you said you're having trouble sleeping at night, and I can feel that. I've been there and I know what it's like to struggle to go to sleep at night. One of the most important things I've learned to develop is a mantra or a confirmation when I'm trying to sleep. What that looks like is: if you inhale repeat to yourself the word I am and when you exhale repeat the word Asleep. Breathe I am, exhale Asleep. And repeating this over and over again with your breath, the brain starts to believe that the thought that you are practicing on purpose to be true and begins to find evidence that the thought is right. And so by finding evidence, the body is going to start to soften, you're going to start to sleep and eventually fall asleep. Why is your fear worse in public? It's an interesting question. Fear is worst in public because the public is not under our control: we are not able to control people in public, the environment in public. It's all the way out of control of what we have control and power over and the brain knows that. That causes anxiety because we are starting to feel one out of control as well. So my number one tip with that is to pause and ask yourself what is within my control right now?. Your breath and your thoughts are always within your control. You practice thoughts on purpose so that when anxiety comes you have the same correlation with the sleep pattern: inhale I am, exhale Safely. I'm exhaling here. Change that last word to be whatever you want to be, feel, create, connect. It's so powerful that you do when you're standing in line at the grocery store that you do it while you're driving your car. Very accessible practice: Breathe I'm out here. Many of you write in Is Xanax safe? and is there a page that you are going to diagnose anxiety? ... I'm not going to really speak about that, the reason is I'm not an MD, so I can't speak Is Xanax safe?. I think if it's prescribed to you from a medical professional, then this is something you discuss with them. In terms of self-diagnosis anxiety, I'd say do a little more research on anxiety. You google what is anxiety symptoms and things like that, and see what's coming, see if you relate. My guess is: if you ask this question of how I know if I'm anxious... You're probably anxious. Most people are! Fear is a very natural thing to feel. In the past, it kept us alive. It was literally superpower. When we felt anxious, it was the way of We have to be on our guard, we have to run or fight or drop. Fear is a little out of place now. We don't have the same relationship as before, so it's something we really need to get started on. So, to pack all this, I want to thank you very much for all your vulnerability, for signing up, for sharing your tips on how to deal with anxiety in this current global climate. I really want to acknowledge that you're not alone. If you feel anxious, it's okay. It's good to be anxious, angry, sad, scared. The more we let these emotions be, the more we can cure them and let them go. Watch meg Emerson's full interview below! We hope this video gave you some insights about anxiety. ☺ Was this video useful? We'd like to know! Send us your comments and let us know which tips really work for you and what tips you weren't to be a fan of. And of course we'd love to hear if you're willing to share your own personal story with fear and you know what that looks like to you today. Stay tuned! A new QueenTalks episode will be revealed soon! See you soon ☺ I'm Marisa. A 27-year-old mother, wife and photographer. When I was 9 years old, I was diagnosed with an autoimmune disease called Alopecia. Alopecia causes hair loss. What I didn't know as a young 9-year-old girl was that Alopecia could also cause a lack of self-love. I got many different treatments to help me get out everyone. Take her like the other kids. A few years later, the treatments stopped working. When I was in high school, I convinced myself that once I lost all my hair, I'd lose all my friends, too. I would never get married. Get hired. I'd be alone. I had a life like that planned. My alopecia had so much control. It took losing more than half of my hair to finally just leave it. The. Go. I knew I needed to let my hair go... to grow. I started dating my husband when we were 19. He went to hairdressing school. (Yes, I'm married to a hairdresser!) A few months after dating, I cut what was left of my hair and he shaved my head. I finally felt free. From that moment on, it has been nothing but growth. I started making self-portraits to show myself that who I was was beautiful. No matter what I had on my head. I also started taking pictures of others. I love to capture the beauty that is a human being. And now as the mother of an 11/2-year-old boy, I want nothing more than for him to grow up surrounded by love and acceptance. To be able to grow into who he wants to be without judgment. I really built the most beautiful life surrounded by inspiring people, people who build me up and grow me. By Marisa Kimmel When I first commissioned this article I thought U-N-I-T-YYYYYYYYY U-N-I-T-YYYYYYYYY a unit. These are the first words of the 1993 Queen Latifah single, for which she won a Grammy, written to protest sexism and to empower women in Hip Hop. The It more than 25 years ago and still has a huge resonance for women around the world, reminding us of the importance of unity against gender oppression. As a teenager, I remember hearing some of my female classmates proudly say how much they dislike befriended girls. Being surrounded by male friends was better easier to add more adjectives ending up with there and although most girls used to hang out with girls, there was a insidious rejection of that model. To be cool was getting around guys while humiliating other girls. I couldn't find the words then, but the patriarchy was already in full swing, leading us to believe that something was wrong with us, which is why it was unfathomable to be around more of us. Allow me to assume that this bias still keeps many women today from diving into sisterhood. I used the Queen Latifah song earlier as a testimony to how powerful we are when we get up together, but it's not always about fighting. It's also about taking advantage of the energy, dedication and life experiences of other women, and having the resources to navigate alone. However, this does not mean that all women are supposed to be friends... we're still human beings, and sometimes sharing a gender isn't enough to create a bond. Nevertheless, there is a certain strength in having a support system consisting exclusively of women. We will fight, we will not always be in sync with each other, but when it is time to show up for our sisters, we will always be there. Like so many young girls, my relationship with makeup began as a family affair. I first learned about beauty by looking at my mother. She is archetypal French in that she is not one to wear a full face of makeup. The make-up she wore was usually a little brown eyeshadow, a touch of light, pink-colored lipstick, et voilà! I don't think she ever owned a mascara or a concealer. As a teenager, I quickly mastered the art of replicating her look - which suited both me and her, because of our shared genes. But I wanted more: adolescence is a time for transformation and revolution, so I tried (almost) everything: neon-pink lips, super dark eyeshadow, mother of pearl highlighters, blue nail polish... Makeup was a way for me to explore the different, and even contradictory sides of my personality. I could shift from a rather classic, polished look one day, to a grungy, messy look the next. But again, this was just a phase. After trying on anything and everything, including what looked terrible on me, I landed on a look that works. As a young woman, my makeup routine is now defined by two things: what I like and how I look. For makeup is a way to improve my natural features. I work with them, not against them. My hooded eyes look better with eyeshadow than eyeliner - although I've come to terms with that, I still dream of a defined, sharp black cat-eye! I never try to hide my freckles with foundation. Instead, I like a touch of blush or bronzer, bronzer, a beautiful red or coral lip. And on days when I don't have any makeup at all, I let my face stay bare. Remember: smiling is the best shade of lipstick :) Hey girl! I want to share something with you. It's actually a secret... shared by 3.47 billion people on earth. Here it is: women have imperfections. So many of them! Spots, scars, stretch marks... You name it, we have it. But you wouldn't know it, because every day, all over the world, women hide these little things under makeup or clothing. I'm doing it too! Thank God for concealer - dark under the eyes, ugh - and a piece of bathing suits! But why are we doing this? After all, they're little details on our bodies. TBH, I love that peach fuzz on my cheeks. But I also tend to think that it distorts others' perception of me. So many of us would rather eat airplane food for the rest of our lives than expose some of that cellulite when summer comes! Flawed? Yes. If we feel confident and open about it? Mmm... not so sure about that! It turns out that eternal clichés about female beauty are harder to kick than they seem. Iliterates still live on, along with racism, illiteracy and nude tights (who invented them?!). So-called perfect bodies - soft skin, slender legs and all - occupy most of the ad billboards and magazine pages, as well as so many IG pages. To... They don't. What if we reveal the secret? What if those 3.47 billion women on earth made it clear and public that, yes, they have hair, stains and moles - we are human beings! And that these things do not prevent them from being beautiful and fantastic? Let's break the ice. Defects? We have them all. But I wouldn't call them imperfections. I'm not flawless, but I'm perfect! This lifelong game of hide-and-seek is over. Let's reveal and share our truth, embrace our bodies, celebrate our differences! There's a reason a mole is also called a beauty spot, after all. So here I demand: my face is freckled, spotted and beautiful! Camille Balenier I opened a book... In the 10th Anniversary edition of The Alchemist, the author Paulo Coelho wrote about four life obstacles. The most dangerous was the fear of realizing the dream we fought for all our lives. SELF DOUBT - I THOUGHT! According to Statistics, self-doubt causes feelings of guilt & worthlessness. We've all been there, and I really believe I've met the devil before - it was me. Crazy, right? I met myself and realized I was my own worst enemy. As I wrote this article, although very briefly, a small voice in my head asked: Is this even good? The irony! My 'self-sabotage' had struck again - well tried. I immediately confronted the thought before the game went wild. I replied in the affirmative: YOU ARE NOT A TRUTH! In many cases people face the impost syndrome in which they feel unworthy of their performance. We are the only barrier between us and our goal. The way we talk to ourselves is really important. On the path to the goal, the journey involves several obstacles - and is one of them. It is indeed a test, but perseverance is the key to getting to your goal. To break this cycle, I always refer to Vincent Van Gogh: if you hear a voice in you say that you do not paint, then by all means paint and that voice will be silenced. IG: @aalyiah_heath @aalyiah_health

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