

Summer SHAPE Switch

IF YOU WOULDN'T SAY IT TO SOMEONE ELSE
DO NOT SAY IT TO YOURSELF!

THE MEAN GIRL IN THE MIRROR STARTS TO DO THE SAME OLD SHIT SHOW, ABOUT HOW BAD YOU LOOK + PICKING AT ALL YOUR SO CALLED FLAWS.
Shape Switch! WOULD I SAY THIS TO A FRIEND OR EVEN A STRANGER? NOPE. WHAT WOULD I SAY? SAY THAT TO YOURSELF.

ADD SOMETHING DIFFERENT.

HATE WHAT YOU ARE WEARING BECAUSE IT IS BORING OR OUT OF STYLE AND MAKES YOU LOOK "FAT". *Shape Switch!* TRY SOME RED LIPSTICK, MORE LASHES, A SPLASH OF COLOR IN YOUR CARDIGAN, PUT ON SOME WEDGES OR SOME FANCY JEWELRY. GET A SOLID POINT OF INTEREST, A STAND OUT SOMETHING, YOU GET THE IDEA!

USE A DIFFERENT PERSPECTIVE.

INSTEAD OF STARING INTO THE SAME OLD MIRROR THAT YOU USE TO JUDGE AND PICK YOURSELF APART WITH. *Shape Switch!*
DO SOME SELFIES OF YOUR BEST ANGLE, SET THE TIMER + TAKE A PICTURE OF YOURSELF. HAVE A FRIEND/ROOMMATE/SPOUSE TAKE A PHOTO OF YOU. THEN SEE HOW YOU FEEL. SOMETIMES A DIFFERENT PERSPECTIVE CAN MAKE YOU FEEL MUCH BETTER.

PLAY SOME TUNES.

YOU ARE GETTING READY TO GO OUT WITH THE GIRLS OR A DATE, YOU LOOK IN THE MIRROR + THE MEAN GIRL IS CLAWING HER WAY TO THE SURFACE TELLING YOU THAT YOU WILL NOT HAVE A GOOD TIME BECAUSE YOU LOOK SO BAD. *Shape Switch!* PUT ON SOME FEEL GOOD MUSIC! HEADING OUT FOR DRINKS WITH THE GIRLS, PUT ON SOME DANCING MUSIC - MAYBE EVEN SHAKE THAT BOOTY AROUND JUST FOR PRACTICE. FOR A DATE GET SOME HAPPY MUSIC ON TO LIFT YOUR MOOD.

USE YOUR GO-TO PIECES.

WE CAN'T ALWAYS GO OUT AND BUY A NEW OUTFIT WHENEVER WE ARE FEELING BAD ABOUT OURSELVES (IF YOU CAN - YOU ARE AMAZING- AND I AM JEALOUS).
Shape Switch! PUT ON YOUR FAVORITE OUTFIT, SEXIEST SHIRT, PERFECT PANTS OR WHATEVER THEY MAY BE! IT IS PERFECTLY HOSHER TO WEAR THE SAME THING TWICE IN ONE MONTH. REALLY (ENCOURAGING HEAD NOD), GO ON, IT'S COOL!