

YOUR GUIDE TO BUILDING CONFIDENCE NOW

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# Bare Babes Workbook

*The 5 Key Elements of Body Image, PLUS boosting  
your confidence with self-portraits,*





# Congratulations

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You have just made a bold decision, and that means we already have a lot in common!

Not everyone is ready for this journey, but you are taking a huge step towards improving your confidence no matter what your future body goals may be.

You have taken a leap of faith because you know deep down, that loving your body more IS possible.

You feel it when you see a woman your size rocking a hot outfit and you think "damn she looks good."

You experience it when you put on an outfit or lingerie that makes you feel powerful and sexy.

Here's to creating that feeling intentionally, every single day.

Here's to learning to love ourselves in photos, and in life!

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"You are the one that possesses the keys to your being. You carry the passport to your own happiness."

**DIANE VON FURSTENBERG**

# THE 5 KEY ELEMENTS OF BODY IMAGE

Body image can be a complicated issue, but don't worry! After dozens of conversations with real women, I have discovered 5 Key Elements of Body Image that determine how we feel about our own bodies. And let me tell you a BIG secret: body image has almost nothing to do with women's actual bodies!

## Factor #1- Your Family Environment

Think back to your younger years and your family interactions. What conversations do you remember about bodies or weight? Did any family members make comments to you about your physical appearance?

Your family, and your interactions with them, hold the key to some of your deepest feelings about your body. Ready for some real transformation? Dig deep into your childhood experiences, and unlearn that negative self-talk. This can be achieved through meditation, therapy, research, or a combination of these.

Remember, completely changing your body image won't happen overnight. Be patient with yourself, and try to remember all of the beliefs that you are holding onto that are not your own.



## Factor #2- Cultural Background

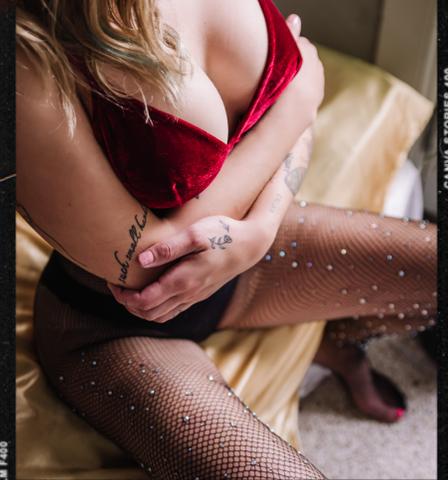
Specifically, American mainstream pop culture.

The material that is mass distributed in our nation, like it or not, consistently favors a few specific "types" of women. It is safe to say that most of the female main characters in our favorite movies and TV shows are rarely plus-sized. They sport an hourglass figure, toned physiques, and flawless styling. Does that sound like the everyday woman to you? I think not.

Now, who do you adore more- Angelina Jolie or your best friend?

Obviously, your best friend right? Well, there you have it. You value what is real much more than the ideal of beauty that you see on the screen.

Your best friend is beautiful. She can rock her favorite outfit like no other and you love her body simply because she is in it! Are you ready to feel the same way about yourself?



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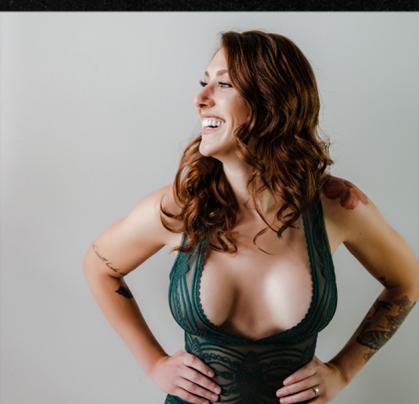
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### Factor #3- Social Media

Yes, our most loved and most hated obsession has an insidious way of affecting our body image. Think about the influencers that have the most followers. Think about the content they create.

While social media has helped body positivity activists reach wider audiences and spread their message, it has also consistently favored content that supports the established beauty standard.

Does your favorite influencer seem just a bit too perfect? Well, that's because you are viewing her curated feed! In reality, she has bad hair days and uneven skin, too.

If your favorite influencers are detrimental to your body image, then maybe it's time for some new ones. The [Bare Babes Lounge on Facebook](#) is the perfect place to start.

#### Factor #4 - The attitudes of your peers.

It's a fact. The thoughts and feelings of your peers can have a big effect on how you see yourself! Do your friends speak negatively about themselves or you?

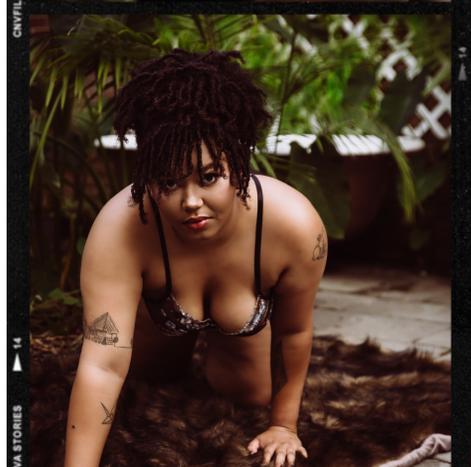
It's important to communicate with your friends and peers when you embark on a self-love journey. Make sure you let friends know that you are not comfortable with disparaging self-talk anymore. Explain that you have made a decision to learn to love yourself more and that you need their support.

#### Factor #5 - Your THOUGHTS about your body

Notice I didn't say your actual body! Only your thoughts.

That's right, your body image doesn't live in your thighs. It lives in that big hunk of grey matter bobbling around on your neck! And trust me when I say, your thighs are the cuter ones in this example.

The good news is, anyone can make improvements to their self-esteem without dieting or exercising. That's because the thing that really needs to change, isn't your body at all.



# LET'S GET INTENTIONAL

After you complete each step, write down how you did it! Each one of these exercises will take you one step closer to a body-positive outlook on life and you deserve to remember how far you have come.

BODY LOVE

UNPACK. USE A JOURNAL TO WRITE DOWN YOUR MEMORIES ABOUT CONVERSATIONS SURROUNDING BODY IMAGE GROWING UP. EVEN IF THEY WERE NOT ABOUT YOU! ANALYZE HOW THEY ARE STILL POPPING UP IN YOUR LIFE.

GIVE ANOTHER WOMAN A COMPLIMENT. WHETHER IT IS ONLINE, OR IN-PERSON. GET IN THE HABIT OF THINKING POSITIVE THOUGHTS ABOUT BODIES THAT DON'T FIT IN THE MAINSTREAM.

HAVE A CONVERSATION WITH YOUR FRIENDS ABOUT SELF-LOVE. LET THEM KNOW THAT YOU ARE ON A CONFIDENCE-BUILDING JOURNEY

FOLLOW BODY POSITIVE ACCOUNTS ON SOCIAL MEDIA AND REMOVE ANY ACCOUNTS THAT MAKE YOU FEEL UNWORTHY

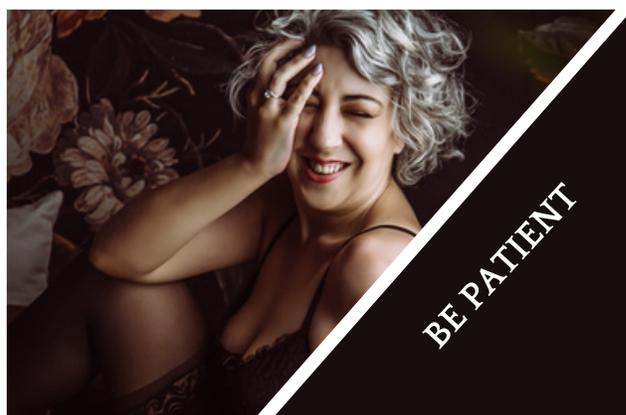
# KNOCK YOUR SOCKS OFF!

Great photos don't happen by chance. Use the power of artful self-portraits to build your confidence right at home!

The portraits on this page were captured by a professional photographer with a pro camera and lens.



Wear something that makes you feel comfortable and confident in your selfies! Don't focus on showing a lot of skin. Sometimes it is even sexier when you're not showing much skin at all.



You will probably need to try each shot several times before you get one you are in love with. This is totally normal!! Don't be afraid to move your camera or reposition your body to get a better angle!



Pull up your phone's camera on portrait mode, set the timer for 10 seconds and use multiple takes if possible. OR take a video and screenshot the best frames for your self portraits!



Experiment with the placement of your phone to capture different angles of your body. Place your phone inside a coffee cup to angle it properly, or use a couple of cans from your pantry!

## TRY THIS

If you want a dramatic full-body shot, follow these steps:

- Place your phone horizontally on any surface that is about 1 foot above floor level. Turn on your video recording, prop your camera using 2 small heavy objects like cans from the pantry or candles.
- Sit on the floor in front of a couch or bed. Move your booty away from your furniture allowing your neck and head to lay all the way back. Arch your back lifting your chest towards the ceiling.
- Place the hand closest to the camera on the floor beside your body or on the inner thigh. Place the other hand in your hair.

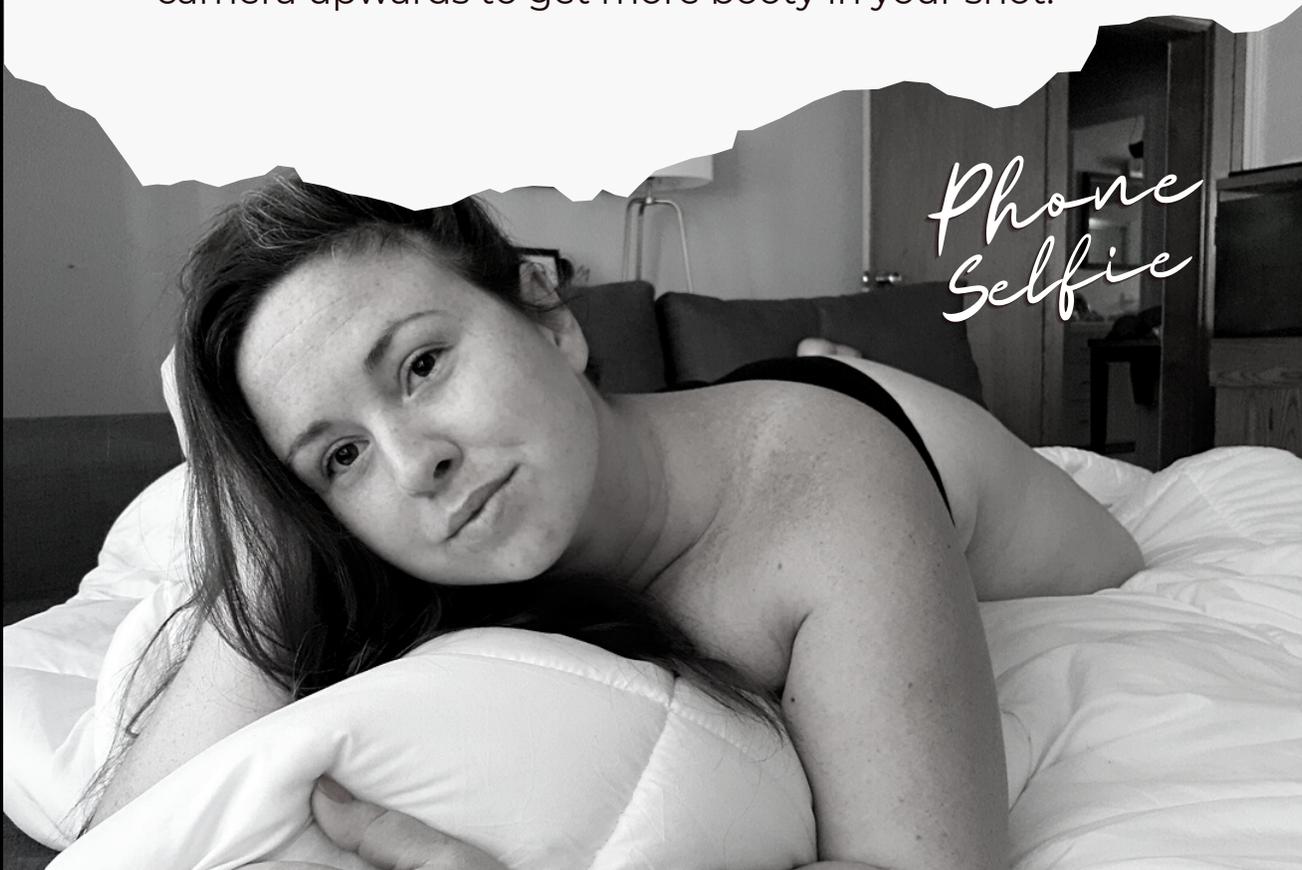


*Phone  
Selfie*

## TRY THIS

To show off your beautiful face and curves:

- Place your phone horizontally on any surface that is level to the surface you are shooting on. A bed, couch, or the floor works great.
- Lay on your stomach supporting your upper body with your elbows. Your face will be closest to the camera with your feet pointing away (like a T). Pop your knee out to the side to create a booty curve in the background.
- Try it topless hugging a pillow, or with your favorite bra front and center. Play with the placement of your phone to grab a shot that shows more of your body. Move the camera upwards to get more booty in your shot.



# How do you feel?



**Women have reported feelings of exhilaration, confidence, and sexiness after their selfie session!!**



# Are you ready?

Do self-portraits at home sound too intimidating or time consuming?

Are you ready to leap forward in your body love journey?

Would you prefer to be guided through a professional photography experience where you can create the sensual portraits of your dreams?

If so, a boudoir photoshoot just might be the best next step towards true self-love and confidence.

I help women feel the power of being in control of their own body image. Sometimes for the first time ever!

If you decide this is the right experience for you, I will make it my mission to allow you to experience true confidence regardless of your future body goals.

I have done it time and time again for women of all ages, shapes, and sizes. Just look at what they have to say!

# TESTIMONIALS

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"The work that is done is empowering, bold, uplifting, and so needed for women! My experience was beyond my imagination and expectations. Despite being nervous, I was immediately made to feel at home and at ease. A completely judgement free zone where I could get comfortable in my skin, laugh, be serious, and express parts of myself I never have before. I will forever be grateful for my experience at Bare Elegance Boudoir!"

"The final images were AMAZING and remind me to find beauty in myself when I struggle with self-confidence. The experience was worth every penny!"



Awesome experience! I wanted something different to give my husband for our 15th Anniversary so I finally got the nerve up and booked my boudoir session. I was so nervous but Virginia was amazing! I loved everything from the makeup to the awesome portraits. It was a total boost for my self confidence. I'm so glad I did this for him but even more for myself!

READY TO DISCOVER THE #1 SECRET SHORTCUT TO GENERATING  
MASSIVE CONFIDENCE IN ONE EPIC DAY?

Schedule your free phone hype  
session with me today!



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to schedule a free phone hype session and  
get to know your photographer! Click The  
Experience and scroll all the way down.