

Wear Your JoyTM

Kelly Rae's top 4 tips for igniting your
personal Wear Your Joy practice.





1. MAKE A WEAR YOUR JOY ALTAR

We get dressed every single day

That's 365 mornings a year that we likely have some gremlins roaming around in our heads: That's not a good color for me. If only I could fit into my skinny jeans. I'm not brave enough to wear that. Think about it.. That's 365 days, every single morning, that we are possibly unkind to ourselves. The impact is huge.

Or maybe we don't have the gremlins, but we're rushing through the mornings, not conscious at all about the process of getting dressed. Or perhaps we don't have the gremlins, and we're not rushing, but we're just going through the motions without awareness, not considering what we could be inviting into our lives: JOY.

We must make the unconscious conscious, and we must turn the process of getting dressed in the morning into an opportunity for affirming self-talk, and a nourishing time of self-care and self-compassion.

Joy infused awakenings begin with self love.

So, my friends....





My Wear Your Joy™ Altar

Let's create a Wear Your Joy™ Altar

By creating a simple little altar – nothing crazy – we make our process of cultivating joy a sacred and potent experience.

Find a place for your altar somewhere near your closet, or in your closet, or perhaps by your bathroom sink, or even inside your sock drawer. In the photo above, my small altar sits atop of my dresser.



Choose a couple of items for your altar that will symbolically support you during your practice. These items can include one or more of these suggested totems:



A PHOTO OF YOUR YOUNGER SELF

I used a photo of my 9 year old self wearing suspenders (yep, that IS a mullet, friends). This is the version of myself that knows how to be brave, to choose what delights her no matter what. She is kind to herself. Perhaps your photo includes someone else in it – a parent figure who loves you dearly and reminds you of how fondly they thought of you.



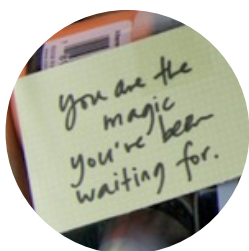
A PHOTO OF YOUR ADULT SELF THAT YOU LOVE

(If you have one) as a reminder of self-love, and compassion. I chose a photo of my boots as a reminder of my own moxie which sometimes gets overshadowed when I get lost in unkind "shoulds."



ANYTHING ELSE THAT CAN HELP REMIND YOU OF WHO YOU WANT TO BE

or a reminder of what you want to invite into your practice. I chose a feather, which for me symbolizes my connection to Spirit and my highest self. I also chose a heart rock as a reminder to be kind and loving to myself.



A PERMISSION SLIP TO YOURSELF

Write it down: "Permission granted to _____" and then place it on your altar. Mine says "You are allowed to shine."



A CANDLE

I use an LED candle for ease.



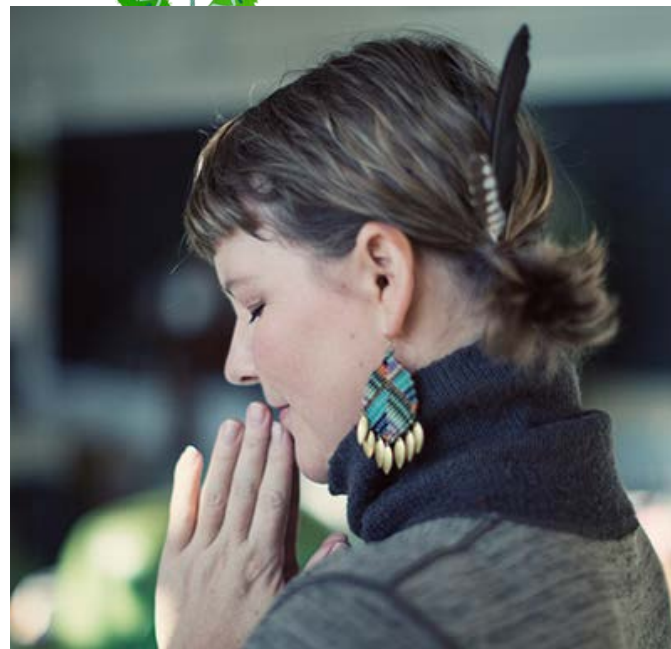
INTENTION

Use the same intention you created during Day 1 of our practice or use an alternate one. No rules, but place your intention on your altar. My joy rock is placed as my intention in my altar.



Once you've created your altar, go to it each morning before getting dressed for a few intentional seconds of pause.

You may choose to light a candle, take a couple of breaths, and say a short blessing or affirmation to yourself. You may choose to call in courage, confidence, self-love, and anything else that you'd like to invite in for the ritual of getting dress.



IF YOU FEEL CALLED, SAY THE FOLLOWING BLESSING OUT LOUD OR TO YOURSELF EACH MORNING:

"May I use this daily routine of getting dressed as a moment of joy and self-compassion. May I speak kindly to myself as if I am the guest of honor in my own life. May I choose to clothe myself only with items that delight my spirit and are a reflection of who I truly am. May I feel the transference of joyful energy in my heart. And may I carry it with me and radiate joy to those I encounter today."





It doesn't need to be fancy.

Keep in mind that your altar doesn't need to be complicated. In fact, it could be a single love note to yourself tucked inside your sock drawer, something you see each and every day as a reminder to yourself.

The idea is to cultivate a new kind of resonance and energy around something we do every day. We want to up-level our consciousness and raise our vibration. We want to consciously invite Joy in.





2. EXCAVATE YOUR PERSONAL JOY STYLE!

Who you admire = A mirror of your joy essence

The people we admire serve an important purpose along the Wear Your Joy path. They are joy messengers for us, inviting us to consider how what we admire about them is a sacred clue toward excavating something in us that wants to be revealed.

Maybe it's the way she carries herself with confidence. Maybe it's her creative outfits. Maybe it's the way she tells a story, handles overwhelm, treats others with kindness, or more. Whatever the case, the things we admire in others are breadcrumbs trails toward cultivating our own joy.





Discover your Sacred Style

Grab your journals and dive into the questions below. Your answers will begin to unearth, reveal or clarify your own sacred style.



1

Who do you admire?

List 1-3 people whose style you admire, people who have wardrobes that you love and adore. These could be people you know or people you don't (the girl at the bakery shop, your Instagram friend, etc)



2

What do admire about them?

Describe specifically what you love about their style. Be as specific as possible. Is it their easy, sexy, comfortable style? Their bold graphic choices? Their mix of neutrals? For me, I admired women who wore ruffles, layers, colorful shoes, and tunics over jeans.



3

Describe their vibe

Beyond their clothing, what about their presence/vibe do you love? Is their vibe/presence bold? Soft? Eclectic? Earthy? Feminine? For me, I was inspired by women who seemed to exude confidence while still wearing playful clothes – women who were feminine, confident and creative.



4

Imagine their permissions

What permissions do you imagine these women are giving themselves when it comes to their wardrobe? Permission to play? Be sexy? Be bold? To experiment with color? To wear short/long hairstyles? Write it all down.



5

How about YOUR permissions?

How can you begin to give yourself the same permissions? Write 1-3 new permissions for yourself and put them on your Wear Your Joy altar. Having trouble? Use the following as permission prompts: "Permission granted to _____" "It's okay to wear _____" "You can absolutely play with _____[layering, mixing colors, wearing teal tights with red shoes, etc]"



6

Claim it + embrace it

What parts of themselves do you imagine these women are claiming and embracing about themselves? Is it their creative sides? Their wise, aging beauty? Their confidence despite their size, age, etc? What are you inspired to begin claiming about yourself? Write it all down.

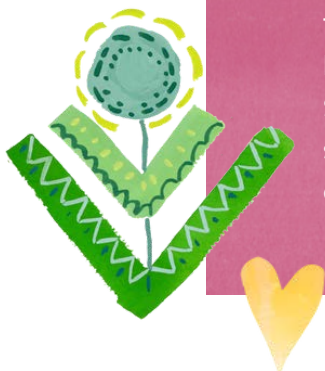


Reflect & Integrate

Take a few moments and consider the following activities. The goal? To engage your heart and begin to integrate all that you're discovering.



- Experiment with bringing what you love about someone else's style into your own clothing choices. It could be as simple as trying on a pair of oversized bangles like the girl in the cafe you recently admired or wearing colorful tights with a pair of boots like your co-worker. The idea here is to experiment, play, and see what delights you, and what doesn't. Have FUN! Remember to engage your kid self and let her take the wheel for a bit.
- Each time you get dressed, consider whether or not what you are choosing to wear is aligned with all that you wrote down in today's journaling exercises. If not, begin to make small adjustments..
- Ask the folks who inspire you where they shop! Love the shoes the woman in the coffee line is wearing? Ask her where she got them! Send an email to that blogger whose style you love, ask your neighbor who seems to wear one adorable outfit after the next. Pretty soon, you'll have some new shopping spots to check out, and chances are they'll have a few things you'll love.
- Smile at yourself in the mirror. For years, I've been consciously smiling at myself every time I catch a glimpse of myself in the mirror. It's a little Jedi mind trick I play on my gremlins. It works because it's hard to be unkind and smile at myself at the same time! Sometimes I take it one step further and say something super loving toward myself like "You are aging AND you are beautiful." Wearing our joy is an an inside job.






3. MAKE CONSCIOUS CLOTHING CHOICES



*Each evening
before you go to bed...*



take some time to consciously choose your outfit for the following day. Include your whole outfit, including accessories, socks, and shoes. Make sure it's an outfit that gives you joy. Don't worry about doing it "right" – just choose your delight.

Next, take your outfit out of the closet and put it in a place of honor. Perhaps you hang it on your bathroom door (or bedroom wall) where it can stand out in all of its sweet little joy-filled glory. Perhaps it's carefully draped over a chair where you'll see it first thing in the morning and get a little joy spark. Either way, put your outfit somewhere uncluttered, in a place of honor.



4. SELF-LOVE SELFIE

*Each Morning
after you've put on your joyful outfit*

TAKE A SELF-LOVE SELFIE.

Not only will this be a powerful practice of embracing where and who you are today with love and kindness, but it's also a way to witness your visual transformation, one day at a time, as you continue to choose joy in your personal Wear Your Joy practice.

When you take your Self-Love Selfie, look at yourself with utmost compassion and joy and quietly say to yourself these words by author Amy B.: "You are imperfect, permanently and inevitably flawed. And you are beautiful."





Thank you!

I hope you enjoyed a few of my favorite tips.

Want to unlock ALL the lessons, inspiring prompts, and more?

JOIN THE MOVEMENT
of more than 3,000 women who
have participated in Wear Your
Joy™ course.

Yes, please!

*Use code IAMREADY
for 15% off, my treat!*

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