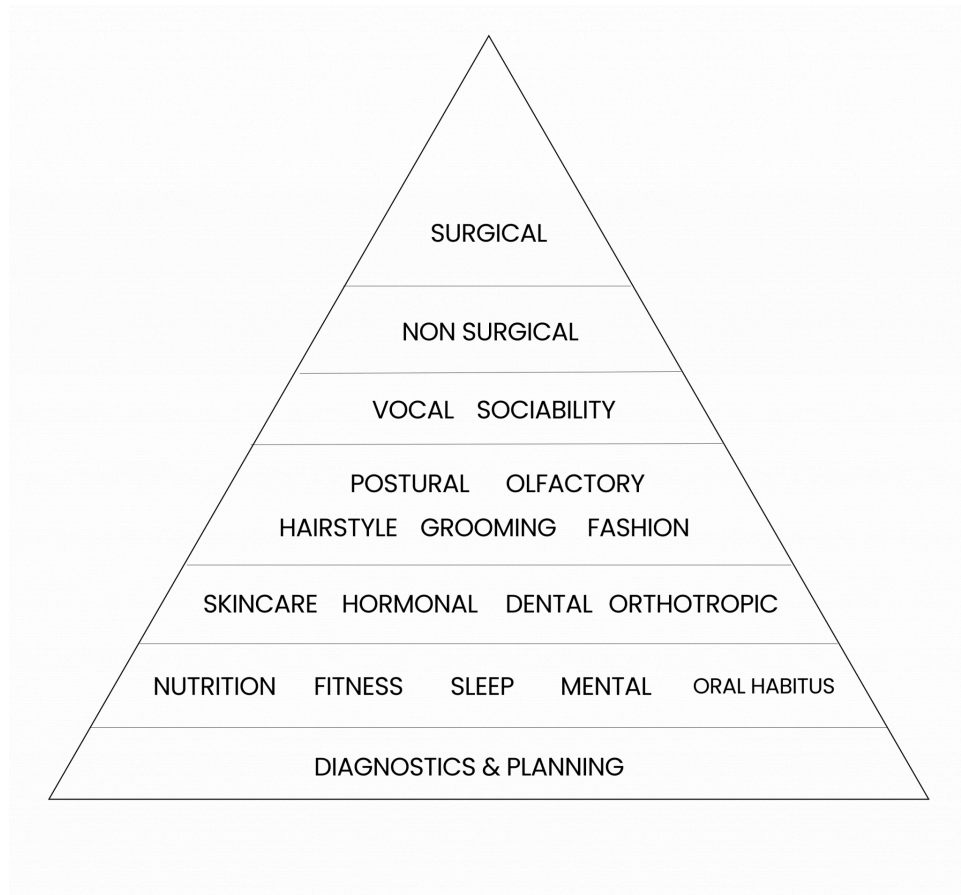


Personalized Soft Maxxing Guide Template



Health

Mental Health

- Increasing self- awareness
 - Recognize patterns, issues, feelings that are problems or bothering you
 - Same fights, concerns in varying relationships
 - Are people in your life telling you the same things?
 - Opening up
 - Seek therapy for your concerns. During your first consultation (should be free) talk about the direction you would like therapy to go in. What you want to work on.

Who am I?

- Describe your personality (OCEAN, MBTI, enneagram, etc) creative, adventurous, and intellectual.
- Goals
- Which schema's do I have? (Trends of behaviour)
 - Splitting: Black or white thinking
 - Abandonment: everyone leaves me, Unlovable, stupid, etc
 - Differentiation
 - High emotional reactivity
 - Tendency to distortion
 - Identity loss
 - Perfectionism
- Relationship trends/dynamics (family, friends, partners)
 - Lose relationships frequently? Avoid them? Jump into them very fast? Cut people off/distance myself?
 - overfunctioner vs underfunctioner
 - fixer/saver
 - Pursuer vs distancer
 - Always initiating meetups/conversation
 - People pleasing
 - Parentfied, codependency, enmeshment ([source](#)) hun
 - Boundary setting: rigid, flexible, non existent (people pleasing)
 - Resentment builds up
 - How to become more [assertive](#)
 - Attachment styles (think of this as having a percentage in each category)
 - Avoidant: avoid relationships, over dependence on self
 - Preoccupied: clingy, fearful of distance
 - Disorganized
 - Secure

- Projective Identification (recreating relationships similar to early childhood trauma)> bc they are comfortable or bc we are trying to correct the past
 - enmeshment
- Trigger's, Insecurities, worries
 - External, internal
- Effects of Shame
 - What things are you ashamed about? What significance do they hold? Where/from whom did you get these ideas about should be ashamed? Try filling out this worksheet (PDF available [here](#) from Brené Brown)
- Disorders
 - Personality disorders (Borderline, narcissistic, avoidant)
 - Self- hatred > Fear > possible distortion or slight indication of what feels like abandonment > hurt/sad> anger > narcissistic hostility (self-centered/ self convinced hostility) > lash out> reflection "I did it again"> shame: I'm unlovable/ no one will ever love me> repeat
 - Mood disorders: major depression, generalized anxiety
- What are my strengths?
 - Identity, self image, sense of purpose
 - Social skills
 - Social network: family, friends, school or work, cultural community, spiritual community, programs/ activities, support group. Bonding time, communication, traditions
 - Conflict management
 - Physical needs: food, shelter
- Good character: responsibilities, optimism, resistance to social pressure, motivation
 - Past accomplishments/ achievements
 - Flexibility, coping skills
- Maladaptive coping mechanisms. How do my schemas, beliefs about myself, affect my behaviour? Coping/defense mechanisms
 - Three ways to deal with schema's: **surrender, avoid, overcompensate.**
 - Example [Love Is Blind S3 #21 - \(Nancy's Family Invasion\) - Therapist Reacts](#). Schema: For Nancy, "everyone will always discount my feelings and ignore me", "I am invisible", "my feelings don't matter"
 - **Surrender:** believe it. It can feel better to invite the problem in your life to get ahead/ be in control of how you get harmed > will engage in relationships where people (ex narcissist) invisibilize you.
 - **Avoidance:** avoid relationships, avoid being in the position of your schema > by preventing feeling invisibilized she is treated as invisible
 - **Overcompensate:** invisibilize others, deny others feelings, push your feelings onto others, bulldoze, narcissistic > push others away causing the mug to to treat you as invisible

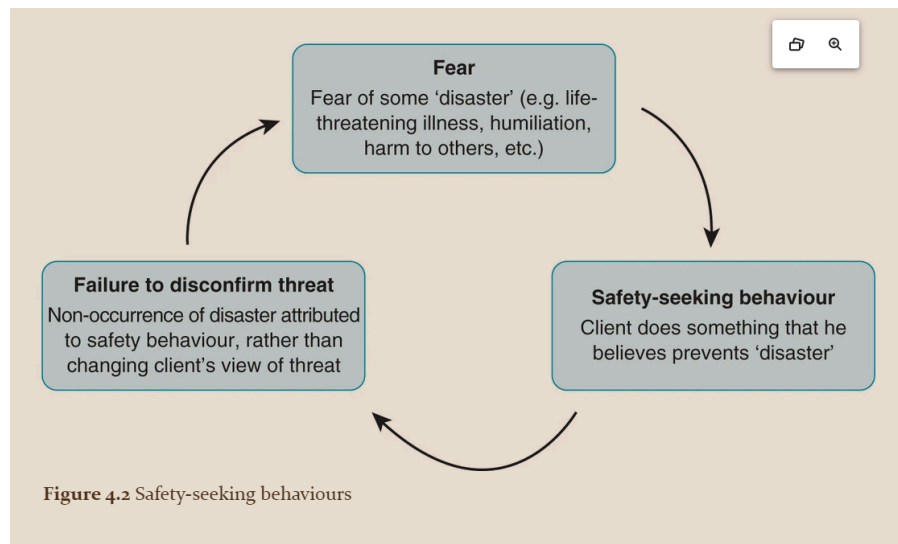
- **¹Dr. Young's 18 Schema's:**

- **Abandonment:** unpredictability and instability of close relationships. Chronic anxiety about losing their loved ones. Exhibit strong negative reaction to actual or perceived loss. To prevent any possible rejection individuals tend to act clingy, needy, jealous, and controlling in relationships. Conversely they may avoid relationships in general (to avoid abandonment). Often seen in BPD, comorbid with Subjugation schema, Dependence / Incompetence schema, or Defectiveness schema
- **Mistrust / Abuse:** persistent belief that one will be, in some way, mistreated by others. They are hypervigilant to abuse and believe that others will hurt them, intentionally or unintentionally – due to selfishness or carelessness.
- **Emotional Deprivation:** tendency to ignore their emotional needs. They also believe that these are not important, or that strong and independent people do not have such needs. They typically exhibit psychological symptoms – such as depression, sadness, and loneliness – and even physical symptoms.
- **Defectiveness / Shame:** The defectiveness schema correlates with the perception that something is seriously wrong with or defective about the self (personality, physical appearance, or social behavior). People with this schema feel deep shame about their perceived flaws. Furthermore, they typically feel unworthy of love and respect and exhibit strong fear that their defects could be exposed. Such individuals are also self-conscious, lack self-esteem, and feel ashamed of who they are and how they are. They feel insecure and often compare themselves to other people.
- **Social Isolation:** feel like they don't belong anywhere. They feel different.
- **Dependence / Incompetence:** the belief that one is not able to form adequate judgments, make decisions and handle everyday situations on their own. Individuals with this schema feel like they need to consult with others before they act. Even more, they need someone to assist them and tell them what to do.
- **Vulnerability to Harm or Illness:** constant fear that something awful will happen to them at any moment. This schema is also associated with the perception that one is unable to protect oneself from anticipated disasters.
- **Enmeshment / Undeveloped Self:** develops when children grow up “merged with” their parents: the parents are way too close (emotionally) to the child and way too involved in everything the child does. People who have this schema don't have a strong and stable sense of who they are. They typically think a lot about, talk about, and depend on the “enmeshed figure” and feel guilty when they don't do so.
- **Failure:** feel like they are failing in life (academic, professional). For instance, that they are not as smart, efficient, skilled, or talented as the people around them. So as a form of self-fulfilling prophecy, they often engage in self-sabotaging behaviors.

¹ The Ultimate Guide to Early Maladaptive Schemas [Full List]:
<https://www.attachmentproject.com/blog/early-maladaptive-schemas/>

- **Entitlement / Grandiosity:** feel superior to others. And so they tend to focus on their strengths and minimize their flaws. Moreover, they also perceive themselves as special and disregard the fact that they – like everyone else – have limitations and weaknesses.
- **Insufficient Self-Control / Self-Discipline:** impaired emotional tolerance and self-discipline. People who have this schema come across as impulsive, unreliable, and disorganized.
- **Subjugation:** the belief that one's emotions, needs, preferences, and opinions are not important. What's more, if emotions are not suppressed, they will cause rejection or punishment.
- **Self-Sacrifice:** associated with giving up one's own needs and focusing on the needs of others. Differs from subjugation bc people who have the self-sacrifice schema choose to put others and their needs first, because they believe this is the right thing to do.
- **Approval-Seeking / Recognition-Seeking:** self-worth is based on the opinions, reactions, and approval of others. These adults believe that, if others look up to them, they will fit in and be valued. Place a huge emphasis on how they and their lives look on the outside. To illustrate, they focus on money, success, status, appearance and possessions.
- **Negativity / Pessimism:** tendency to look on the negative side of life. Specifically, they focus on the pain, suffering, failure, and adversity of life and downplay its positive aspects. They live in chronic anxiety and worry, because they expect that things will go badly.
- **Emotional Inhibition:** a lot of value on self-control. Thus, these adults don't usually act naturally, spontaneously or playfully. The overall belief is that demonstrating, talking about, or acting upon one's emotions is a bad thing.
- **Unrelenting Standards / Hypercriticalness:** strive to meet extreme and rigid standards and rules. Associated with perfectionism, (obsessive) attention to details, and highly critical towards others and oneself. Adults who have this schema might pursue perfection in various and multiple areas of their lives such as academic achievements, professional performance, moral views, etc. Tend to be preoccupied with productivity and efficiency and find it difficult to slow down. As a result of chasing perfection, they often end up feeling exhausted, irritated, or anxious.
- **Punitiveness:** the rigid belief that mistakes should be punished rather than forgiven. Adults who have this schema are often intolerant and unforgiving towards others as well as towards themselves.

Understanding Maintenance of Disorder



- Automatic negative thinking.
- Rumination/self-attack.
- Withdrawal/avoidance.
- Unhelpful behaviour(s).
- Mood/emotion.
- Motivation/physical symptoms.

Cognitive Distortions²

Dichotomous thinking	Viewing things in 'all or nothing' terms without appreciating the spectrum of possibilities between the two extremes. Things are 'good or bad', 'successes or failures'. Typically, the negative category is more readily endorsed. Examples: <i>Nothing is ever going to go right for me. I can trust no one. I am a total failure.</i>
Unrealistic expectations/high standards	Using exaggerated performance criteria for self and/or others. Using 'shoulds', 'oughts' and 'musts'. Examples: <i>Unless it's the best, it doesn't count. I should get full marks. Mistakes are unacceptable. I must please everyone.</i>
Catastrophisation	Predicting the very worst, sometimes from a benign starting point. This may happen very rapidly so that it seems that the client has immediately leapt to the most awful conclusion. Examples: <i>I made a mistake. My boss will be furious. My contract won't be renewed. I will lose my job. I will lose my home. My wife will leave me. I will be poor and lonely.</i>
Selective attention	
Over-generalisation	Seeing a single negative event as an indication that everything is negative. Examples: <i>I have failed an interview – I'll never get a job. This relationship is going badly – I'll never find a partner. She let me down – I can trust no one.</i>
Mental filter	Picking out and dwelling on a single negative feature without reference to other, more benign events. Focusing on the one thing that went badly in an otherwise successful day. Forgetting achievements and compliments but dwelling on a single criticism. Example: <i>One of my exam marks is low – this is terrible – I'm really no good at anything.</i>
Disqualifying the positive	Rejecting, downgrading or dismissing as unimportant any positive event. Examples: <i>He is only saying that to be nice. She is probably trying to get something out of me. This was a small achievement – others do better.</i>
Magnification and minimisation	Exaggerating the importance of negative events and underestimating the importance of positive events. Examples: <i>What a mess up I made of that deal. Yes, I got the terms that my boss wanted but I didn't handle it well.</i>
Relying on intuition	
Jumping to conclusions	Making interpretations in the absence of facts to support them. Examples of jumping to conclusions divide into two categories: (i) Mind-reading: <i>I just know that they were all laughing at me behind their friendly faces.</i> (ii) Fortune-telling: <i>When I meet him, he will dislike me.</i>
Emotional reasoning	Assuming that feelings reflect fact. Examples: <i>I feel as though I can't cope, so I'll have a couple of drinks first. I feel awful when I get angry, so it must be bad to get angry. I feel unattractive so I must be.</i>
Self-reproach	
Taking things personally	Assuming responsibility if something (perceived as) bad happens. Examples: <i>The dinner party did not go well; it was my fault for being tense and causing others to feel uncomfortable. Two students left my lecture early; I must have been boring.</i>
Self-blame or self-criticism	Seeing oneself as the cause of a bad event or criticising oneself without cause. Examples: <i>I feel ill; I must have brought it on myself. I can't catch up with my work; I must be stupid and lazy.</i>
Name-calling	Attaching harsh and demeaning names to oneself. Examples: <i>Idiot! I am so stupid. What a fool I am.</i>

- Undoing and Happily-Ever-After Thinking

² <https://positivepsychology.com/cognitive-distortions/#common-cognitive-distortions>

- Hindsight Bias
- Situational neglect
- Just world Thinking

Identifying Cognitive Themes

- identify unhelpful cognitions
 - identify cognitive biases
 - stand back from them and view them as unhelpful but understandable thoughts
 - Example: The student in the earlier example, who believed 'I am useless', had attended a very demanding school where the pupils had been encouraged to excel in all subjects. Holding high standards at that time both helped her to cope with the culture of the school and, because she was academically able, to achieve and gain a great deal of reinforcement for doing so. Later, at a different time in her life, these same high standards proved stress-provoking and often unattainable, thus promoting the belief 'I am useless'.
 - question their utility and validity
 - consider the worst outcome, and develop solutions for this.
1. What would it mean for you to accept that the trauma happened?
 2. Would accepting the trauma mean letting someone - either yourself or another person - "off the hook" for something wrong or painful?
 3. Would accepting the trauma mean saying that something wrong or painful was actually ok?
 4. Would accepting the trauma mean that what actually happened was not such a big deal, should not have led to so much suffering, or that you should have "gotten over it" sooner?

Big Picture Worksheet

1. The thought that is causing me distress is...
2. What are alternative thoughts you might have about that event instead? Write down everything you can think of!
3. Out of all the thoughts you've now had about the event, what feels the "most realistic" to you? Or is it more than one thought?
4. New Feelings: How would things change for you if you believed that new thought/new thoughts? How much (percentage) would you estimate the intensity of this change? (For example, 100% means it would change everything for you if you thought this way about the event.)
5. New Ways of Acting: How would believing this new thought change the way you act?

SMART goals

S – Specific: They're clearly described in detail.

- (What exactly will you do? With whom? Where?)

M – Measurable: They're easy to measure so that you can track your progress.

- (How often? How long? How will I know when it is accomplished?)

A – Achievable: They're reasonable, reachable and practical.

- (Is this realistic? Is this possible? How can I accomplish this goal?)
- (What tools and support systems will I need to use to work on this goal?)

R – Relevant: They're useful and help to overcome the problem.

- (Will this help me reach my larger goal?)
- (Why does this goal matter to me?)
- (How will this goal help me level up?)
- (How will this goal get me closer to my dream life?)

T – Timely and Time-based: They're clearly defined with a timeline for completion.

Worry Diary

1. What is the situation?
2. What worries you? Ask yourself the following questions about your worry:
 - Is it specific?
 - Is this about the here and now?
 - Could it really happen?
 - Is it reasonable for me to have this worry?
 - Is this problem potentially solvable?
 - Is this a problem I can potentially solve here and now?
 - Is this a problem I can potentially solve soon?
 - Is there anything that I can do about it here and now?
 - Is this a question that has an answer?
 - Will thinking about this lead to active problem solving?
3. Is your worry a type 1 (real and potentially solvable problem) or type 2 (vague unsolvable) worry?

Thought Record

1. Which situation led to a change in mood? Write down the situation, what were you doing, what was going on just beforehand, what were you thinking and feeling, when was this, who were you with and what was happening?
2. What feelings did you experience?
3. How would you rate your strongest feeling, from 1 to 100?
4. What was your next strongest feeling, rated from 1 to 100?

5. What were you thinking when your mood changed?
6. What was your hot thought?
7. Can you identify any cognitive distortions in your thought patterns? Which ones?

Situation	Feelings	Thoughts	Why did I draw X conclusion?	Utility/ Validity of Concl	New Conclusion	Action
Team meeting	Scared, panicked	Thought: everyone is staring at me, they know I shouldn't/don't deserve to be here Rating of feeling - discomfort: 10/10	Spotlight effect Social anxiety Catastrophizing Focusing on negative Emotional reasoning: bc I'm panicking they must be judging me	Very kind co-workers No proof of judgement You're new to this position History of shyness Could work on social skills	They are not judging me	Deep breaths Stop panicking and listen more Remind yourself that there is no proof/ they are kind

Relaxation

- Box breathing
- Progressive muscle relaxation
- Mindful breathing
- Body Scan
- Meditation (Jason Stephenson Yt)

Behavioural Activation

Challenging yourself to experiment with different behaviours when you least feel like doing them

- 1) Do more of the things that give you pleasure
- 2) Mastery activities: Activities can give you a sense of achievement. Check off stuff on your to-do list
- 3) Exercise: A natural antidepressant

THE WORKSHEETS ABOVE ARE SOURCED FROM [MINDBEACON](#) **

Free digital therapy

Journal Prompts

- What triggered a stress response (tense, anxious) for me today?

- What were my thoughts?
- What relationships bring me happiness in my life right now?
-

Therapies

- Cognitive behavioural therapy
- Dialectical behavioural therapy: skills to gain emotional awareness and regulate them. Acceptance of emotions and self.
- Schema Therapy
- Psychodynamic therapy: Personal transformation through understanding the roots of unconscious processes & behaviors that may negatively impact your life.
- Hypnotherapy: Healing psychosomatic symptoms through the use of hypnosis or other natural trance states.
- Exposure and response prevention therapy (ERP): treats OCD, obsessive compulsive disorder.

Psychoeducation Resources

- [Psychology In Seattle](#). Dr. Kirk Honda.
 - Watch his reviews on shows such as 90 Day Fiance, Love is Blind, and his deep dives. Gives you an idea of common relationship (romantic, familial, friendship) dynamics and issues. Also gets you to understand personality disorders, attachment styles, trauma, reactivity, mood disorders, etc. You can email him questions, he makes monthly comment videos (responds to Youtube comments).
- The Cognitive Corner. Simone Saunders (Trauma Therapist). | [Insta](#) | [Tiktok](#)
 - Canadian. Really helpful for boundary setting, avoidant attachment, hyper independence. She has a [boundary workshop](#) as well.
- Theholisticpsychologist. Dr. Nicole LePera | [Tiktok](#) |
 - Really good at giving scenarios of child trauma and how that affects you as an adult.
- PatrickTeahanTherapy | Youtube| Insta | [Tiktok](#)
 - Childhood trauma, CPTSD, family trauma systems
- Dr. Judith Joseph MD MBA | [Insta](#) | [Tiktok](#)
- [Brené Brown, PhD, MSW](#)
 - A shame and vulnerability researcher and author of many books about breaking down shame and connecting to others. Helps you to understand what you might subconsciously be afraid/ashamed of and how to rebuild the way you think about yourself and connect with others. Her most popular book is [Daring Greatly](#), but there is also a woman/female-identifying-specific book, [I Thought It Was Just Me But It Isn't](#). She also has several good TED talks, etc.
- Minaa_b, LMSW: boundaries, people pleasing, etc

Biweekly Mental Health Maintenance/Accountability/Check In

Ideal	Reality	Action Setting	Relapse Management = Grace (It's Not that Deep)
Sleep Hygiene (7 to 8hrs)	hypersomnia, sleeping after work + 10h		'How can I make sense of this?' 'What have I learnt from it?' 'With hindsight, what would I do differently?'
Balanced Diet	eating out more when with friends More sweets (candy, desserts)	Stop or find healthier options	
Physical Activity <ul style="list-style-type: none"> Strength training: 3-4x/wk Cardio: 30m/day 			
Health	Super tired, drained, low energy, motivation <ul style="list-style-type: none"> Catch a bad cold each month, low immunity 	Blood check > low vit D and B12 Take prescribed supplements	
Mental Health Reflection: Theme/ Common Patterns <ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Mood: why have I been feeling low/ happy? Schema's: Subjugation, self-sacrifice, Emotional Deprivation Cognitive Distortions: Attachment: avoidant Disorders: Persistent depressive disorder, Major Depressive Disorder, Premenstrual 	Activity Scheduling: More fun activities, relaxation, meditation, exercise, less sleep, supplements, Start making detailed plans/schedule instead of vague plans Action, day, time Therapy Sessions: incrs to 2x a month Simplify steps Negative people/ media use?	

	<p>Dysphoric Disorder</p> <p>Procrastination: feel like I'm always running low on time</p>		
<p>Self-care</p> <ol style="list-style-type: none"> 1. Relaxation 2. Reflection 3. Fun 4. Organize, schedule, goal setting 5. Checking off to do list 	<p>Need more me time</p> <p>Hair routine: curl hair</p> <p>Daily makeup routine: simplify (brows, color correct, blush, lip balm)</p> <p>Perfume</p> <p>Morning GRWM Routine</p> <p>Fun activities: google To Try List (restaurants, activities [cooking class, pottery, painting, etc], hikes, parks/beaches)</p> <p>Vacation: mental health days, weekend trips, staycation, longer trips</p> <p>Concerts</p> <p>Shop for fun</p> <p>Hobbies: wardrobe building, list/template making</p>		
Socialization		<p>Boundaries setting</p> <p>Cycle of resentment</p>	
Financial	<p>Overspending on things I don't really care about</p>	<p>Shift fun money to activities, clothes, beauty</p>	
<p>Follow Your Own Advice</p> <ul style="list-style-type: none"> • Sticking to Plans/ 			

Routines: Morning GRWM Routine, Hair Care			
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Legend: slacking, ok, good

Physical Health

- Aches, pains, concerns that you have gotten used to?
 - Go to family doctor, specialist
 - [Blood test](#)
 - Hormonal imbalances
 - Depression/Fatigue (clinical and subclinical levels)
 - Low vitamin D
 - Low iron anemia
 - Type II diabetes
 - TSH levels, hypothyroidism
 - B12 deficiency
 - Shared symptoms: Fatigue, brain fog, Bone pain, Muscle weakness, muscle aches
 - Get a 2nd opinion
 - Registered massage therapy

Supplements

Take them if you're nutrient deficient (blood test) or have a poor diet. There is little research on their efficacy. May improve mood/memory but it is not a miracle drug. It cannot replace a well balanced diet. Neon pee is a sign that your body is disposing of excess vitamins.

- Prescription vitamin D
- Vitamin B12
- Multivitamin

Daily Habits

- Eat balanced meals
- Drink about 15.5 cups (3.7 liters) of fluids a day for men. About 11.5 cups (2.7 liters) of fluids a day for women.
- 7-8 hours of sleep
- Make social connection: talk with a friend, plan an outing, join a club
- Physical activity: go for a walk outside/ a mall (winter), strength training

Weight Loss

- Moderate calorie deficit (200-400)/day
 - [Hunger crushing Combo \(HCC\)](#): high protein (20-30g/meal, 10-15g/snack, 100g/day), source of fiber (10-35g/day), fat (keeps you full)
 - Think about adding sources of protein, fibre, fat instead of subtracting
 - High deficit can result in metabolic damage, cause you to overeat/binge
 - Sources for dieting tips and HCC/ low cal meals
 - [@abbeyskitchen](#), [@sorority.nutritionist](#), [@nutritionbykylie](#)

- Abby Sharp (RD): HCC method. Good for those with a history of eating disorders. Keep in mind that she comes from an intuitive eating perspective - this may not be helpful to you. Instead take some of her pieces of advice to incorporate for healthy weight loss
- [gainsbyapat](#) - Patrick Wilson: [\\$39 USD monthly program](#). Gives out monthly workouts (3,4,5 day splits for home or gym), monthly new recipes, weekly check ins with coaches.
- [Cooklikeimbook](#) (Calvin Kang): great cookbooks
- [@aussiefitness](#) [@chicago.dietitian](#), [@mulligainz_fitness](#) [@bestbodyafrica](#)
- Tips
 - Drinks: less soda, limit high cal alcoholic drinks
- [Weight Loss Tracker](#)
- Study your eating habits
 - What do you typically eat each week? When you're in a rush?
 - What food spots are near your work/school/home? What do you usually get at your favourite restaurants?
 - What swaps can you do to make them lower cal? (less sauces, sauce on side, only drink water/lower cal drink/zero sugar drink, smaller sides or main + vegetables, etc)
 - Can these dishes be made lower calorie at home?
 - Do I eat full meals or do I eat a lot of snacks? Sweet or savory?
 - How can you boost protein in your meals (add scoop of protein powder, high protein bread, protein drinks/snacks, etc)
- Exercise: 3-4x a week
 - Muscle training (3+/wk)
 - [Increases](#) BMR (how many calories you burn a day) so you can EAT MORE and still lose weight!
 - Daily steps 6k to 10k
 - Cardio
 - 30 mins/day
 - Increase daily steps
 - Highest calorie burning exercises: skipping, 12/3/30 (work up to this, or interval running), choose favourite activities
- Weigh Ins
 - [While](#) it sounds counterintuitive - weighing in daily can actually help you normalize weight fluctuations and put less emphasis on the scale 🔥 That way you also can see when you dip into lower numbers and can track that lowest weight of the week to see the trend over weeks 🎉
- Weight Loss myths
 - you CAN'T spot reduce fat ❌ (doing exercises to target fat in certain areas of your body) the same way you don't get to choose where & when fat comes off your body is the same way you don't get to chose when & where it comes OFF your body.. you just need to be in a deficit & have patience!

- Carbs & no food in particular directly makes you FAT **✗** eating too many calories from ANYTHING causes weight gain (unless you have a health condition)
- You DON'T have to starve yourself to lose weight **✗** Focus on HIGH VOLUME & LOW CALORIE meals/foods which allow you to eat physically MORE FOOD for LESS CALORIES helping YOU keep full while staying in a deficit!

Weight Gain

- Increase caloric intake (200-500 cal)/day for 0.5-1lb gain/wk
- Eat low water and fibre content food. Eat foods higher in fats and protein.
- Drink your calories
- Add more dips, sauces, add cheese to dishes

Face

Face Shape	Facial Proportions
<ul style="list-style-type: none"> ● Round face shape ● Oval ● Oblong: long upper face, midface, lower face ● Wide face: upper face (heart), lower face (pear) ● Square ● Heart ● Pear 	<ul style="list-style-type: none"> ● Long face <ul style="list-style-type: none"> ○ Upper: long forehead ○ Midface ○ Lower: long chin ● Width <ul style="list-style-type: none"> ○ Wide forehead ○ Wide jaw ● Eye spacing <ul style="list-style-type: none"> ○ Close set ○ Wide set

Facial Analysis

- [QOVES](#)
- [Ellie-Jean Royden | Body & Style](#)

Eyes

- Hooded
- Downturn
- Monolids
- Contacts, lasik eye surgery

Skincare

- Oily
 - BHA, niacinamide, AHA, **tretinoin**, moisturizer, sunscreen, double cleanse
- Dry
 - [Weleda Body Butter](#) (if you have extremely dry skin, can get a little slick in warmer months)
 - Aveeno
- Acne Prone
 - Sebaceous filaments
 - Comedonal acne (Texture)
 - Combo: BHA + AHA, tretinoin
 - Hormonal acne
 - Isotretinoin
- Hyperpigmentation
 - Alpha arbutin ([this one from The Ordinary](#) is amazing, just start slowly and maybe refrigerate it)
 - *Ascorbic Acid 8% + Alpha Arbutin 2% | The Ordinary*
 - Chemical peels (from a professional)
 - Prescription strength: Hydroquinone
- Lip care
 - [Lanolips](#) is incredible and worth the cost, lasts a really long time
 - Lip mask at night during fall/winter
 - Lip oil instead of balm
- Exfoliation
 - [Dove Exfoliating Body Polish](#)
 - Exfoliating washcloth
- Some products:
 - Silk pillowcase, humidifier

Learn More about Skincare (Resources)

- https://youtube.com/playlist?list=PLSh8cuZAY2XYsR_c9zuldnxzLXiVNVRzM

Makeup

Wishlist

- Cream bronzer
 - Rare Beauty Shades: Full Of Life (deep bronze with golden undertones) OR True Warmth (deep amber with red undertones)
 - NARS cream bronzer medium deep
- Highlighter
 - Rare Beauty - Positive Light Liquid Luminizer Highlight

- Brow pencil
 - Benefit Cosmetics Precisely - Shade 5
- mini powder + blotting paper (sephora)

Current Supplies

- Base
 - Foundation:
 - Concealer
 - Bronzer
 - Contour
 - Blush: Rare Beauty Soft Pinch Liquid Blush: Love, Grateful
- Eyes
 - Eye Primer
 - Eyeshadow (neutral, bronze, etc): 9T neutral territory morphe
 - Eyeliner
 - Pencil
 - Pencil sharpener
 - Liquid liner: black, brown
 - Eyelashes & Lash Glue
 - Eyebrow pencil
- Lippies
 - Lip Liner
 - Lipstick
 - Lip gloss
- Setting
- Primer/ Setting Spray
 - Morphe Continuous Setting spray
 - Powder
 - Sephora Blotting paper
- Tools
 - Blotting Sponge
 - Eye Brushes: depositing, blending brushes
 - Base Brushes: concealer, foundation, blush, beauty blender

My Shades

Foundation	Concealer	Contour	Bronzer	Blush

Tips

- A super natural blush. One that is mostly brown and pink tones for pale people and then more plum tones for people with darker skin. Medium skin is usually good with coral.

Daily Routine

- Base: colour correct dark spots, blush
- Eyes: brows, conceal under eyes, conceal lids, one eyeshadow base colour (brown/orange/red or pink), eyeliner (black or dark brown)
- Lips: line lips + lipstick/lipgloss
- Steps: brows, conceal under eyes, conceal lids, powder concealed areas, eyeshadow, eyeliner, lashes, foundation, blush, lips, set

Glam Routine

-

Dental

Gum Surgeon Dental [recommendations](#)

- AVOID:
 - Gimmicky products: spin brushes, charcoal products
 - Products with alcohol, whitening toothpaste (makes gums sensitive - if you like them cycle use with another toothpaste)
 - [Medium/hard](#) toothbrushes, [brushing hard](#)
- DO's:
 - Sensitive teeth: Sensodyne, Pronamel
 - electronic brush or soft manual brushes
 - Teeth whitening: low or no alcohol containing toothpaste and mouthwash
 - Drink staining beverages with a straw when possible

Products

- [TheraBreath Mouthwash](#): using it twice a day, GENUINELY prevents morning breath
- WaterFlosser or other waterpik for deep teeth cleaning
- Crest 3D strips
- Peroxide


Haircare

- Every 3 days: heatless curls, oil hair
- microfibre towel, hair oil, satin scrunchie
- Supplements: biotin,
- LOC: leave in, oil, cream
- Deep condition

Thinning Hair

- Minoxidil: increase fullness of hair
- Rogaine: prevent loss of hair
- Weekly Micro Derma rolling - derma pen

Hairstyles

- Guide for which hairstyles suit your face shape
 - [dear peachie](#) - [Hairstyle Playlist](#)
 - High Cranial top [Hairstyle](#)  - [YouTube](#)
 - Low cranial top
 - [Petite Dressing](#)
 - [Hair Up or Down](#)
 - [Bangs](#)
 - [Long Hair vs Short Hair](#)
- Bangs
 - Round face shape: stay away from bangs that shorten the face. Go for side fringes, side parted long curtain bang
 - Oblong + Oval (Long) face shape
 - Due to lower half of face: Chubby round face, short square face, pear shaped
 - bangs would emphasize the length. Instead side bangs/face framing/ would be better
 - Due to upper half of face: wide or high hairline
 - bangs can help to reduce length
 - Long midface
 - Wispy and birkin bangs that are longer than brows - shortens midface and lengthens upper portion.
 - Avoid thick heavy bangs (more mature looking)
 - Wider Faces (Forehead/Jaw)
 - Square (Jaw)
 - Find bangs that do not shorten the face, show forehead
 - Heart Shaped face (Forehead)
 - Most bangs look good, make sure they are long enough (side swept), reduces width
 - Pear shape face
 - Find bags that do not widen the bottom of the face. Show forehead
 - Wide set eyes
 - Wispy bangs in the middle of forehead reduce their width
 -
 - No bangs
 - Close set facial features. Use hair to cover sides of the face to make the face look smaller.
 - S shaped bangs
 - Suited for small chin, rounded jaw line
 - Parting

- Uneven face
 - Part hair on the side opposite to longer/bigger feature
 - Put hair behind your ear on smaller side
 - S shape bangs
- Hair Up or Down
 - UP:
 - bottom heavy face (pear)/ fleshy
 - high cheekbones + big eyes
 - Narrow shoulders: more balance
 - If you are petite as it makes you look taller, longer neckline
 - If you have thicker hair for ponytail
 - Down:
 - high cheekbones + round/square face
 - Makes your head look slimmer, slims broad shoulders, long neck- shortens when hair is down
 - Thinner hair
- Long vs Short Hair
 - Round face: use vertical lines to lengthen/ slim the face. Be careful w/ hairlines that are shorter than the jawline
 - Heart shape: long or short + a fringe (make sure it's not too short)
 - Square: add volume w/ short hair. Long + bangs. If you like short hair go abit longer (long bob)
 - Oblong
 - Long forehead: pixie cut + fringe
 - Long lower face: long + straight + parted in middle = longer face. Instead choose longer hair that creates volume on sides of face
 - Oval: most hairstyles look good. Tends to lean towards oblong or round.
 - Middle part changes face to oblong
 - Short hair + thick bands- makes it look fuller and rounder
 - Need to create volume w/ longer hair
 - Diamond face:
 - emphasize cheekbones w/ pixie hairstyle.
 - Long hair: make sure it's not too sleek
 - Measure face: hold ruler under ear vertically, measure distance bw pencil and ruler
 - Less than 2.25' = short hair looks good
 - Over 2.525' = long hair looks good
 - Ear length hair
 - If you have a slim jaw, oval face
 - Not for heart shaped
 - Chin/Shoulder length
 - angular/ wide jaw lines, heart shaped
 - Flat cranium + high hairline: keep hair long and fluffy

Body

Manicure

- Nails done every 2 weeks
- Pedicure 1x month
- Dip powder nails: looks like gel, doesn't chip, and strengthens nails to grow them out w/o acrylics
- Builder gel; strengthens nail so it doesn't break as easy
- Poly gel to fix cracks, broken nails
- Gel polish: no cracks, peeling

Perfume

- Get samples of nice perfumes until you can afford one you really like!
- Essential oils smell really beautiful and are natural

Grooming

- Laser/Electrolysis
 - Underarms
 - Bikini
 - Legs
- [Epilator](#) for legs and arms: a little painful at first but less messy than waxing and doesn't show as quickly as shaving does
- Brows
- Lashes

Posture

- Side sleeping pillow

Build a Wardrobe

- Learn about your body proportions
 - Favourite necklines, fit (slim, regular, oversized), waist rise (low, high), length (mini, knee, midi, maxi), style (straight, wide, flared, tapered)
- Colour season: best colours, jewellery
- Style priorities
 - Make a mood board, inspo board
 - What pieces do you need to create these outfits? What do you currently have in your wardrobe that's similar?
 - Does your wardrobe reflect how you spend your time?
 - Workwear (32hrs), loungewear, outings/events, gymwear (8hrs) etc.

- Quality of Clothing
- Getting clothes
 - Take lots of pictures. What do you like? What don't you like?
 - Return items that don't feel right to you
 - Thrift items

Choose Your Style Priorities

Choose up to 4

- Natural/casual
- Classics
 - Modern/chic
 - Minimalist
- Elegant
 - Dresses, knee length midi/maxi skirts, low heel pumps, flats, modest
- Business Casual
- Korean Fashion
 - Basics, office basic, french girl basic
 - Romantic/lovely: lovely lovely
 - Preppy: monochrome/grunge
 - Sexy glam: jogger hip, monochrome sexy
 - Vintage/unique
- Modest
- Romantic
 - Dresses, loose (puff) sleeve, flowy skirts, floral prints, light colours,
- Preppy
- Sexy
 - Fitted clothing, bold colours (red), bodycon dresses, midi skirts, wrap top
- Glam
 - Statement pieces
- Boho
- Streetwear
- Edgy
- Grunge
- Gothic

What Pieces Do I Need to Buy Based on My Style Priorities

	Sporty	Natural	Professional	Grunge/ACUBI	To Buy
Bottoms	Cargo pants, parachute pants, sweatpants, biker shorts, leggings	Wide leg	Slim fitting pants, boots	Cargo pants, parachute pants, sweatpants Mini skirts, pleated skirts	Cargo pants: black
Vibe	Comfortable	simple	elegant	Grunge	

Tops	boxy tops, Graphic tees, Sweatshirts	V necks, asymmetry, off shoulder,	Suits, collared shirts, button downs, sweater vest	Graphic tees	Graphic tees
Footwear	Sneakers, slides, combat boots		Pumps,	Combat boots, platform	
Outerwear		blazers	Long coats, blazers		
Accessories	Statement jewelry, shades		Large bags, tote bags, minimal jewellery	Knee high socks	
Fit		Relaxed fit			
Colour			neutrals	Dark, black, navy, grey, white	
Patterns			Solid colours, striped	Leathers, chains, plaid, lace, fishnet, lace, mesh, stripes, distressed, animal print, denim	

Style Essence

-

Style Inspo

Style	Inspo Resources		Body Type/ Measurements	Notes
Classic, timeless, elegant, chic, casual, somewhat masculine	Lydia Tomlinson: Youtube Insta Tiktok		5' 6" UK 8	Highly recommend you watch her outfit styling, and Do's and Don'ts videos. Really helpful

				for building outfits.
Trendy, casual, workwear, preppy/school girl	Kerina Wang: Youtube Insta		5'7" or 170cm 36"-24"-36" 6" US XS	
Casual, chic	MEAGAN WELLS: Insta		5'1" UK 14 Mid size	
Korean casual outfits	Elaine Alethea: Insta		Petite	
French retro style	Dmer.studio: Insta			
casual	Annalise: Insta		Midsize Size 10	

Fabrics, Materials, Composition

- [@wangjenniferr](#), [@andreasheong](#)
- Wool, especially cashmere.
- Tweed.
- Leather, suede.
- Silk is luxurious, but is pricey and can cling to the body and expose things like a belly, fat rolls, or underwear lines. Satin is a cheaper alternative.
- Chiffon.
- Linen is a great material for summer, but it's very wrinkle-prone.
- Cotton and hemp.
- Cheap lace will look bad. Skip. Polyester, viscose- can work but most of the time it doesn't.
- tailoring

Clothing Maintenance

- Winter Boots
 - Weekly wipe down
 - Monthly refresh: baking soda, waterproof treatment
 - Every 3 months deep clean, check for scuffs
- Remove dirt and stains

- Remove the shoelaces.
- Shake off any dry dirt.
- Use a damp cloth and mild soap to wipe away dirt.
- For tougher stains, use a footwear brush.
- Rinse the cloth and use it to clean the soles.
- Apply a waterproofing spray
- Clean the boots first.
- Spray the boots with a waterproofing treatment while they are still damp.
- Condition the leather
- Apply a leather conditioner, boot oil, sealant, or wax.
- Follow the directions on the packaging.
- Let the leather sit for about 15 minutes.
-

Colour Theory

- Hue: primary colours- red/ yellow/ blue
 - Neutrals: black, white, navy, grey, brown, green (khaki)
- Secondary: colors mixed from primary colours. Orange, green, purple
- Brightness: add black (**shade**), add white (**tint**)
- **Saturation**: Change the intensity of the colour.
- Monochrome: all one colour. Varying shade and saturation of the colour.
- Analogous colours: sit next to each other on the colour wheel.
 - 3 colours- all 3 analogous or 2 analogous colors + 1 neutral
- Complimentary colours: opposite colours on the colour wheel. Has a very strong contrast.
 - Treat one colour as the dominant colour and use the other as an accent.
 - Use less saturated shades.
 - Have one part of the outfit neutral.
 - Or pair it with the colour beside the opposite colour
- Triad: triangle of colours. Lots of contrast.
 - Use one colour as accent piece
- Keep clothes at the same saturation unless doing a statement piece.
- 3 colour rule: all one colour, 2 neutrals +1 colour, 3 diff colours (1 accent)

Colour Seasons

SPRING: warm + light → bright

SUMMER: cool + light → muted

AUTUMN: warm + dark → muted

WINTER: cool + dark → bright

Colour Combinations

A PAIR & A SPARE
NEUTRAL OUTFIT
COLOUR GUIDE

IF YOUR OUTFIT'S MAIN COLOUR IS	PAIR WITH THESE COLOURS FOR A TONAL OUTFIT	OR CHOOSE THESE COLOURS FOR A CONTRASTING OUTFIT
WHITE	Light yellow, light grey	Light yellow, light grey, dark grey, black
IVORY	White	Light yellow, dark grey, black
CREAM	Light yellow, brown	White, dark grey
NUDE	Light yellow, brown, dark brown	White, dark grey, black
BEIGE	Light yellow, brown	White, dark grey, black
TAN	Light yellow, brown, dark brown	White, dark grey, black
KHAKI	Dark green	White, light yellow, brown, black
OLIVE	Dark green	White, light yellow, brown, black
GREY	White, dark grey, black	Light yellow, dark green
CHAR- COAL	White, light grey, black	Light yellow, brown, dark brown
BLACK	Light grey, dark grey	Light yellow, brown, dark brown, dark grey, black

A PAIR & A SPARE
WARDROBE REHAB
COLOUR
DRESSING GUIDE

IF YOUR MAIN COLOUR IS:	CREATE EASY COMPLEMENTARY OUTFIT PAIRINGS WITH:	OR GO FOR A TONAL OUTFIT
PINK	Light blue, dark blue, grey, white, black	Red, light yellow
RED	Light blue, dark blue, grey, white, black	Pink, light yellow
ORANGE	Green, light blue, dark blue, white, black	Light yellow, dark brown
BEIGE	Dark blue, purple, brown, white, black	Yellow, orange
YELLOW	Green, dark blue, white, black	Light yellow
GREEN	Orange, purple, white, black	Yellow, light blue
LIGHT BLUE	Pink, red, orange, white, black	Dark blue, purple
DARK BLUE	Pink, red, yellow, grey, white, black	Light blue, purple
PURPLE	Orange, grey, green, white, black	Light blue, dark blue
BROWN	Light yellow, white, black	Orange
GREY	Pink, red, dark blue, purple	White, black

Silhouette & Proportion

- Kibbe Type
- Fruit shapes: inverted triangle, rectangle, hourglass, apple, pear
- 1/3 rule: highlight one body part at a time
 - Fitted: + longer dresses
 - Cleavage: + long dresses, everything else covered up
 - Short: + less cleavage + looser fit
- Sources
 - [Ellie-Jean Royden | Body & Style, Youtube](#)
- Prepping & Analysis Phase
 - Go to a store that sells basics (Tops/ Jeans/ Pants) and try on a variety of fits
 - Grab a bunch of t-shirts with varying necklines (preferably in the same neutral colour). Try them all on with the same bottoms (ex. Straight leg jeans).
 - When you find your favourite neckline top, try on various jeans
 - Based on the above information create a chart of your [Preferred Fits/ Silhouette/Neckline \(see below\)](#)

Fruit Type

Inverted triangle

Rectangle

Hourglass

Apple

Pear

Kibbe Type

- [Kibbe Test](#), [another test](#)
- [Reddit](#)

Dramatic

Soft Dramatic

- Soft Dramatic
 - Waist emphasis: tuck in tops, wrap tops, belts,
 - Ruching
 - Honor vertical line: midi, maxi
 - **Neckline:** asymmetric, v, sweetheart
 - **Pants:** high waisted, bootcut, flare
 - **Skirts:** mermaid, flare. Short = knee length. Midi, maxi
 - **Blazers:** long lines (mid-thigh area). Lightweight, draped fabrics. Lightly structured or unconstructed. Soft, draped, detail (lapels, pockets, etc.)
 - **Hair:** voluminous, but defined
 - **Winter:**
 - long lines: long coats, long draped cardigans
 - heavy fabrics, monochrome looks
 - Waist definition: structured fitted coats, peplum waist
- Flamboyant Natural
- Soft Natural
- Dramatic Classic
- Soft Classic
- Flamboyant Gamine
- Soft Gamine
- Theatrical Romantic

Feminine Archetypes

[Explanation](#)

[Quiz](#)

[Outfit Inspiration](#)

Kitchener Essence

- [Test](#)

Style Thoughts by Rita Essence System

- [Link to YouTube playlist](#)

Example Preferred Fits/ Silhouette/Neckline

Ranking	Necklines	Tops	Sweater	Skirts	Pants & Jeans	Dress	Colour	Patterns	Silhouette
Best	1) Scoop > Crew/Round (Must be deep/ low) 2) V neck, Polo, Collar, V Neck, 3) Sweet heart > square 4) Asymmetrical Notched Mock Neck/Funnel neck	Tanks: medium to deep cut, thick straps. No thin straps. Vest/funnel neck tank: Strap should leave 2-3 fingers on the other side of the shoulder Racer neck: somewhat deep neckline Sleeves: ¾, long, loose	Slim fit	Bodycon/pencil/slim fit Flared/mermaid Tiered A-Line	Skinny, slim fit/cigarette Straight leg/mom jeans Wide leg, flared/bootcut	Fit: slim Style: Bodycon, ruched, cinched waist, a line, flared/mermaid, tiered. Cut w/ curves Length: Knee length, Mid thigh, Maxi	Black Cream, beige, off white, tan, khaki, taupe Grey: darker greys Red Oranges, rust Brown: chocolate brown, dark brown, tan, caramel Yellow: darker, mustard Green: sage, emerald Blue: navy, dusty/purple blue	Black or cream base	Hourglass Slim tops + oversized, baggy, wide bottoms
Can Make It	Turtleneck, cowl					Mini, thin straps			Masculine

Work									
Not sure	Racer, halter			Pleated					Oversized
No	Cold Shoulder, Off the Shoulder, Boatneck, high cut, muscle tank, wide necklines	Thin straps Boxy/loose fit	Bulky	Straight		Boxy, straight fit, off the shoulder Loose fit	A certain light brown (lighter than mocha), very light gray Blue		Boxy

Outfits

- Create [inspo board](#) (click to see *Outfitspo Template*)
- What basics and core pieces do you need to add to your wardrobe?
- Create a e-wardrobe (Smart Closet)
- Learn about materials and sustainability

Summer

Fall/Winter

- [Layering](#) and [Winter Essentials](#)
 - Kerina Wang
- Long sleeved knit dresses + knee high boots
- Plaid mini skirt + turtleneck top
- 2 piece outfit (knit slim fit top + knit pencil skirt)
- Blazer
 - + black tank + straight leg jeans + ankle boots
- Chunky sweater + midi slip skirt (or over slip dress)
- Links
 - <https://www.youtube.com/watch?v=XQFdsTf0uwk&list=WL&index=6>

Styling Outfits

- Skirts
 - Mini
 - DO: oversized top, blazer that falls at same length of skirt, knee high or ankle boots
 - DON'T: tight cropped tops, calf length boots

- Midi
 - DO: boots that don't leave a gap- knee high/thigh high, slim fit shoes, long coat
 - DON'T: too oversized/chunky sweaters, ankle boot, wide leg boots
 - A line:
 - DO: slim fit top, cropped/tuck chunky sweaters, knee length boots
 - DON'T: oversized sweater, boots that leave a gap
- Maxi
 - DO:
 - DON'T:
- Tops
 -
- Pants
 - Slim fit
 - DO: + chunky sweater + chunky shoe
 - DON'T: oversized sweater + slim shoe, tight/slim sweater
 - Straight leg:
 - DO: wear pointed toe/slim fit shoes, chunky sweater + wide shoes
 - DON'T: chunky shoes, square toe
 - Wide leg
 - DO: slim fit tops
 - DON'T:
- Footwear
 - DO:
 - DON'T:

Social

- **Learn and remember names.** This one might be the most important one. Dale Carnegie (I think) said that the sweetest sound to any person is the sound of their own name
- **But don't expect them to remember yours.** "You're Fiona, right? I'm Bambi. Good to see you again."
- **Listen more than you talk.** Good listeners are so rare in this world, and it's one of the easiest ways to endear yourself to someone. People can tell when you're just waiting for your turn to talk. A listening tactic I sometimes use is to repeat everything someone says inside my head and picture it typed out at the same time; I'm a visual learner and visualizing the words as I hear them just helps them click in my head. This takes some mental dexterity but gets better with practice. Become a sponge and drink in their every word with fascination. NO INTERRUPTING
- **Slow the pace of your speech.** Speak thoughtfully and deliberately, choose your words carefully, avoid fillers like "ah," "um," and "like." Record yourself speaking and practice speaking in complete sentences. Once I told a friend that I was self-conscious about how I speak more slowly than other people, and she said "Are you kidding me? Everyone

stops and listens to you when you talk. You seem so calm and composed that it makes whatever you're saying seem important." I still feel self-conscious about my ability to tell a story to a group of people in casual conversation, and sometimes worry I'm taking too long, but overall I think thoughtful, slower speech can make you stand out.

- Figure out how to give people what they're seeking, and they will follow you anywhere.
- **Play detective.** Everyone is dropping hints to what they want, all the time. Listen carefully to the things people complain about, gush about, ask about. These are all clues to their values and their desires. What do they compliment or despise in others? What do they get excited about? Each clue adds up to a bigger picture. Always be collecting information about what people want.
- **Stay positive.** Studies have shown that people tend to attribute to a person the words that person uses. For example, someone who describes things and people as "lovely, cool, wonderful, delightful, charming" will be perceived that way by others.
 1. Most people aren't paying others the kind of attention they would like to be paid. Everyone wants to be loved, but few put in the effort to love.
 2. By being present, paying attention, and adding value for others—by seeking to love, rather than to be loved—you set yourself apart from the crowd and you fulfill a deep emotional need in others. Trust me when I say people go crazy for this.
- **Add value.** Always be collecting and sharing interesting tidbits for the people in your life. "Hey, I read this article that made me think of you, since you love gardening."
- **Give genuine compliments.** Not flattery, not empty words, but thoughtful and sincere compliments. I mentioned this in another post, but I steer clear of complimenting people's natural attributes (body, face, eyes) and focus on complimenting their taste and their choices. Their clothes, their accessories, the color of their nails. An advanced version for people you know better is to compliment aspects of their personality. "I appreciate what a good listener you are," or "I love how you're always looking on the bright side." Again, this only works if you're being sincere.
- **Take notes.** Someone mentions they have a stressful work presentation next Thursday? Pop a reminder in your calendar so you can text them an encouraging message that morning. A friend mentions her favorite snack in passing? Make a memo in your phone, and now you have a fun way to make her smile the next time she needs cheering up. Make note of birthdays, anniversaries, surgeries, job interviews, preferences, passions, etc. Always be collecting tidbits of information that you can use to make someone's day. This kind of extra-mile thoughtfulness makes an impression on people and encourages them to respond in kind. Among my friends, I have the reputation of someone who "shows up" for others in unexpected ways.

Routine

Apps

To help with staying structured and on top of a routine

- Routinery [\[Android\]](#) [\[iOS\]](#)

Daily

SS- spring/summer

FW - fall/winter

- Oral Care
 - Floss
 - Tongue scraper
 - Mouthwash
 - Brush
- Stretching routine
 - Non-workout day: 10-30 mins
 - Workout day: 5-10mins
- Morning Skincare
 - Cleanser: rinse face with water OR CeraVe Foaming Facial Cleanser
 - Toner/hydration: Anua - Heartleaf 77% Soothing Toner), COSRX - Advanced Snail 96 Mucin Power Essence
 - Treatment:
 - Hypochlorous Acid Spray (daily)
 - The INKEY List Tranexamic Acid Serum (hyperpigmentation; every other day)
 - Skin Cycling
 - The Ordinary Glycolic Acid 7% Toning Solution (Day 1, 5)
 - Paula's Choice SKIN PERFECTING 2% BHA Liquid Salicylic Acid Exfoliant (Day 2, 6)
 - Moisturizer: COSRX - Advanced Snail 92 All In One Cream, CeraVe Daily Moisturizing Lotion
 - Sunscreen: Sun Bum Original SPF 50 Sunscreen Lotion OR Beauty of Joseon - Relief Sun SPF 50+ PA++++
 - Workout day: Hypochlorous Acid Spray, moisturizer. After working out, do the full routine.
- Style hair:
 - fix flyaways (wax stick)
- Minimal daily makeup
 - Base: colour corrector, conceal spots/ under eyes, blush
 - Eyes: brows, conceal lids, one eyeshadow base colour (brown/orange/red or pink), eyeliner (black or dark brown)
 - Lips: line lips + lipstick/lipgloss
 - Steps: brows, conceal under eyes, conceal lids, powder concealed areas, eyeshadow, eyeliner, lashes, blush, lips, set
- Apply fragrance:
 - Body mist

- Perfume : wrist, behind ear lobes, elbows, behind knees
- Outfit
 - picked out night before on smart closet [\[iOS\]](#) [\[Android\]](#)
 - Make sure you have the right shoes/accessories
- Refresh every 2 hours: reapply lip balm, hand cream, check eyes, check hair, check for stains, check if there's food in your teeth, touch up makeup.
- Drink 500mL of water every 4 hours
- Balanced meals (1600 -1700 cal, 150g of P) (check your needs: <https://tdeecalculator.net/>)
- Daily steps: walk 1.hrs
- Workout: every other day (upper body x2, lower body x2)
- Shower
 - Soap
 - Body: Dove Body Wash Deep Moisture
 - Crevices: CeraVe Acne Foaming Cleanser 4% Benzoyl Peroxide
 - Scrub: Dove Body Scrub White Peach & Crushed Rice Exfoliating
 - Body Oil: Aveeno Daily Moisturizing Oil Mist
 - Lotion: Cocoa Butter Hand and Body Cream Queen Elisabeth
 - Crevice Odor Prevention:
 - Hypochlorous Acid All Natural Face and Skin Spray
 - Dickinson's Witch Hazel Astringent (every other day)
 - The Ordinary Glycolic Acid 7% Toning Solution 2-3x a week)
- Night skincare
 - Cleanser: rinse face with water OR CeraVe Foaming Facial Cleanser
 - Toner/hydration: Anua - Heartleaf 77% Soothing Toner), COSRX - Advanced Snail 96 Mucin Power Essence
 - Treatment:
 - Hypochlorous Acid All Natural Face and Skin Spray (daily)
 - The INKEY List Tranexamic Acid Serum (hyperpigmentation; every other day)
 - Skin Cycling
 - Tretinoin Prescription 0.025% (Night 3, 7)
 - Moisturizer: COSRX - Advanced Snail 92 All In One Cream, CeraVe Daily Moisturizing Lotion
 - Lipcare: scrub (twice a week), vaseline (nightly)
- Oral Care
 - Floss
 - Brush
 - Tongue scraper
 - Mouthwash: TheraBreath Fresh Breath Oral Rinse (blue or green)

Weekly

- Heatless curls x3
- Exfoliate lips 3x
- Manicure every 2 weeks
 - Builder gel
 - Poly gel to fix cracks, broken nails
- Every other day workout

- Leg day
 - Glutes
 -
- Arm day
 -
- Full body
 -
- Interval running, 12/3/30
- Biking (summer)

Monthly

- Electrolysis and laser
- Have a fun night out and dress up

	Daily	Weekly	Monthly
Skincare	AM: cleanse, tone, treat (glycolic x3) moisturize, sunscreen PM: cleanse, tone, treat (tret), moisturize, sunscreen		Facials Peels 2x a year
Bodycare	Shower, deodorant, lotion, perfume	Manicure (every 2 weeks)	Electrolysis
Dental	AM: floss, brush, mouthwash PM: floss, brush, mouthwash,	Whitening strips	Cleaning (every 4 months)
Haircare	Tame flyaways Comb out tangles	Heatless curls 3x	
Mental Health (Therapy - weekly or monthly)	Relaxation Self-care Get some daylight each day (1-2h)	Check In every 2 weeks: goal planning, scheduling Therapy Journaling (3x)	Therapy staycation, vacation - every 4 months
Fun	Hobbies: reading, drawing, singing, play instrument	Drawings (every 2 weeks)	Pottery, Wine and painting, rug making 2x month Animation project
Health	Vitamins (D, B12)		Blood test (every 4 or

			6 months)
Diet	2L of water protein (20-30g/meal, 10-15 g/snack, 100g/day) Sources of fibre		
Physical Activity	Yoga	Strength training 3x Cardio 3x	
Sleep	7-8h		
Socialize		Meet up with friends (2-3x)	
Finances		Budget tracker	

Things Needed

- Electrolysis on knuckles, bikini, legs
- Laser bikini
- Get tretinoin
- Teeth whitening kit
- Gym membership
- Pilates membership
- Yoga membership
- Perfume
- [Outfitspo](#)
 - Black flats (pointed)
 - Bags
 - Belts
 - Skirts
 - Slim fit and straight leg pants
 - Fleece lined leggings
 - Black leggings
 - Trench
 - Wool coat
 - Long sleeve workout top
- Makeup
 - Find lashes
 - Nars colour corrector
 - Primer
 - Brow pencil
 - Setting spray
 - Try on blush/bronzer
- Health insurance
- Doctor: hair, asthma, allergies, eyes, skin, dentist (cavity, wisdom teeth, whitening)

Budget

Skincare	Bodycare	Makeup	Haircare	Capsule Wardrobe

Reviewing/Tweaking Routine

What have I been self conscious about lately? What concerns me?

- Hair
- Skin
- Makeup
- Nails
- Weight
- Clothes
- Health
- Mental Health

Am I being consistent (know what to do but struggling with application)?

- It ok to miss some days, but remember to get back on track
- Start adding stuff slowly
- Make routine simpler

Don't know what I'm missing, but something is off

- Consultations: dermatologist, makeup artist or find influencers with similar features/body, stylist, dietician, personal trainer, doctors appointment (2nd opinions), therapy
- Evaluate their credentials and reviews. Do research: what do other professionals of the field recommend (what would they label as a good practitioner)

Comparing self to others?

Beyond Soft Maxxing

- I've addressed all these areas and still feel like I'm lacking, missing something
 - Plastic surgery consultation
 - What are the specific areas that I need to address?
 - Face
 - Eyes: drooping lids/ hooded eyes, sleepy eyes (sclera show under iris), bags
 - Nose: too big/small for face, re-shaping (bulbous tip), ethnic rhinoplasty
 - Lips: fuller, smaller, long or short philtrum, lip lift, corners of mouth tilt downward
 - Bone structure

- Cheekbones
 - Jaw: underbite, overbite, define jaw
 - Skin: acne, texture, wrinkles, sagging, hyperpigmentation
→ peels, laser
 - Overall: Asymmetry, sculpting, face lift
- Body
 - Fupa
 - Sagging skin
 - Scar removal
- Hair transplant
- Hating on self regardless of improvement → therapy
 - Negative self-talk
 - Low self-esteem, confidence
 - Body dysmorphia
 - Developing EDs