



Support Teleclass One Transcript – September 2009

Hi, this is Ginger Burr of Total Image Consultants. I want to welcome you all to our first monthly teleclass for Who Taught You How To Dress. Today is September 16, 2009. We will basically cover any questions you may have, but we will be talking specifically about Chapter 1, Will The Real You Please Stand Up.

Now I will tell you that some of you came to the program when, for some reason, Chapter 1 and 2 ended up with the same title. So if your Chapter 1 and 2 say “Oh What a Mess I’m In,” that was a little error which has now been fixed. Please know that Chapter 1, as it says in your Table of Contents, is “Will The Real You Please Stand Up.” The rest of it, all the text and everything is the same. It was just that one little thing that got overlooked by many of us. I’m not sure how that happened.

We are here today to discuss some of those topics within that chapter. I developed this program because having been in business for 22 years, working exclusively with women, and obviously because of the kind of work I do as an image consultant, I have worked with women who have some degree of frustration, overwhelm or just cluelessness, if you will. Usually they admit that. That’s why they call me to learn how to put a look together that makes them feel really, really good about how they look.

Recently I went shopping with a client. She needed something for a dressy event coming up. We found some fabulous things. She went home and went to her event. I heard from her after. One of the things she said was “I felt like a million bucks. Can I do this every day and not just when I go out to a special occasion?” My answer to her was, “Yes. Absolutely.”

For many women this is something they can’t fathom. Every single day, when they get up it, could be a joyful experience to go to their closet, look in there, and see things they love, that make them feel good, and really bring a smile to their face when they get dressed. And that’s what this program is all about.

I created this because it’s not only about external issues in terms of finding the right colors, fit, the right line and design, and form and length. It is also about who you are on the inside. There are a lot of internal blocks that women have about creating a look they love. It has stood in their way of being able to do that.

Women come to me when they're 20, 30, 40, 50, or 60. The majority of them are in their 40's, 50's and 60's. They're saying it's been long enough. If I haven't figured it out yet on my own, I need some help. Tell me what to do.

Clearly I can work with a certain number of women one-on-one but not everyone is in my area. Not everyone has the budget to be able to do that or the time. This program, Who Taught You How To Dress, gives you that opportunity to do this on your own at your own pace. These teleconferences are really an important tool for giving you the guidance and support, ability to answer your questions, and celebrate with you when you have successes. That is what these teleclasses are for.

I know some of you are on the call today and many of you are planning to listen after. We have a lot of international people who have purchased this in New Zealand, Africa, Germany and all over, so I know that, time wise, it's probably not working out for you to call in live. You will receive the recording of this and also the transcript for those of you who like to read things. You will have access to this.

For future months, feel free, particularly if you know you can't make the call live, to email me with any questions you might have in advance about whatever chapter we're talking about. If there is time, we'll talk about other chapters as well. If we're not on that particular topic, I'm happy to answer any of them. Feel free to email those. I will be sure to respond to them so you can get the answer even if you can't be live on the call.

Today we're talking about Will the Real You Please Stand Up, or as it says in the very opening paragraph, "Is what I see who I am?" I know that for many, many women, when they look in the mirror and ask themselves that question, the answer is a resounding no. It might even be, "I don't know. Who am I? How do I even figure that part out?" Who Taught You How To Dress will address that as well.

Today we're looking at things like unconscious dressing. Another way of putting that is dressing on autopilot or dressing by default. I have heard all of those terms from my clients over the years. They are phrases they use regularly to describe how they dress. It's rarely a thing they're proud of. They think, "I've done this because I don't know what else to do. I'm just feeling frustrated so please help me."

Not only is there that huge amount of frustration but there is also sometimes even embarrassment about this particular predicament that women feel. They've just given up. They don't know where else to turn or what else to do. The idea of Who Taught You How To Dress as a home study program, or lately I've been referring to it as a do it yourself program, is to create awareness. It's for women that are regularly running into obstacles that keep them from being able to create a wardrobe and an overall look that brings them joy.

We're going to look at how to create that awareness and some of those aha moments. I found that a lot of times women aren't even totally aware that they're dressing on autopilot or there are other options out there. Maybe they know there are but they just don't know how to begin finding them until they start to make a few changes. As soon as those changes begin to manifest, they realize, "My goodness! How could I have gone out of the house looking like this so often without realizing how I look?" Women say this all the time when they look in the mirror.

Sometimes when we're doing a wardrobe consultation, they pull out their favorite dress, suit or casual outfit and say, "We don't have to look at this one. This is my favorite." I'll ask, "When was the last time you wore it?" They'll say, "Well maybe it's been 6 months or a year but it has always been my favorite," or "Maybe I can't fit into it now, but it's always been my favorite."

I'll say, "Just for the fun of it, let's put it on." I cannot tell you how many times someone puts on an outfit that they proclaim to be their favorite, look in the mirror and think, "What was I thinking?" Having that awareness as we begin to grow and develop and come more into our own really is the jumping off points, the starting points for creating a look you really love.

It's been so exciting for me to see that, even in Chapter 1, some of you are having amazing breakthroughs.

There is one woman. This is a little bit on the long side, but I love it because I think many of you can relate. I kept it in a conversational tone just the way she wrote it so that you can hear her process. She says:

"There was a top I had (notice the 'was' and 'had') that I really, really liked from Ann Taylor, a button down sleeveless pinkish white striped top but it was a little tight under the arms. I bought it because it was the only size that 'fit.' Knowing what I know now, I wouldn't have bought it in

the first place. I put it on because I liked it, but when I did I just felt yucky and would take it off and hang it back up in the closet.

So even a week after reading Chapter 1, I did try it again and immediately said, ‘Nope. Out it goes.’ I believe the extra credit at the end of Chapter 1 was to get up right now and get rid of one thing. Well I didn’t do it right then and there, but clearly it was in my mind, and it stuck with me. Plus the colors aren’t even in my palette, another reason to let it go. Guess what? After I did, I felt so much better and to think it took several tries for me to let it go, and yet after reading Chapter 1, I immediately took action.”

Just to give you a sense that these are the types of things that happen, we’re talking little steps, little things along the way that give you reason to think, “Oh my goodness! There is hope.” That is what we’re creating in Chapter 1. We’re looking at what some of the obstacles have been and creating a sense of hope. I know some of you don’t even have your program yet but when you do get it, or for those of you who already have it, the exercises are there for a reason obviously.

I know some of you are listening to the CDs. That’s fine. When you do it, remember, though, to go back to the workbook and do the exercises. As you’re listening to the CDs, carry your Nurturing Beauty Journal with you so you can make notes. Go through and pause your CD and do those exercises because they really do bring things up.

Sometimes I’ve had people actually going back and doing a chapter more than once because going through there are new insights that come up for you. I’m hearing these types of things over and over from women who have the Who Taught You How To Dress program. Right from the start, in Chapter 1, they are awakening to how they’ve been treating themselves. They are finding themselves dreaming a little more about the possibilities or even taking those steps, like you heard from the woman I quoted, toward changing all of that for the better. It’s those little steps that really add up.

So why do women dress unconsciously? There are many, many reasons. I outlined some of them in the chapter. I know some of you are coming up with reasons of your own as well. A few of them are “It’s easy.” What happens sometimes is that we just fall into a routine of getting up and putting on the same thing over and over that is just easy to grab.

We know we feel comfortable. Comfort for some women is the driving force, but comfort doesn't have to mean messy. It can still be beautiful, in this day and age, when dressing in so many things comfort can be key, whether you're going out to a dressy evening event or just hanging around the house with people. You can still be comfortable and look great. Easy is one of the biggest reasons women do it, but the thing is we can create a new kind of easy. That's what we want to do.

Another reason is some women just don't know what else to wear. They've been doing the same thing for so long, or they look at some of the options out there and think, "That would look terrible on me." They don't know where to shop to get the things, or they're afraid to try something new. When they don't know what else to wear, they resort back to what they've always worn.

Some women hate to shop. When I do presentations, I will often poll the audience as to how many women actually love or hate to shop. I usually find that it's at least a third, sometimes a half, but at least a third or more of the group absolutely hates to shop. Then, of the women who like to shop, at least half of those don't have time. Add that into the equation and it makes for a lot of people who are frustrated. Just going out to the stores is a very trying experience, because they don't like to do it, or they don't really have the time and are feeling rushed, which is never a good way to shop.

Some women have issue with their bodies and just try to cover up and hide. They don't feel like they deserve to have things that feel really good on them. Another reason is that they're planning to lose weight. I hear this all the time. They don't want to spend money on clothes until they do so until then they just make do.

The problem with making do is if you really don't love what you're making do with or feeling really uncomfortable in it, it is not going to feed your soul in a positive way. It's going to make you feel badly about yourself and just keep you stuck. It doesn't mean you have to go out and spend millions of dollars, but sometimes knowing how to adapt what you already have or going out and picking up a couple of key pieces can make a huge difference there. That's for stuff down the road.

Let me give you just a couple of examples. I've worked with many, many, many clients over the years. If you hear your story, you're not alone. I promise you I've heard all these stories many times.

Here is one story. I've done many wardrobe consultations with women who actually have built a wardrobe around hand-me-downs. They've been given clothes from a good friend, their mother or sister, or someone close to them who has their best interest at heart and maybe has very nice clothes. The thing that I've often seen to be true is that those things don't fit the person right, they are not their particular style, or the style is way out of date.

Many times people are getting rid of clothes and handing them down. They mean well but things are a little bit outdated, obviously so, or the colors are bad. I've seen it many times. Their friend is clearly a totally different color palette than they are. Yet they're so thankful for the clothes, which are of good quality, that they wear them anyway even though it really doesn't speak to who they are.

Once they begin to see that and start to get clothes that are a little more updated, fit them, or really speak to the essence of who they are, they see those hand-me-downs are not always good for them. It doesn't mean that none of them are. It means you always have to be selective. In Who Taught You How To Dress, we'll learn how to make those selections in a way that work for you. Everybody is an individual so each person is different.

Sometimes people just have a wardrobe full of the same old, same old. They go to LL Bean or buy everything. There is nothing wrong with any of those places. It's just that sometimes it's the same thing all the time, maybe in a little different color. Seeing what the possibilities are, a lot of people who are dressing in the same old, same old are the ones who either hate to shop, are afraid to try something new for fear of looking silly, or just doesn't feel familiar to them. It's getting over that hurdle that is sometimes a little bit challenging.

Once the awareness or the aha moment takes place, it's a matter of taking steps. You can do little steps as you heard from the story I told earlier. Do little steps to change the behavior or old beliefs. Many of these things that are keeping women stuck are old beliefs. As you know, depending on how far you've gotten through the program, we talk a lot about dealing with beliefs that aren't serving you.

Now obviously since those of you listening have the home study program or have it on order, you're ready to step outside your comfort zone and make positive changes. That is where these monthly teleclasses come in. They're here to help, to guide you and encourage you as you do it.

I know from my own experience that it can be a little scary. As some of you know my story, and I wasn't born knowing exactly how to put myself together, I had to learn like anybody else. I think that makes me more aware of how challenging it can be, how frustrating it can be, and how rewarding it can be when you finally find a look or looks that really bring you joy.

I took a long time. I was almost 30 before I really found the look I felt was me. I tried everything. I was a teenager in the 70's. Many of you know what the 70's clothing was like. It was not the most attractive clothing in the world.

I tried doing an earthy-crunchy thing. I lived in the Cambridge area around Boston, Massachusetts which is a very earthy place. I was doing some folk dancing and that type of thing where people were very dressed down. I tried that for a little while. That didn't really work for me. I fit in but I didn't feel like me.

Even then, I'll tell you the one place I've always been able to do well for myself is my hair. I've always had fun playing with my hair doing different things. I always, from the time I was very young, spent time fussing with my hair. I actually like doing that.

For me, there was no going out of the house without my hair done. In fact, a friend of mine from college will tell you that the very first day she met me I went into her room because I wanted to introduce myself to some of my neighbors in the dorm. We had a swimming test coming up the next day. I said to her, "What are we going to do? How am I going to dry my hair after that?" We had to go to some other meeting. She looked at me like she thought I had 4 heads and thought, "Oh my goodness! Who is this shallow woman who lives next door to me who is worried about carrying her blow dryer around with her?"

My hair has always been very important to me. Living in New England, and for any of you who do and those who don't, I will tell you it is not the most hair friendly area in the world. It is raining one minute, humid the next, and dry the next. There is always something going on that is not really working for our hair.

Those of us who live in this area have had to learn how to work with those things as well as how to style our hair well. It is something I've always had fun doing. It's like the weather around here. You wait 5 minutes and I'm going to change my hair style. That's one area that I've always liked.

When it came to clothing I didn't really know what else to do until I met my mentor when I was almost 30 and actually got into this business. She dressed the way I had always dreamed of dressing. She taught me everything she knows. The one thing I can tell you is when you find the look that really feeds your soul, it's just so freeing and exciting. There is nothing quite like that.

When you can feel that way every single morning, that is what I want for each one of you. I'll tell you it's very doable. Just do the work in this workbook, come to the teleclasses and/or listen to them afterwards, and send in questions if you need to before if you can't be on. All of that is part of this process.

Investing in yourself by way of the Who Taught You How To Dress program is a great first step in getting to that point. I just want to make sure you all acknowledge that for yourself and congratulate yourself on that. It is a huge first step. There are a lot of people still out there cringing every time they open their closet. Even if that's still true for you, you have already taken the first step to changing all that, and it will change.

I know that as women we are very busy. There are 40 million things going on. We've got family, work, and hopefully some leisure time as well and friends. Then we have Facebook, Twitter, Linked In, and all that social networking stuff that is going on as well now. It can be extremely overwhelming. We can feel pulled in a million directions. Having to worry about what you're going to wear all the time is not something we want to have happen. We want to have that be done so you can just go into your closet, get dressed and go.

If you're constantly running in a million different directions and putting together a wardrobe is not something that has brought you joy in the past, it's easy to forget. Sometimes when you get up in the morning, throw on your old grungy sweatpants and college sweatshirt, and you've been out of college for 20 years, just to go do errands, pick up the kids from school, or go into the garden to work, then a friend called and wants to meet you for lunch. You forget to change. You're still wearing your grungy things and catch sight of yourself in a store window or mirror.

All of a sudden you think, “How did it come to this?” That is what we want to take care of if that has ever happened to you. From the women I’ve worked with I know this happens often.

For women over 30 or sometimes maybe even younger, you’re given messages about how you should look. This sometimes drives you back to dressing by default because it’s such overwhelming, extreme messages or just they don’t make any sense. For instance, many women are getting mixed messages. They say things like “Look youthful but don’t look too young,” or “Be creative but don’t look like you’re trying too hard.” A lot of women are afraid of looking silly, looking inappropriate, or looking just too different because sometimes that’s enough.

I had a woman here the other day. It was so cute. She came for a makeup consultation. After she left, she said what her son was going to say to her when she got home, “Mom, don’t go looking so pretty.” Change for those around us can be challenging for them. We get into that, I think, in Chapter 5. Mixed messages are one thing. Women feel like their head is spinning and don’t know what to do with all that information next. They just give up and go back to dressing on autopilot.

We also get complicated messages. Well, let’s see. If you have a small waist, larger hips and a small bust or big bust, or a long neck or short legs, you think, “How do I deal with all these body parts all at once? Which one should I think about first? I want to dress this way for that and that way for this. One magazine is telling me I should do this and another one is telling me I should do that.”

It is totally complicated and overwhelming. That is if you ever even open a fashion magazine, which I know some people don’t because they’ve given up on all of that. With the exception of maybe More magazine, which does cater to women over 40, if you look at the models, they’re 20 or younger and dressed in a way that is appropriate for them but not so much for women 35, 40 or beyond.

We also have the inappropriate messages. If you ever watch any of the Hollywood shows like “Access Hollywood” and all those things, any of “Runway” when they’re doing the Emmys and Oscars, or things in some of the magazines where they feature celebrities and how they dress, some of those looks are downright inappropriate particularly for women who are not 18 anymore. Micro minis are probably not the best look for somebody 45 or 50 or whatever.

Then sometimes we just get downright bizarre messages. Again, if you refer to some of the magazines out there, they tell you, “Oh, this look right here is in.” I don’t know about you but I look at them sometimes and think, “You’ve got to be kidding.”

For those of you on my ezine list and have been for a while, you know that every season I send out my Bewitched, Bothered and Bewildered Seasonal Update. It basically takes all of the fashion trends for that season and puts them into one of those categories: bewitched, bothered or bewildered. There are some seasons where there is a whole lot of bewildered. Hopefully this may be one of them where there are more things that are kind of bewitching and intriguing.

There can be some really bizarre things out there in the trends that go on. Knowing how to work through some of those as well can be helpful. We can get into all of that as we go through these monthly teleclasses.

Let me give you an example of a mixed and complicated message by one of the women who responded to a survey I did a while ago about hurtful comments and unwanted advice. Again that is another chapter coming up, Chapter 3 I think it is. Yes. It is Chapter 3.

Several times over the past few years, I have polled the women on my mailing list about what hurtful comments and unwanted advice they have gotten that has affected how they present themselves, how they feel about their body, and how they dress. These really confuse some women obviously and rightfully so. They would. We’re not talking about hurtful comments and unwanted advice right now but this will give you an example of a mixed and complicated message that one woman got. She said,

“A few years ago in the midst of the whole dress for success era, I wore a bright pink shirt under my dark suit. A female executive, who served as a mentor, took me aside and told me never to wear pink or anything soft textured, to toughen up my voice and curse so I would be accepted as one of the boys. I was so confused. I wanted to be successful, but I really didn’t want to be a beer-swiggling, cursing boy. Now I wear lots of pink and silk every chance I get and I feel great.”

She worked through all of that but that was an example of a mixed message that is downright confusing. Sometimes it’s easier not to try at all then to try and be made fun of or make a mistake, as someone might put it. Sometimes that can amount to an expensive mistake. Not too long ago I did a wardrobe consultation with a woman who had just gone out, and this is not the

first time that I've see this at all, and purchased a number of new things. She was so frustrated because none of them seemed to be working. She had gone to some pretty nice stores.

I went through the things with her and looked at them. Actually, we talked about it because she wanted to know. I said, "Your best bet, since you can't return them now you've worn them a few times, is to get rid of them. Pass them on now, donate them, take them to the consignment store, or whatever you need to do to get them out of your closet because they're just causing you angst. To you they're a very expensive mistake. None of these are flattering on you, not the color, not the fit, not the style. There is now a way we can actually make it better." Then for a few others, it was, "Okay. Let's make this work now until we can find you things that really work better."

When that happens, women then resort back to playing it safe because it feels easier and cheaper in the long run. It's cheaper from a financial standpoint but not necessarily from feeding your soul. That is really what this is all about.

Another quote I got from another woman was someone once said to her "Only a real geek wears tan and gray together. To this day I am petrified about choosing the wrong color combinations. I'm extremely jealous when other women manage to wear the combinations I thought were forbidden. Think of all the wasted opportunities."

Again, who says the woman who even gave you that advice even knew what she was talking about? You have to sometimes look at the source but it's hard to do that when you're feeling any kind of insecurity in that area. It's hard to look at who is actually giving you that advice. You just assume that they know better than you do. They don't always. This woman has spent so much of her life feeling like she didn't know how to put something together so she stayed with things that were very safe. We're not talking a year or two it was much longer then that

Then there is the no-win situation of trying to please others. That is a topic for another month. It's actually Chapter 5. We can spend plenty of time on that when the time comes.

I also don't know how many of you watch "What Not To Wear." I actually just got cable a couple of months ago believe it or not. Until that point, I had never seen it. It had been on a long time. I knew about them and had gotten some of their books. I knew what they do because that's what I do only in a little different scale.

I know that watching that show has stirred up a desire in women to seek that kind of transformation. They want to feel good about how they look all the time. On the one hand it is a good thing that it's done that. On the other hand sometimes watching that process with someone doesn't always translate to somebody into their own wardrobe. It gives them the desire but doesn't always tell them how to do it themselves. Clearly not everyone can be or wants to be nominated to be on national TV and have everybody watch them go through the process of transforming and be that transparent.

Doing something like this, where you can do it in the privacy of your own home, actually works a lot better for a lot of women. Let's see now where your awareness is about how you look. Perhaps you've already done these exercises in the workbook and maybe you haven't. Sometimes when you go back and look at something again it brings up new insights or gives you information that you didn't have before.

Ask yourself this question: If your clothes could talk, what would they say about you? Write this down in your workbook or your Nurturing Beauty Journal. Don't just go through it in your head. Actually write it down because it's a very cathartic way to deal with some of the issues that may come up.

For those of you who may not be as familiar with journaling, as you begin to write, sometimes it surprises you. What happens, what comes up, and thoughts you didn't even know you had about something are the things we want to get to. Just sit down and start writing about your clothes. Don't censor it. Just start writing. Nobody else is going to see what you're writing. Nobody else needs to see it. You can use as many pages and scribble as many things as you want. Write the same thing over and over a few times if you need to but just start writing.

Then ask yourself: On a scale of 1 to 10, how happy am I with what my clothes are saying? Again, be completely honest. Maybe you're a 2 or an 8 but whatever it is be honest. Nobody else has to see what you've written down.

Then the next question is, "If you're not happy with the number that comes up there, what would you like your clothes to say about you?" Don't hold back. Again, nobody needs to see this. Just start writing and be as wild as you want to be. Just write down what comes to mind. There is no right or wrong here at all. It's just getting it out and getting it on paper.

Then let it sit and maybe in a day or two or a week or 2 weeks, go back and do this process again. See what comes up for you. Every day it can be a little different. We want to get a sense over time what is happening for you. Is this a chronic issue that has really been driving you crazy? Is it more that it just happens periodically and maybe you can see some kind of pattern that's coming up.

Let me give you some examples from another poll that I took several times. I asked my readers, "If your clothes could talk what would they say about you?" Here are some examples of some of the answers I received from them.

"I think my clothes, at times, feel that I have sold out and bought what was appropriate instead of what really reflected my personality." This is critical. I know many, many women feel this way even if they've never been able to put words to it. Let me read it again. "I think my clothes, at times feel, that I have sold out and bought what was appropriate instead of what really reflected my personality."

This is where we're going with Who Taught You How To Dress. This is what we want to get to for you. How do you reflect your personality in your clothing and do it in a way that really feels appropriate to you? We don't want anybody selling out.

Then here is another quote. "My clothes would say I'm casual and laid back but to be honest my appearance needs work. On a scale of 1 to 10 I'd say I'm at a 2." So again, "My clothes would say I'm casual and laid back but to be honest my appearance needs work. On a scale of 1 to 10 I'd say I'm at a 2."

Nobody wants to be at a 2. We all want to be at an 8, 9 or 10, 11. We want to be somewhere up there. It's very, very doable. I know a lot of women are hovering down there at the 2, 3, 4, 5 area and feeling that at least it's passable. We're not going for passable. We're going for great.

Then here's one more quote. "My clothes would say this person does not have time or energy to shop to upgrade her wardrobe, 5 on the scale. I hope that people will forget what I'm wearing." Again, "my clothes would say this person does not have time or energy to shop to upgrade her wardrobe, 5 on the scale. I hope that people will forget what I'm wearing."

This one I hear all the time from women. They're just out of time and out of the energy to do it when they do have the time. They just hope they can squeeze by and nobody will notice.

We don't want to look back later and say "Oh gosh! Why didn't I do a better job at looking at what really works for me?" Sometimes it's just that you don't know. Those are the things we're going to address in this program starting right here with Chapter 1. Make sure that you do go through and answer those questions if you haven't already.

Here is another question to ask. Just look at what you're wearing today. Journal in the morning right after you get dressed or do it at night when you get home and are sitting after dinner. Say, "Why am I wearing what I'm wearing today? How does it make me feel? Do I like it or did I wear it because _____." Just fill in the blank. It was easy, it was safe or whatever.

Ask yourself, "Why am I wearing what I'm wearing today?" Feel free to elaborate on that as much as you want. There could be a million different reasons why. It could change from day to day and minute to minute as you're sitting there. Things can come to you that you hadn't thought of before. Then ask, "How does it make me feel? Do I like it?" That's a really, really big question. You can also ask, "Did I wear it _____?" Fill in the blank for whatever other reasons.

Then look at "Is making the choices to wear what I wear a learned behavior?" In other words, who taught you how to dress? Was it out of self defense because you felt like people were pushing you in certain directions and you didn't know what else to do? "Okay I'm just going to do this because this I know how to do," "It will get people off my back," "It will irritate them," or whatever the reason might be. Then ask, "Are you always making a conscious choice to wear the things you're wearing?" Those are really, really big things to think about.

As we go through Chapter 2 and Chapter 3, we'll be getting into more and more of this. Start thinking about these things. Don't be afraid to ask yourself almost on a daily basis so that every morning you become more aware. That awareness, as I mentioned, or those aha moments are what really bring you from dressing in an unconscious manner, on auto pilot, by default, to taking that away.

Once you've created awareness, you can't go back to being unaware. You can't go back. Now you can still go back to wearing the things that you don't like or that are easier. Whatever the reasons are that you're dressing in the things that aren't feeding your soul, you can go back to it but never on the same conscious level.

Now once you're aware your mind is constantly going to be thinking, "Let's do something about this. Let's find a way." This is your way with Who Taught You How To Dress. We are going to have so much fun in the next few months going through this process. I want to make sure that each of you gets what you need through these teleclasses.

I think we have kind of a side group here. I would like to open it up to questions. If you have any questions about anything that I talked about so far, let's look at those things and see if we can address any of it. If you don't, as you know, you're more than welcome to come on the calls and be a silent listener. That's totally fine. If you have questions I would love to hear them.

Does anyone have a question?

Okay it is a quiet group today. That's okay. I'm so glad you're here. For those of you who will be listening later on, thank you for listening as well. Remember that next month in October, I think it's October 14th again at 4:00 Eastern Time, we will have the next monthly teleclass. Feel free any time between now and then to email me questions or to make notes to yourself. If you're going to come on live and would like to ask me the questions live, we can do it that way as well.

I welcome all questions. I love all of this. To me helping you feel great about how you look is something that I have great passion for. I love to see that sparkle that comes into your eyes when you have an aha moment or a breakthrough.

Thank you so much for being on the call. I look forward to next month. Bye.