Reasons I "can't" dress up

- I'm too old
- I'm too fat
- It's too vain
- I'm too lazy
- I'm too tired
- I'm too hairy
- I'm too curvy
- I'm too skinny
- I'm too menopausal
- I'm too trans
- I'm too queer
- It's too much expectation
- I'm too messy
- I'm not confident enough
- I'm not cool enough to pull it off
- I don't have enough places to wear it
- Clothes aren't professional enough
- Clothes are too professional
- My style is too weird
- I can't wear heels
- I don't want people to think I'm getting attention
- I don't want attention
- I'm scared of attention

I CAN'T DRESS UP BECAUSE _____

Imagine someone else (me, best friend, partner, mother, cat, your child self) said the exact same thing above. What would you say/believe?

1

What's one objective reason you could use to explain why the statement above isn't true? Maybe it's the exact same as your answer in #1.

2

What's a more beautiful, bad ass thought you could try to believe? Maybe the exact opposite of this?

Ex: If you originally have "I can't dress up because I'm too old" your new thought could be "I'm the perfect age for all my outfits"

3

What's one way you can physically start to put this into action?

Ex: A piece of clothing you thought was too "youthful" to wear but you wanted to wear or buy?

When will you do this and what supplies do you need?

4