

Vigilantly loving your Voluptuous self Victoriously! (Say that 10 times fast! 😊)

- To be Vigilant means to keep careful watch for possible danger or difficulties.
- Voluptuous means to be curvaceous and sexually attractive, or to be pleasure-loving - characterized by luxury/ sensuality.
- Victory is an act of defeating the enemy or opponent. (For a good laugh, watch Flip Wilson's "The Devil Made Me Do It.")

Now voluptuous, I believe, is missing a high degree - we've shamed voluptuous women or made them (surgically) into Jessica Rabbit cartoons. There is victory in owning your own voluptuousness - every curve, your sexuality, your pleasure - and remembering you are fearfully and wonderfully made.

Owning it, loving it, and taking care of your voluptuousness is how you go from shame to victory.

Vigilance keeps us in this state - loving ourselves right now in all our voluptuous glory. This is what gets us off the Carousel of Crazy and into living a VIBRANT life. Being curvy and rounder in a world that glorifies stick thin is rough, but shifting to a world of vibrancy is where it's at.

I shared my Lane Bryant changing room story with you about how I was still wearing a maternity bra when my kids were in their teens because I didn't feel worthy of new underwear. It took me a long time to learn to love and accept myself, and this may be something that you're struggling with today.

So how do you vigilantly love your voluptuous self victoriously?

1. Make the DECISION to accept yourself.
2. Reconnect to HER - heart, mind body, and soul.
3. Use your tools - journal and set goals for yourself.
4. Wear clothes NOW that are cute and make you feel good.
5. Celebrate your enoughness.