



Love
YOURSELF

A BOUDOIR PHOTOGRAPHER'S GUIDE TO SELF-LOVE
GRIT&GRACE BOUDOIR



Hey! I'm Betsy.

I'm a photographer who has spent the past years rebuilding myself after some major life changes in my early 40s. Through this process, I learned how to love and celebrate myself as well as my womanhood. Traveling alone for a year while shooting for ME (100,000+ photos!) helped strengthen my self-worth in a unique way.

Along the way, I discovered that Joie de Vivre comes from within when we love and care for ourselves. I witness this in my clients as they rebel against society's rules and embrace who they are with reckless abandon. But I know loving yourself can be pretty damn hard, so I've compiled 5 of my best tips that I learned in this journey. I'm so excited to share them with you!



Be Mindful

Pay attention to the little details that make you the woman you are. Do you thrive in social situations? Do you get pissed off when you're interrupted? Don't try to change. Just knowing these things about yourself will allow you to become more aware of what you feel, think, and want. With knowledge like this, you'll be better equipped to be who you WANT to be rather than who others expect you to be.

Practive Self-Care

Once you become more mindful of your needs and wants, practicing good self-care becomes much easier. You'll begin to recognize when your needs aren't being met and take action. Whatever fills your tank—exercise, naps, drinks with friends, travel—DO IT. Stop making excuses and put yourself first for once.



Stop Comparing

If only we could look at ourselves the way we look at others—but then you wouldn't be reading this guide! You don't know the details of anyone's life journey but your own, so don't assume they're better off than you. Instead, stay in your own lane by focusing your energy on creating the life you want, and you'll naturally stop comparing yourself to others.



Live With Intention

This isn't a "where do you see yourself in 10 years?" tip. To live with intention, simply choose a purpose or design to guide the way you live. So, if your intention is to live a happy and healthy life, make deliberate choices to meet that goal. As you start accomplishing this, I bet you'll find you're loving yourself more with each passing day.





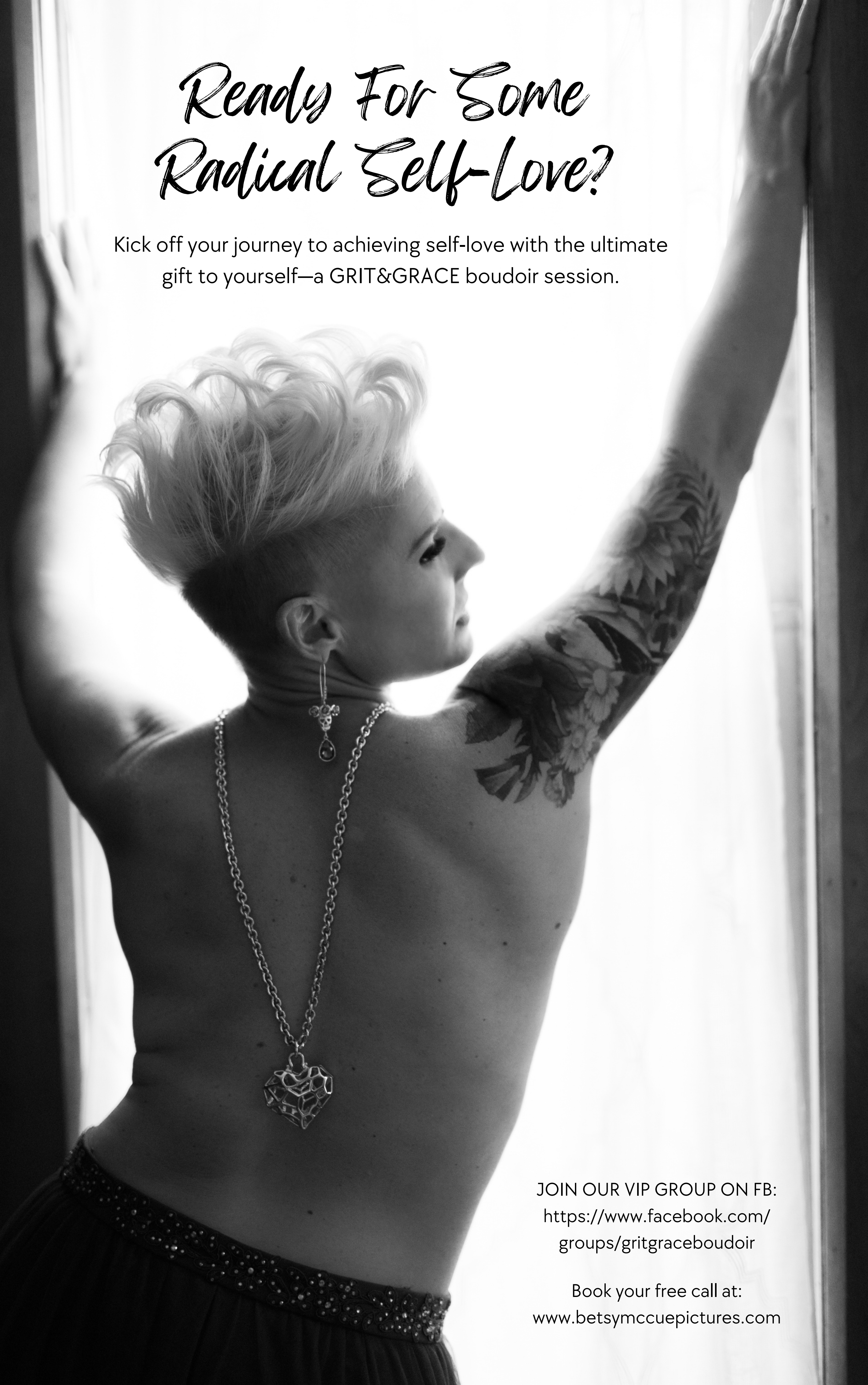
Be Yourself Unapologetically

Be Yourself Unapologetically.
You swear. You're a tomboy. You
like to control the situation.
People may label these as flaws,
but I say they're the parts that
make you uniquely YOU. Don't try
to squash them and sure as hell
don't apologize for them. Try
celebrating these traits by
reframing them.

*You aren't afraid to speak your
mind. You can pair a dress with
combat boots. You're a leader.*

Ready For Some Radical Self-Love?

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