

5 DAY
Self Discovery
CHALLENGE



A step-by-step guide
to level up your confidence and
start you on a journey to self-love

BY HAUTE VIEW
BOUDOIR

Welcome....I'm so glad you are here....

As a boudoir photographer, the thing I hear the most from my clients in their initial consultation is a lack of confidence in themselves. I would love to say there is a magic pill that instantly gives you the confidence to thrive in this imposing world (a boudoir session comes pretty damn close), but there are a few helpful habits that you can introduce into your life that can start you on a path to self-love and confidence.

For this challenge, we are going to introduce one new Self-Discovery Challenge each day. Don't worry we will be reminding you via email each day and cheering you on every step of the way!

Forget a day? No worries, I understand life gets in the way sometimes, feel free to double up in a day.....this challenge is all about progress over perfection.

xoxo, Brittany

important tip

These are simply healthy habits you can introduce into your life, but here is the KEY.....you have to keep them up and want to do them. Feel free to customize them to fit your lifestyle and personality.



Challenge Day 1: Plan & Write Down your Goals



You are more likely to achieve your goals when you write them down.

1. **Get clear** on what you want in your life. These can be personal, professional, and aspirational.
2. **Make your goals actionable.** Don't say "Be Happy", instead set aside 15 minutes a day to do something that makes you happy.
3. **Set a reasonable timeline.** Give yourself a reasonable deadline and milestones to hit along the way.

“Write it down. Written goals have a way of transforming wishes into wants; can't's into cans; dreams into plans; and plans into reality. Don't just think it – ink it!

Michael Korda

Challenge Day 2:

Affirmations

Affirmations have the power to motivate you to act on certain things, help you to concentrate on achieving your goals in life, give you the power to change your negative thinking patterns and replace them with positive thinking patterns. Here are a few of my favorites, but feel free to find ones that speak to you:

1. I am improving myself and getting closer to my goals every day.
2. I am constantly growing, evolving and becoming my best self.
3. Every day, I move forward on a track of healing and self-improvement.
4. Progress is to make small steps towards big goals.
5. I accept myself exactly as I am now.
6. I am exactly who I need to be.
7. I am worthy of celebrating myself.
8. I appreciate all the ways that I am unique.



important tip

Write your favorite affirmation on the mirror, so you can look at it every morning when you are getting ready for the day! You will be surprised what this little reminder will do for you each day.

Challenge Day 3: Carve out some "Me Time"

Go to your calendar and create an appointment just for you. Here are a few ideas:

- 1. Read a book & relax in the tub.** Bonus Points if it's a book that will help your self-love journey. Here are a few of my favorites:
 - You are a Badass - Jenn Sincero
 - Big Magic - Elizabeth Gilbert
 - Girl, Wash your Face - Rachel Hollis

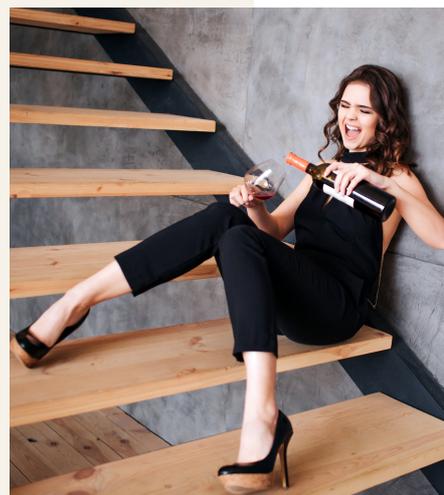
- 2. Go on a Date with yourself.** That may sound silly, but hear me out. If you only thought about yourself and what you want to do for your perfect date. Go to your favorite restaurant (even if it's takeout), go to a movie (hello chick flick), or your favorite hobby.

- 3. Take a class.** What's something you have always wanted to learn or try. Book the class and do it! Even if the skill seems silly or impractical, if it will bring you joy, it's worth it!

In-person: <https://www.thechatterry.org/>

Online: <https://www.skillshare.com/>

<https://www.creativelive.com/>



Challenge Day 4:

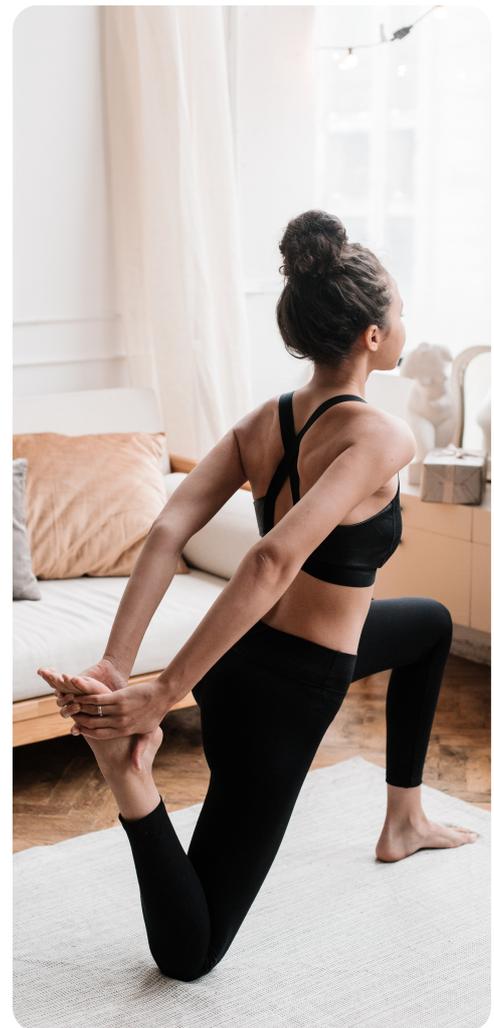
Give your Body some Love

So far our challenge has been focusing on our mind, but today we are going to focus on our bodies. Here are a few simple tasks you can incorporate into your day to help your body:

1. **Drink More Water.** I know this sounds basic, but it's so important. Not only does it improve your health, but it can help your skin look amazing! Nearly every client who walks in with amazing skin and I ask what their secret is says, "They drink a ton of water."

2. **Take a workout class.** There is something about having the accountability of others around you that helps the workout feel more enjoyable. My personal favorites are one with loud music, like a spin class, yoga class, or Zumba (bc I am laughing at my dance skills for an hour).

3. **Go on a Walk or Run while listening to an empowering playlist. Spotify playlist:**
<https://open.spotify.com/playlist/2kaCtaAMMkYqGmb0C8IGtv?si=35aad86606b64592>

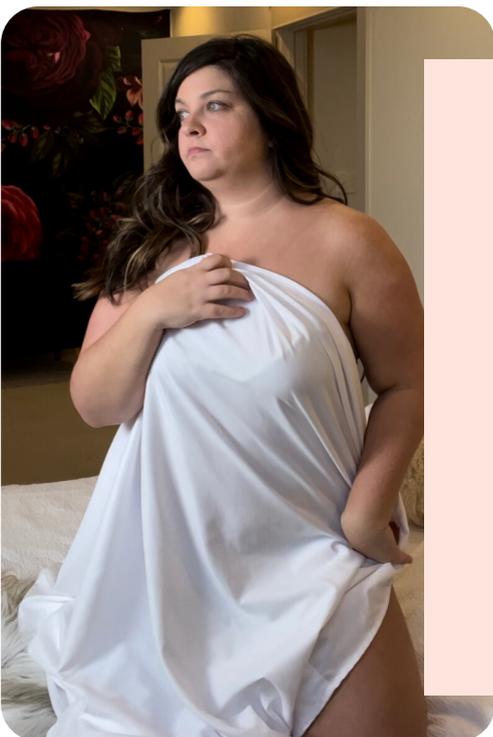


Challenge Day 5: Take a Sexy Selfie

It's time to step outside of your comfort zone.....and take a sexy selfie. Let's celebrate where you are right now and remind yourself just how beautiful you are. You don't have to send them to anyone, these are just for you! Here are a few tips on how to achieve that sexy selfie:

Basic Tips:

- Clean your camera lens.....basic I know, but we don't want blurry photos
 - Find a tripod or something to place your phone on that's higher than your eye level
 - Forget the timer - record a video and screenshot your favorite frame
 - It's all about the light - Find a window or light source from a side angle

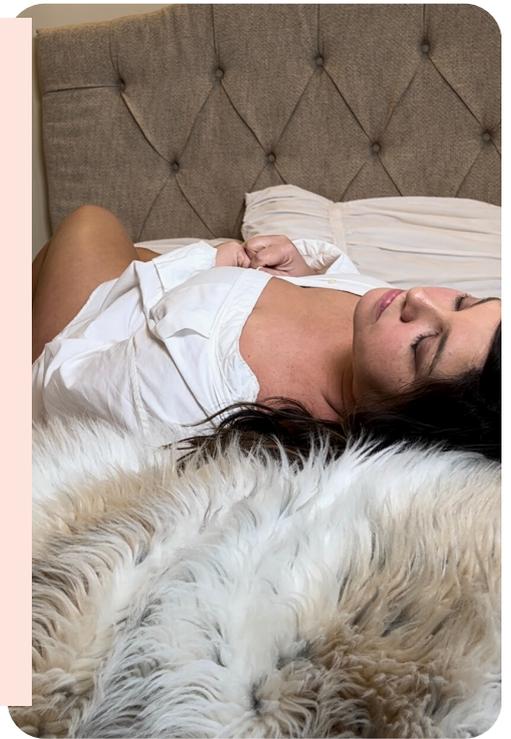


sexy sheet selfie

Grab a plain white sheet and come up on the bed on your knees. Hold the top of the sheet with one hand and let the other hand rest on your hip holding the sheet tight across your body. Let one knee and hip pop out of the sheet.

Lay Back Selfie

Grab one of your SO's favorite shirts. Lay on the edge of your bed with your head toward the camera and legs running diagonally away from the camera. Pull the shirt off your shoulder and closed with both hands right underneath your boobs. Pop the leg closest to the camera.



Booty in the Mirror

This one is all about the angle and the easiest one to do without a tri-pod. Put on your cutest pair of cheeky panties and find a mirror. You are going to pop the leg closest to the camera top get the curve of your booty over your shoulder.

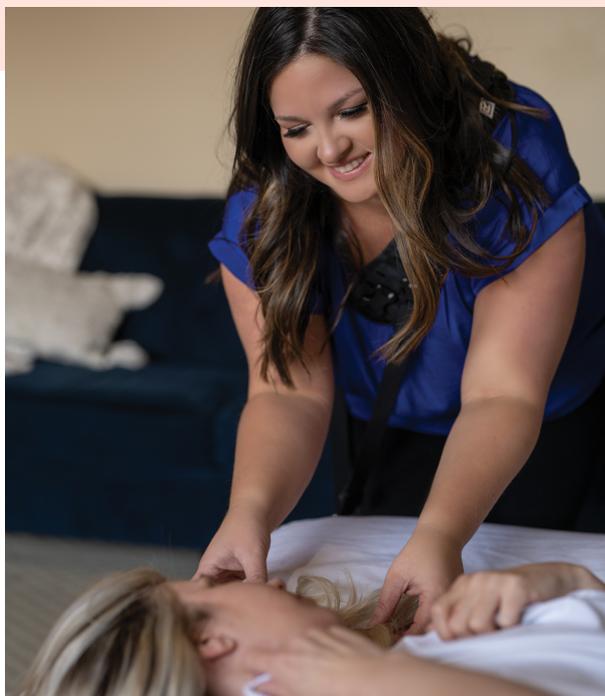
Advanced Posing Tips:

- Point your Toes like you are wearing high heels, it will tone your legs
- Bring two tips of your fingers together to make your hands appear soft and relaxed
- Part your Lips just a little - this is the first step to achieving that sexy expression

Yay! You did it!

I hope your self-discovery challenge went well and you got a small taste of what it's like to live a life with love for yourself. And even if it's just like for yourself....that's a strong start.

Feel like you are ready for more? A boudoir session is the next step on this self-love journey. Our boudoir sessions always include hair and make-up (hello makeover), access to our client closet of 300+ outfits, and a 90 minute session with posing and expression guidance. And because you completed this guide you can **save \$100 by using the code SELFDISCOVERY.**



Hello I'm Brittany, the camera, heart and soul behind Haute View. I'm on a mission to amplify women's self-confidence and light a fire in their soul that sets them on a self-love journey, that will last a lifetime. I've got 11+ years of experience as a photographer, and love getting creative with new sets and my studio to create a safe, comfortable space for all my client's boudoir fantasies to come alive.

xoxo, *Brittany*



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