

**STYLE YOUR HOME.  
STYLE YOUR LOOK.  
STYLE YOUR LIFE.**

*styling with.* **BRENDA DI BARI**



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## Introduction | Brenda's Style

*Welcome, welcome.*

My name is Brenda Di Bari, and I am a life coach specializing in personal empowerment. I would like to thank-you for joining me here and offering your valuable time to me. I am very grateful that you have arrived here to listen to what I have to share. We have a lot to discuss, starting here and now!

Like many of us, I have had numerous opportunities for changes in my life. Some have been wanted and planned, some have been surprises, and some haven't been wanted, but I have been blessed with the inner determination and drive to take them head on. The rewards have been amazing and I am dedicated to encouraging all whom I encounter to fearlessly look upon changes as opportunities and not obstacles.

My goal with this book is to explore the effect our outward and inward use of creativity, authenticity, and exploration of our space, impacts our environment and extends to our experiences through life. Coincidentally, my career path has lead me through an intimate journey first with the physical aspects of style in fashion, then to the environmental aspects of style through real estate, and then through the internal aspects of style through life coaching.

*From early childhood, I loved to dress up in my favorite pieces of clothing - plus accessories!*

Like Dorothy, I was especially proud of my red shiny shoes. I wore them continuously (and stubbornly) until eventually I couldn't fit them on my growing feet any longer. I was only 6 years old at the time, but I still remember exactly how I felt when I had them on.

At 12, my world changed when I discovered how it felt to wear long flowing dresses combined with platform shoes. I felt invincible in my tall and elegant state of being. Significantly, I began to explore *why* I loved wearing my favorite outfits. I pored through magazines looking for style clues over and over.

At 13, I was thrilled to be given the opportunity to model. To my delight, I discovered that this involved wearing various unique outfits all day! Posing in front of the cameras, I felt empowered and the very best of who I was becoming. This inspiring feeling has never left me no matter where I have ventured since.

My 'passion for fashion' leads me to pursue studies in design and merchandising at college as a young adult. Never someone to wait around, I was steadily working as a fashion stylist by the time

I graduated. I threw myself into the industry whole heartedly. Yet I was still working out my own personal design and styling identity.

*I knew I loved the unusual, but I was still exploring what that meant to me creatively.*

I played with accessorizing throughout those early years of my career. Every outfit was finished with a hat, scarf, belt, or piece of costume jeweler. I learned the tricks of the trade that consistently worked. I honed my styling craft meticulously. I still have a love of experimentation and it has become signature in the work I do today.

I continued to work in fashion for several years very successfully. I worked on shoots, magazine editorials, and with private clients. I later moved into real estate where I learned how to apply my styling instincts and knowledge in new mediums. I got into the heart of understanding the motivations of my clients within their personal search for their dream homes. I learned the importance of individuality within a home space.

*I explored interior styling away from work also, creating home spaces for my growing family.*

My life pattern and my creative endeavors have lead me to become a joyful life coach. I help clients to develop their own sense of style. I help people to pursue their ambitions and to successfully cultivate the type of life that they truly want and need. My passion for styling has now naturally extended to styling the scene of your life, not just your look or your home. It's the whole package!

I draw great personal joy from helping others to discover their creative abilities in order to bring their visions alive. I hold faith in the potential of each individual. I believe we all deserve to be joyful in our daily lives. I believe in the power of overcoming. I believe in equipping my clients with the tools they need to build a healthier, happier future. More than anything, I believe in you.

So— *are you ready to get started?*

I have created this book as an easy to absorb guide. It can be returned to as many times as you need. Read the whole thing in one sitting if you wish to. Or you might like to settle down every few days to work your way through it one *stylish* chapter at a time. This is your journey. I am so excited for you to get started!

*See you in there.*

**-Brenda Di Bari.**

## Chapter 1 | Style Your Home

Intrinsically, style is creature that thrives when it is allowed to grow and develop. Sure, there are many 'classic' styles and traditional forms of design. But even those details will sway in and out of popular fashion over time. Style is meant to be developed. Let go of your need to keep your environment the same.

*By doing so, you automatically unlock a world of creativity you haven't even considered yet.*

Life is variable. As we all know, curve balls are all a part of the experience of life. It is typically in the moments that we have just reached apparent balance and found a sense of security that the unexpected happens. This can be anxiety inducing when it happens. For some people, the uncertainty of the short or long term future can ultimately be stifling.

It is very tempting (and typical human nature) to want to control our worlds in order to feel safe or in some way soothed. Truthfully? The control we believe we are holding is only an *illusion*. More than that, the apparent safety you might cling to won't cultivate the effect you hope it will.

*Sticking to comfort like glue? I have a few home truths for you.*

The fact your bedroom always looks the same will not make your work life any more settled. Your desire to stick to color palettes that feel safe will not help you to develop your sense of confidence. The haircut you are dedicated to won't make your successful past equate to an equally successful future.

It's not comfortable to realize that the safety measures we have carefully put in place are actually not helpful to us in the short or long term. It is far easier to tell ourselves that safety is success. But are you really going to limit yourself from accessing true personal development and unique joy by staying safe?

*What you have true control of is embracing who you are and everything you have to offer yourself.*

I am not encouraging you to throw caution to the wind. Letting go of control is not related to self-discipline, which is highly necessary in building the life we desire. What I am introducing to you here is the concept that there is a world of potential just beyond the temporarily closed gates of inner fear. Push past those iron gates to open up a whole new color spectrum - perhaps literally, interior design wise!

There is deep and certain beauty in *change*. Trying new things (and making inevitable mistakes along the way) is all part of the process of expanding our view. How long has your bedroom looked like it does right this moment? When was the last time you changed the layout of your sitting room, or boldly reorganized your closet system? We can become blind to our environment from force of habit along with a residual temptation to cling to what we think we know.

It really doesn't matter how large or small your home environment is. No matter how many bathrooms or bedrooms you have, your space should be somewhere that makes you feel good. It should be an environment that you step into and feel energized in the most positive way a person can be. What are your energy levels typically like when you step into your home each evening?

*I will share with you that energies are the real key here. Let's explore why!*

The things we place in our home hold energy. Sometimes these items may hold negative energy, depending where they came from or what they represent to us in the present moment. Objects that bring you happiness and fulfillment when you see them are positive presences in your home space. The items that make you turn away or that you push to the back of a storage space hold negative energy - which you don't need!

*Embrace the fundamentals of Feng Shui by beckoning positive light and energy into your space.*

By releasing negative items from your home, you are directly leaving space for far more positive energies to take their place. Leave areas blissfully clear or replace individual pieces one by one with the things that fill you exclusively with joy and gratitude. Don't concern yourself with the unnecessary guilty of giving away something that was gifted to you.

*You don't owe anyone but yourself an explanation for what you choose to release - or why!*

Changing the layout of a room can be just as energizing as removing items that don't suit your lifestyle and mindset any longer. If you're used to seeing your home in a certain format, then change it up. It can be as simple as moving your bed to a different space or changing the angle of your lounge furniture. Not everything has to point to your television. Have fun with experimentation to draw out the joy of the process.

I am going to close this chapter by sharing an easy, doable exercise with you in order to help you to orchestrate a more positive home space - whatever that looks like for you individually:

## **EXERCISE 1 : Mood Boarding**

*"...creating a visual reference that changes and develops as you do to give you a reflection space for your creative mind and soul"*

### **How To:**

**Purchase a large cork board** and a pack of pretty pins that you'll enjoy using. If it's a little plain, you can always whitewash the wooden border to make it more inviting to use. This is a creative activity and it shouldn't look or feel like an office task!

**Write out the statement, "I deserve..."** on a piece of paper. Pin this up to the center of the board. Next, start to pin up images of things that inspire you right now. It might be cut outs from a design campaign you love, swatches of fabric you've fallen for, or even vacation photos that have the lighting and coloring that makes you feel joyous.

**Stand back and reflect** what you love about the board, and why. Is there some alignment between the different puzzle pieces you see in front of you? Do you see elements on this board that match the ones in your home environment right now? If not, then why do you think this is?

**Display your mood board** somewhere you can see it regularly. Take a photo with your smartphone and have it stored to inspire you when you're out shopping. It will become a positive reminder of your best ideas and your most authentic creative impulses.

**Don't allow** your board to become stagnant, in the same way that you (now) won't be permitting lower standards for yourself. Add to the board regularly as and when you find new examples of inspiration. This is your unique journey. Become brilliantly bold and **cultivate the colorful.**

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## **Chapter 2 | Style Your Look**

The way we represent ourselves to the world is important. This is not about vanity. It's not about valuing ourselves on our aesthetics features, or unhealthily obsessing over the parts of ourselves we like the least. Such negative self-talk is not going to get us where we want to be. But how we represent ourselves is key to the message we share with the world. Put together, groomed, and ready to go? The world is your oyster.

*Feeling the very best of yourself will mean you'll be prepared for anything life has to offer you.*

Consider something for me for a moment, if you will. How much of your clothing and accessory collection do you wear each season? Perhaps there is an outfit in your closet right now that you love but that you have been endlessly saving for the 'right' occasion - which we all know means it won't ever be worn. If so, you're certainly not alone. We've all been there, me included.

*Typically, our closet is a trove of memories. It can be hard to let go of our treasured pieces.*

Every item has a story as to how it came to join us in life. We might have been gifted a dress one time from a dear friend. Or there's those white jeans that we bought on that beach vacation yet haven't had the confidence to wear since. You know the ones, right? It's all too easy to amass an array of clothing without really having a sense of what we own or *why*.

I really love buying and wearing special items of clothing. I adore my special things! I adore my treasured possessions throughout my home and wardrobe. However, I don't get anchored down by them. On several occasions in my life I have had to leave behind many of my belongings due to the circumstances. One day I had them. The next day I didn't. What I learned from this, was that life really *does* go on.

*There are always opportunities to replace or reinvigorate personal collections later down the line.*

What I do think is important, is to only keep possession of looks and styles that both fit and suit you. Yes, both of those. This does not mean that you should fill out your closet with your favorite comfy loungewear, I might add. This is much more about finding the shapes and the cuts of fabric that make you feel the very best of yourself.

*Stick to a dedicated rule of only keeping the styles and looks that showcase you at your best.*

Before we dive into our next exercise to help you find your own personal style, I'd like to spend a little time talking about *why* it's so important to wear the looks that truly express who we are. There is good reason as to why you should *only* choose outfits that best represent who you are. There is purpose behind selecting outfits that show you off to the world each morning!

*Why can't we just use our voices, skills and abilities to demonstrate our value? I hear you.*

Yes, of course. You are valuable without a stitch of clothing upon you. You are valuable first thing in the morning before you get ready for the day. You are valuable last thing at night after a stressful day. You are always worthy of the kind of life that you wish to experience. Creating a look you love is a positive part of that journey - not an obstacle!

What are the clothes that you own that make you feel incredible? Do you have one outfit that is your 'go to' when you're in a rush? Which pieces in your wardrobe do you flick past to get to what you really love wearing - and why are those redundant items still there? Do you really like them or are you keeping them around from force of habit?

Perhaps you adore several items you own but you just don't feel as good in them as you once did. Instead of berating yourself for not suiting items of the past any longer, let them go. Whether you give them away to someone who will love them, or you sell them to fund some new outfits, embrace change in the most positive sense.

*Personal style and expression can be a difficult space to navigate.*

Sure, we could just follow the suggestions of fashion houses and high street trends. But who wants to be a mannequin? Not you, that's who. You're not a commercial victim and you have no need to dress as one. Dressing stylishly in the clothes that suit you doesn't have to be an expensive endeavor. You don't need to be an expert to achieve the right look. You just need to listen to your gut!

When we try to copy the look of someone who admire (or even envy) or we attempt to pass off a style that we believe will 'make' us more successful, then we are neglecting our authentic selves. It can be tempting to recreate the styles we see on our social newsfeeds or within the pages of glossy magazines to try to package ourselves in the 'right' way but doing so has the potential to make us uncomfortable.

*When we cause friction within ourselves, we are far less likely to succeed in our ambitions.*

Instead of trying to harness the styles or the success of others, focus on nurturing your brilliantly authentic self. You are already an incredible person with an array of gifts to offer. Now all you need is to find a look you love (or several) as you move forwards in your journey. The way we dress sends a message not only to ourselves but to the world around us - powerfully so!

When we dress in a way that makes us feel good, we are practicing self-love. We are signaling to our consciousness that we are worthy of feeling great. We are demonstrating to ourselves that we are capable of anything. By doing this, we automatically then send the same message to those we meet. Walk into every room feeling bolder and speak to people with your chin raised and your true self shining through.

Need some inspiration to get you started? I am right here with you. Let's dive into our next exercise together:

## **EXERCISE 2 : Truthful Image Review**

*"...learn to cultivate a sense of honesty within yourself regarding the selections you make for yourself - starting in your bedroom mirror!"*

### **How To:**

**Pull out your clothing collection** on to your bed. It may seem overwhelming to do so at first, as you might be used to having it all neatly tidied away from sight. It's time to let go of comfort!

**Clear your bedroom of distractions** including your smartphone and any additional clutter that you may have in the space. Kids? Ask someone to mind them for you. This is *your* time to focus.

**Dress yourself only in underwear** that fits you properly...and nothing else. This is your blank canvas to start out from!

**Make a pile** of the clothes you immediately know you won't wear. Don't ruminate. Listen to your gut. It will tell you everything you need to know about each item.

**Embrace the items** you have left and actually try them on. When you put each piece on to your body, consider how you feel. Would you feel good wearing this when meeting someone new? If so, place it on the other side of the room from your 'ditch' pile.

**Don't ignore** the most valuable styling tool you own - your mirror! Take a good look at yourself in each outfit. Does this look make you feel the best version of yourself? Positive feelings glow like sunshine. The same applies of the opposite, meteorologically speaking.

**Have fun mismatching items together** to see what works. You don't have to opt for matching prints and colors. Unleash your playful self to discover whole new outfit options from the clothes you already own.

**Release the unwanted** and embrace the loved from this day forwards. Treat the clothes you keep with love, getting them mended or laundered to keep them (and you) looking and feeling your best. This is all part of the empowering process of *choosing a **higher state of existence for yourself.***

### Chapter 3 | Style Your Life

Have you ever said aloud that you aren't a creative person or that you were 'terrible at art at school' when you have been faced with a creative task of any kind? Many of us have done so. The truth? It's total *nonsense*. You aren't any less artistic than the super-whizz graphic designer you worked with that time in your office, or the artist friend you secretly envy online.

You hold within you, right now, the exact same amount of creative potential as anyone you can possibly think of. You just don't know it yet. Society has worked hard to knock it out of you since your playful childhood came to an abrupt end. But it has never really left you. You're about to re-discover it right now, in fact.

*Yes, some people are born with talent. But this doesn't negate your inner potential.*

Sure, some people will have access to the training or education that will allow them to become incredible artists of varying mediums. But this does not mean that you do not have the gift of creativity inside of you. To assume it isn't there is to lose out on its potential in your life. So, let's change that - starting right now!

Our relationship with ourselves determines what we experience. Our levels of reactivity, our confidence to go after our dreams and our daily levels of joy are impacted by how highly we value ourselves. If we don't love ourselves then the standards, we expect for ourselves will inescapably lower. Therefore, self-love has never been more important.

*Sometimes we may allow people and habits to exist within our lives that negatively affect us.*

Just like objects within our home can hold negative energy, sometimes so do other elements we come into contact with. It is necessary to declutter not only our wardrobe of clothes that don't make us feel good, but people also. This can be one of the hardest actions to take but one of the most empowering ones also.

In our previous two chapters together, we have explored the positive process of letting go of the items that anchor us down in order to leave space for fresh, healthy elements to take their place. We considered the process of positive selection and healthily letting go of what weighs us down. The same rules and emphasis can be applied to other areas of our lives also.

Inter-personal relationships take work. We might need to examine our friendships to see where healthier connections can be cultivated. Or we may need to take responsibility for our part in a

relationship that has become unhealthy in order to heal it. However, if someone is consistently making you feel unhappy and less than yourself then it may be time to move on.

Habits can also be unhealthy presences in our lives - which is never a stylish look! Reaching for the potato chips that you love but that always make you feel terrible afterwards is not taking care of your authentic self. Dating the people that aren't good for you (and you know it) will not lead you to a happier and more fulfilled way of life. Take pride in letting these elements go in an action of devotion to valued self.

*Don't forget that you absolutely deserve to be happy, whatever that looks like for you.*

It's not always easy to 'spot' what elements of our lives need to be loosened from our conscious grip. In the same way you tried on the outfits to consider how they made you feel, try out the same technique in other areas of your daily experiences. Learn to listen to yourself to find the answers you're looking for.

When you spend time with someone, consider how you feel afterwards. If you are left feeling depleted or defensive, then it may be time to find a new friend to spend your valuable time with. If going to that fancy gym always makes you feel self-conscious then now is a great time to try a new outdoor boot camp or a class you've always wanted to try!

This next exercise will help you practice the art of 'life audit' in the most empowering of manners:

### **EXERCISE 3 : Life Auditing**

*"...identifying the elements around us that encourage the best sides of us, and those that we may need to gently release."*

#### **How To:**

**For one week** use a journal to note down the people you interacted with and the activities you spent time doing. You don't need to encumber yourself with too much literary homework. Two simple lines about who or what it was and how it made you feel is all you need.

**At the end of that week** spend some quality time with yourself to read through your journal. Are you surprised at what you have shared with yourself? Can you spot any patterns to your habits, negatively or positively?

**Use some further journal pages** to write down which activities and people are healthy and positive presences in your life. Don't be tempted to sneak in anything (or anyone) that you are simply too afraid to let go of right now. Give yourself the gift of honesty.

**Repeat the process** the following week. However, within this week only permit the people and the activities that you identified as positives in your life.

**Check in with yourself** during the reflection phases of this exercise, and after you have completed the process. How has your life changed in this short period of time - ***has it been for the better?***

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### **Conclusion | Style Your Future**

**Here we are** - *we have reached our fifth and final stylish chapter together!*

What a creative journey of discovery it has been. As with every venture of discovery, we have explored some new areas that may have made you think in different ways to usual. Perhaps you have found it difficult (as we all do sometimes) to let go of what you believe you "should" do, say, choose, or select for yourself. Maybe you have embraced having permission to let your creative side run wild!

Whoever you are and however you're feeling, I would like you to encourage you to hold on to any emotions you might be experiencing. Feeling inspired? Act on this and see where it might take you. Battling overwhelm? Sit with it until you can find the roots of why. Unsure? Revisit our early chapters to see what else you can find within the words I am sharing with you.

*Most importantly —don't be too hard on yourself. Free yourself from the illusion of control.*

There is already far too much judgement present within the newsfeeds of social media and in commercial advertising. We have been conditioned to compare what we have with what other people have sociocultural. Not only that, 'likes' and 'follows' have become currency for popularity and success in many instances.

There is more than enough pressure in existence for us to need to add to it. Let go of self-judgement of any kind. You don't deserve to judge yourself by other's standards and doing so will

not cultivate joy nor success in your life. Liberate yourself from your habit of scolding what isn't 'right' and exchange it for a more nourishing point of view.

*Practice the art of supporting yourself. Learn to love yourself unconditionally.*

Drop any judgement of yourself for the pace or quantity of your productivity. Embrace your (perceived) mistakes as part of your ultimate creative journey. Great painters don't create works of art on the first canvas they pick up. The same goes for any creative process. Editing is a stylist's key tool, which in essence is the process of removing errors from whatever it is that has been created.

We are not designed to be sedentary creatures. Our minds, bodies and spirits thrive when they are used and nurtured. Don't fight the concept of change, no matter how scary it may seem at times. Instead, apply everything you have learned within this guide in alignment with your true instincts. You are truly equipped to live the life you wish to experience from this moment forwards.

*If you take one message away from this guide let it be this; **change is beautiful.***

Would you like to discover more about your true potential? I would love to connect with you beyond the pages of this guide. You can send me a direct e-mail [bdb@brendadibari.com](mailto:bdb@brendadibari.com) or join me over on social media [instagram](#) or [Linkedin](#) You can also learn more about my work over on my website [www.brendadibari.com/](http://www.brendadibari.com/)

All you need now? Put down this guide. Take a deep breath. Roll back your shoulders. Feel that glow of creativity inside of you. Then head out!

Venture forwards to find what it is that brings you the most authentic joy. Whether it's your look, your home, or the scenery of your life. There is a world of opportunity awaiting you.

So—what are you waiting for?

*With belief in **you,***

**- Brenda Di Bari.**

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