



Team Crystal Cave <info@xocrystalcave.com>

Let's Embrace Our Tummies Today! You In?

1 message

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Dear Team,

This style sisterhood is rockin' and rollin'. Yesterday's pics were so fun – thank you for sharing a past moment of confidence and fabulous style with me!

I LOVE hearing from you in the [Style School Facebook Community](#), so be sure to let me know what's coming up for you in there!

And now...

...Today's Fabulous Challenge!

Embrace Your Tummy



Is your number one goal to wear something that hides your stomach? For so many of us gals with curvy bodies, being asked if we're pregnant is one of our worst fears. Today's challenge is all about learning to love your stomach and actually feel confident showing it off.

Begin your body-love journey by watching my Crystal Cave TV episode on [How to Fall in Love with Your Stomach](#). You'll learn some essential tips for how to embrace and style your tummy with pride.

There's often the perception that fashion can cause us to hate our bodies (we're not skinny enough, tall enough, whatever enough), but I've found that style is an amazing way to actually take action towards loving your body. And taking outward action is a powerful way to change internal thoughts and behaviors. So join me in building body-confidence and body-love today!

What's YOUR Fashion Level?
For today's challenge...

Level 1 – Style Icon in the Making: Follow the steps from my video to show your stomach some love! Place your hands on your stomach, thank it for all that it does for you, think good thoughts, grab some lotion and pamper your tummy with a massage. Take a photo of yourself in a body-love meditation pose!

Level 2 – Owning my Inner Fashionista: Pull out your favorite wrap dress and get ready to highlight your gorgeous curves! Take a minute to admire and appreciate your figure, and don't forget to snap a pic of your fabulous self!

Level 3 – Supermodel Ready: Okay queen, it's time to go full bodycon up in here! Slip on your most curve-hugging dress and flaunt what ya mama gave you. Show us fierce, powerful, body-love – and take a full body selfie!

Now what?

1. Pick your Fashion Level, show your tummy some love, and get ready to share the fun!

2. After you snap a pic of your gorgeous new style upgrade, post it on Instagram, Facebook, and Pinterest with #notsoskinnystyle & tag me @xocrystalcave.

3. Psst. Don't forget to support your fellow Style Challenge sisters by searching the hashtag [#notsoskinnystyle](#), then comment/cheer on at least 3 other sisters in the Challenge. I want you to have fun, feel great in your body, and support your sisters to feel confident in their style too!

I can't WAIT to see your photos and witness this beautiful community cheering each other on.

See you tomorrow!

xO,

Crystal

No time for the challenge? [Unsubscribe here](#)