

By TERRI TRESPICIO

Lola loves a plan, and this transformative routine outlines manageable goals with major results.

Attitude Overhaul

Dive into this day-by-day plan to shush negative self-talk and inspire a beautiful inner glow.

If you've ever gotten sucked into a Saturday afternoon marathon of *What Not To Wear*, then Lola doesn't have to explain the tireless appeal of the makeover. There's something thrilling about watching a person go from insecure and self-effacing to shined up and self-possessed. And while the clothes certainly play a role, they're only part of the story. Radiating confidence has less to do with wardrobe than you might think; it's about learning to love what's underneath it all.

"All the money in the world won't give you confidence and beauty," says Ginger Burr, owner of Total Image Consultants in Lynn. "The key to transforming your image begins with figuring out who you are and learning to express that." To that end, Lola has worked with Burr to create a weeklong plan for putting a beautiful new you in the works. By focusing on a new goal each day, you can give yourself an inside-out makeover in just a week.

Sunday



TOSS THREE THINGS Go through your closet today and pull out three items of clothing that make you feel fat, drab, pasty, or anything else that runs counter to the way you want to feel (presumably sleek, chic, and fabulous). "Only keep the things in your closet that make you feel great," says Burr. If you want to do a complete overhaul, more power to you, says Burr, but sticking with just three to five items keeps it manageable. Try making this a weekly or monthly practice.

Monday

LEARN TO TAKE A COMPLIMENT Admit it: You've undermined or straight-up refused a flattering word about your dress, your shoes, your hair. Why? "We get embarrassed, or maybe we feel we should be humble," says Burr. Rather than interrupt a nice comment to explain that the dress was only \$10, that your shoes are years old, or that you need a haircut, try this today: Smile and say thank you. Better yet, when the negative self-talk starts up again ("Why can't my hair lay flat?"), turn those compliments into affirmations. Every time you catch your reflection, remember the compliment – and believe it.



Tuesday

CHANGE THE CHANNEL While taking in the latest looks from celebrity rags can be a fun (read: addictive) pastime, consider taking a day to tune out. "We get conditioned by all the information out there about how we 'should' look," says Burr. Today, focus on a part of your own body that, you have to admit, is pretty damn near perfect. "Find the thing you love most, whether it's your alluring curves, nice legs, beautiful smile," says Burr. Make some time to admire your own image instead of someone else's.



Wednesday

BE A KID AGAIN What did you love as a child? Maybe you were drawn to the color purple or cowboy boots or patent leather. "Talk to your mother, e-mail an old friend, look back at old pictures of yourself," says Burr. "What brings back the most joyful memories?" Think about how you can translate those things you loved into an adult-friendly look that ignites your youthful exuberance.



Thursday

CREATE A VISION FOR YOURSELF Deciding who you are and who you want to be doesn't happen by accident; it's a conscious and creative act. Today, start a vision map (Burr calls it your "fashion treasure map") by cutting out images and words that appeal to or inspire a sense of beauty in you, and paste them on some poster board. It doesn't have to be fancy. The goal is to become aware of your taste and envision your own unique path to self-expression.



Friday

BREAK OUT YOUR BEST Why save the nicest things in your closet for your anniversary or next year's fund-raiser? You're worthy of your finest apparel more than once a year. "Stop saving things for 'someday,'" says Burr. Instead, take an item you'd normally save (a string of pearls, great shoes, a dressy top) and wear it now. Find more opportunities to don your best, and you'll start to feel your best, too.



Saturday

ACT THE PART Never underestimate the power of actions to change your mood. Just as affirmations help reprogram your mind to believe in what you tell it, your actions (how you talk, walk, carry yourself) create an image that clothing alone can't provide. Spend today sitting up a little straighter, walking a little taller, smiling a little more. "True self-confidence is all about owning it," says Burr. "When you project a certain energy, people pick up on it. And you'll feel it, too!"