

Dressing For Your Authentic Beauty in Motherhood

Step 1: The simple process I followed to finally understand why I had a wardrobe full of beautiful clothes but still didn't feel like myself



A note: I'm not a professional stylist or fashion consultant. I'm a mother who experienced this struggle firsthand and discovered a process that worked for me. This guide shares my personal experience and the steps I took. Your journey may look different, and that's exactly as it should be.

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Before You Start: Set Your Foundation

I find this process works best when you understand your current context and what you want to achieve. Take a moment to reflect on these questions:

- What season of life am I in right now? (New motherhood? Kids in school? Returning to work? Career shift?)
- How do I want to feel in my daily life? (Grounded? Confident? Creative? Free?)
- What are my current values and priorities? (Sustainability? Quality? Comfort? Self-expression?)

My Story: From Overwhelmed Dressing to Embodied Expression

I stood in front of my wardrobe ~ full of beautiful clothes ~ and felt completely lost... once again. I'd already tried on five different outfits that morning. Each one looked fine on paper. They fit. The colours coordinated. Nothing was technically wrong. But when I looked in the mirror, I didn't see myself. I saw someone performing.

So I'd leave the house in outfit number six, only to realise an hour later that I felt like an imposter. No matter how hard I tried and how many clothes I bought, I couldn't get pieces to work together. Nothing seemed to flow. And I cringed at the thought of how much money I'd spent on these clothes.

This wasn't about vanity. It was about self-expression. The disconnect between my true self and what I was wearing caused genuine frustration and pain. Motherhood had changed me in ways I hadn't fully acknowledged. And somewhere along the way, I'd forgotten how to dress the woman I'd become.

The 3-Step Process That Changed Everything

So instead of purchasing yet another piece of clothing, I decided to pay attention. Here's the process I followed:

Step 1: Go Through Your Wardrobe Honestly

Block out 2-3 hours when you won't be interrupted. Create a beautiful atmosphere perhaps with gentle music and soothing scents. Then start to try things on. Not just looking at them on the hanger, you need to actually put them on. Notice how they feel on your body, how they move when you walk, how they feel energetically to wear.

What to Notice:

- How does the fabric feel against your skin? Scratchy or soft? Restrictive or freeing?
- Do you stand taller or slouch in this piece?
- Would you choose this if no one else would see you? (Honest answer only!)
- Do you feel energised or drained when you put it on?
- Can you breathe comfortably ~ both physically and emotionally?

Step 2: Take Pictures of Yourself

Take photos of yourself in each outfit. Use your phone and create a new folder: *'The New Me'*. Why? Looking back later helps you visually see patterns you miss in the moment ~ certain silhouettes that make you light up, colours that drain you, fabrics that feel wrong. As you start to find the outfits and pieces that do work, you can add them to the folder *'The New Me'* ~ this will act as a guiding template as you continue on this journey. Note: this folder will continue to evolve and change as you and your style do.

Step 3: Make Your Two Lists

As you go through your wardrobe, create two simple lists. The key question to keep asking: "What feels most like me?"

LIST 1: PIECES THAT FEEL LIKE ME

For each piece, note:

- Colour
- Fabric/texture
- Style/silhouette
- How it makes you feel

Example:

- Linen dress - terracotta, flowing, soft ~ makes me feel grounded and feminine
- Cotton tee - cream, relaxed fit, natural ~ feels like me

LIST 2: PIECES THAT FEEL DISCONNECTED

For each piece, note:

- Colour
- Fabric/texture
- Style/silhouette
- Why it feels off

Example:

- White button-down - stark white, structured poplin - feels corporate and stiff
- Black blazer - sharp, angular - like I'm playing dress-up

What I Discovered About Myself

When I went through this process, a clear theme emerged.

Pieces that felt like me: natural fibres, earthy colours, flowing relaxed silhouettes, high-waisted designs, feminine and soft details.

Pieces that felt disconnected: stark whites and blacks, structured cotton poplin, polished tailored styles, sharp angular cuts.

Here's the thing: I loved the collection of black cotton poplin dresses and polished pieces hanging in my wardrobe. This style looked amazing on other women. But it didn't align with me personally. I had been dressing based on what looked good on other women, not what felt authentic to who I actually am.

The Game-Changing AI Prompt

Once you have your two lists, take a photo or type them up and use this prompt with Claude or ChatGPT:

The prompt:

["Based on this list of clothes that feel aligned and clothes that feel disconnected, can you sum up my Embodied Beauty Blueprint in one clear sentence?"]

Then paste your complete lists from Step 3 (both **PIECES THAT FEEL LIKE ME** and **PIECES THAT FEEL DISCONNECTED** ~ with all the details about colours, fabrics, and how they make you feel).

For me, the answer came back as: *"Your Embodied Beauty Blueprint is soft, feminine, natural, elegant, sensual and minimal."*

And that was it ~ everything became so much clearer because I had a tangible style blueprint to begin curating a wardrobe that was aligned with my authenticity and unique expression of beauty. I could make better decisions with confidence instead of second-guessing every purchase.

Important: Getting this clarity is the breakthrough, but building your aligned wardrobe is a journey, not an overnight transformation. Give yourself permission to experiment, refine and evolve. I'm still on this journey myself ~ but I'm moving forward with clarity and intention instead of confusion and overwhelm. That's the difference this process makes.

Common Challenges That May Arise

"What if NOTHING feels right?"

If nothing feels right, it's completely okay. This process takes time and the willingness to research patiently and lovingly. Look beyond what you own to what you're drawn to. Save images, create a mood board, notice what catches your eye when you scroll, imagine how you would *feel* in certain outfits ~ not just how they look. Consider how clothes would harmonise with your day-to-day life to avoid fantasy dressing. Your current wardrobe might not reflect your Embodied Beauty Blueprint at all ~ and that's okay. It can also be helpful to think back to what you enjoyed wearing as a young child. For me, it was flowing dresses and skirts, which completely align with my current blueprint.

"What if the style patterns I discover contradict each other?"

That's completely normal, and something I experienced myself. Contradictions usually mean one of two things: (1) You're in transition ~ the pieces you used to love versus where you're heading now, or (2) Your Embodied Beauty Blueprint is actually a blend ~ like "feminine with structure" or "polished bohemian." Just keep paying attention to the pieces you actually wear most and feel most authentic in. Those are your signposts towards discovering your Embodied Beauty Blueprint.

"What if my style doesn't fit a neat category?"

Wonderful! Embodied Beauty is unique, not categorical. You're not trying to fit into a box ~ you're discovering your own unique self-expression

Why This Process is Supportive

It's hard to make aligned decisions without self-awareness. And self-awareness blossoms from noticing and embodying. When you physically try things on, you activate body wisdom. Your body knows what feels right before your mind can rationalise it. This process gives you permission to start trusting that feeling over trends and impulses.

But Before You Purge Your Wardrobe...

Don't rush to donate everything or go shopping yet. This is just the first step. There are other important factors to consider before confidently letting go and calling in new pieces:

- Understanding the deeper why behind your Embodied Beauty Blueprint (beyond just aesthetics)
- How to identify your personal colour palette and style archetype
- Strategic shopping principles so you don't recreate the same disharmony
- Building a cohesive wardrobe that works for your actual daily life (not fantasy dressing)
- Creating outfit formulas that take the guesswork out of getting dressed
- The relationship between your style and your deeper sense of self
- Selecting clothes that harmonise with your unique beauty, instead of creating disconnect.

But for now, I invite you to just start with awareness and curiosity. Start with noticing. Start with the simple question: *What feels most like me?*

Give it a go and see what you discover. You might be surprised at how much clarity can come from simply paying attention to what already exists in your wardrobe. I'd love to hear what unfolds for you.

Sophie x

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