



je ne sais quoi

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What makes you....YOU?

INTENTION

Father mother god my intention is to allow this workshop to disrupt the industry to lead inside of a new level of conversation for women to give themselves permission to embody more of who they are...to move outside the expected exchange and express their own uniqueness with pride and gratitude. My intention is that every woman leaves wanting to be anyone else but herself and gets so excited for what that looks like, what it means.

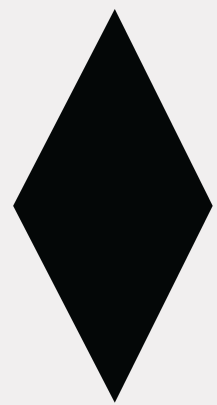
What makes you....YOU?

Feel into this question. It can be so challenging to answer.
The intention is to support yourself in actually feeling YOU.

What allows you to feel alive?

When do you feel most like yourself?

Know that we all grow and evolve, so this is an opportunity to see if there is anything you are still holding onto that is no longer a current representation of YOU. Meaning you are being called to recognize that you have outgrown it.





what makes me....
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Stop trying to be like everyone else....

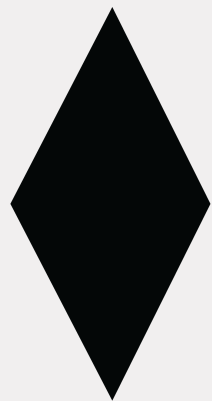
We've heard it...but feel it

THERE IS NO ONE ELSE LIKE YOU

THERE IS ONLY ONE YOU

NOW FEEL IT AGAIN

THERE IS ONLY ONE YOU



je ne sais quoi
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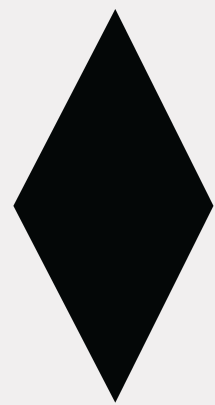
noun

1. A quality or attribute that is difficult to describe or express.

What makes you....YOU?

2. An intangible quality that makes something distinctive or attractive.

3. Something indescribable



What if we no longer feel we have to over explain? To
justify?

To make sure people get it?

What if we only need to be so clear inside of us, of our
own energy our own embodiment, our own desires that
we allow that to transcend and the people in our lives
that are meant to get it will and those that don't won't.

What keeps us out of our unique JNSQ?

Copying- the fear of being copied and the fear of copying...it's ok to be inspired, we are all inspired by others, by global consciousness, but there is a line. We need to give credit to other women and also honor our own genius. When you know no one else can embody you, you will feel freer in your ability to honor your own genius.

What makes you....YOU?



What keeps us out of our unique JNSQ?

Proving- this is so easy to fall into it. We feel we have to prove who we are and what we have to offer is valuable or we fall into the faux that says we are not enough

What makes you....YOU?

◆ All of this brings you out of your je ne sais quoi and clouds your own appreciation for who you are

Know that we all grow and evolve, so this is an opportunity to see if there is anything you are currently still holding onto that is no longer a current representation of YOU. Meaning you are being called to recognize that you have outgrown it. Is there anything you are being, enjoying or doing that is not really you?

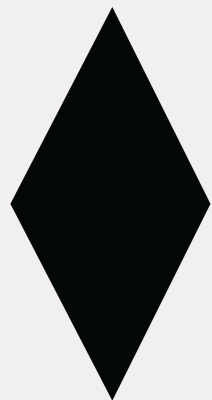
What makes you....YOU?

◆ Take 5 min right now and brainstorm and if you aren't sure write it down anyway as a point of reflection for later.

The key to the certain je ne sais quoi is that you must fall in
love with yourself.

You must feel that you truly do not want to be anyone else
but you...

What makes you....YOU?



Why do we always want to be someone else? We feel if we are we can escape what we don't like about ourselves, or the parts we don't want to deal with or don't know how to to deal with, we look at others who do or seem to have what we desire the way we desire it and we just wan too jump into that story line...but the truth is

je ne sais quoi

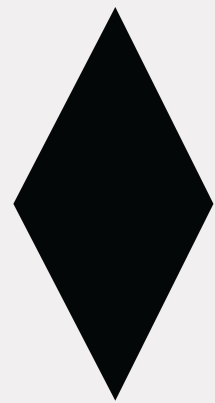
What makes you....YOU?

◆ Falling in love with our own story, embodying it fully is what creates the *je ne sais quoi*.

Petit exercise: imagine you are in a hall way and you see two women that you really admire whispering, you can be a fly on the wall and they are talking about you..celebrating you, admiring you..what are they saying? What do you hear them say that lights you up?

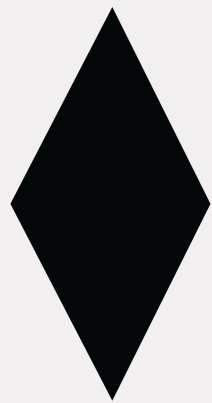
What makes you....YOU?

Elegant, beautiful, stylish, powerful, inspiring, moving,
touching...she has that certain
Je ne sais quoi



What do you want to be known for?
Like a waft of perfume, what is your signature?

So what makes you you?
Freckles? Big hair? Long legs, super emotional, loves
hallmark movies, spy movies, popcorn, kale with olive
oil....and yes it can all change, that is part of the allure.



How do you want to see yourself?

Elegant, stylish, timeless...

What represents that to you?

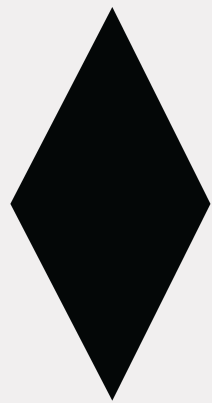
Flowers, perfume, your home,

How do you love?

What makes you....YOU?

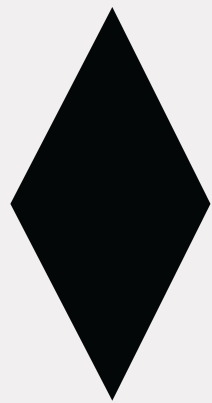
What makes you feel alive?

How do you know you are living?



Assignment go through the workbook, feel the je ne sais
quoi vibe in your body. Know that this isn't a magazine,
static page..this is YOU.

Your emotions, your desires, you likes, your dislikes, what
makes you swoons what makes you cry...begin to own this
and claim it, infuse it into your life with such pleasure and
confidence.



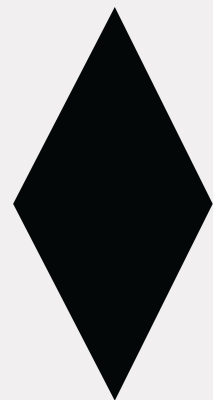
The biggest thing about a je ne sais quoi energy is that it is
not able to be described...it comes from a deep confident
place inside of you

Its time to be your Be your own muse

What makes you...YOU?
XOXOXO

TM

TARA MARINO



je ne sais quoi

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What makes you....YOU?