

I AM MARILYN

21-DAYS BODY POSITIVITY CHALLENGE

SEXY IS A MINDSET NOT A WAIST SIZE

JULIE SPARK



Don't let your mind bully your body
June Tomaso Wood

Am I entitled to feel a lack of confidence about my body? Yes? No?

Hell Yes!

Everyone is entitled to feel like their tummy is too big, like their stretch-marks are not what they hoped for, like their freckles are taking over, like their hair is all over the place, ... Should we feel like this?

Hell No!

ALL BODIES ARE BEAUTIFUL

With self-love guidance, we got rid of all these doubts that used to govern and pollute our brain.

Our body is Perfect!

Our body is Amazing!

We are being spoon-fed stereotypes of the "perfect bodies", we personally feel like Hollywood needs an update. If we would be fed a little more truth, less people would be walking around as shadows of who they are meant to be.

I have been writing and studying intimacy for the last two years, and it has been transformative. My wish is to pay it forward and help women (and men- if you only dare to embrace your inner Marilyn) to feel better, simply being YOU!

Join The Body Positivity Tribe:

<http://www.juliespark.com/i-am-marilyn>

A 5 Day intensive Sensuality Seminar with my cousin [@feminiteophelie](#) cracked open something that had been dormant inside me for years. She thought me how to embrace body positivity.

I started dancing around naked fully embracing my body image!

Welcome!

This is Moi... I look super confident, don't I? Trust me I am NOT. The only reason I was able to strike this pose, is thanks to the awesome photographer [@edenconcept_studio](#) behind the lens.



DAY 1: WHO ARE YOU?

He is trendy, hilarious, has a sexy beard, and was striking every pose for me. All I had to do was mirror him, and manage to stop laughing out loud. Mirror that!

That is who I am, who are you? Where do you stand within the body positivity movement?

The photographer's wife taught me how to do a full-face pin-up make-up, I Am Marilyn indeed.

They do what they call "re-looking pin-up and boudoir shoots". Something I'd advise to everyone to do once (or more, because its addictive) in their life! Pretending to be Marilyn rocks!!

Some people see something in us, that we don't see. They make us feel better about ourselves, inside and out. They snap that image, that moment, where we look at ourselves and ask ourselves, is that really me? I look awesome! They manage to make us surprise ourselves...

They have the ability to make women (and men!) feel better about their body image. They guide them into finding the confidence in them to bring out that authenticity.

Julie Spark

We all walk around with insecurities about our body image. We are either too curvy, or too skinny, or too colored, or too redhead, too loud, too calm, not the same as before, ... You name it. Its on the list for sure...

What if we changed our perception and just embraced the living crap out of who we are?

I am done pretending to be someone else, to fit in someone's box. I am not to be boxed. I am a free electron, and I am meant to roam free like a butterfly. Let's Dance through life, having a BLAST!

Men love it when women are having a blast, said @mademoiselle_sophie_sexoh during the sensuality seminar I joined (and I'll add so do women...).

Everyone has that one person that is fully embracing who she/ he is

DAY 2: FIND YOUR BODY POSITIVITY AMBASSADOR AND GET THEM ON BOARD

This year for me that person is Tina Hart.

Read, Listen or Watch our episode on Body Positivity: From Slow to Flow

<https://youtu.be/9BzmbT562e0>



*Send a voice note: What I Love about you...
Why you Love their energy!*

As my cousin said during the sensuality seminar:
In Burlesque "ALL BODIES ARE BEAUTIFUL"! I want to scream this revelation around the world! Help me spread this vital information. #IAmMarilyn

These are my two body positivity ambassadors Tina Hart and Ophelie!

Thank You for being you!



DAY 3: WHAT DO YOU EXPECT FROM THIS CHALLENGE?

Accountability to yourself for 21-Days:

- One positive affirmation a day
- One nurturing treatment for your body a week
- Give compliments to yourself and those around you daily
- Make your social media platform consistent with positive content
- Talk to yourself, and others only with love and positivity
- Challenge negative thoughts
- Accept compliments
- Love yourself as a whole
- Follow your heart, silence your mind

Write in your journal.

This month :

- Improve the image we have of our body
- Feel happier in our body
- Love Ourselves More
- Keep reflecting and implementing what works in our daily life
- Repetition is the key to mastering body positivity
- Write and repeat daily positive affirmation on bathroom mirror

DAY 4: BLAST I WAS BORN THIS WAY AND DANCE YOUR FACE OFF!

*Your Body Hears
Everything Your Mind says,
Stay Positive!*

I looked up a variety of songs on body positivity and not being a fan of Lady Gaga myself, I have to admit that dancing in the rain with body positivity ambassador Tina Hart, it got to me...

We LOVE the image the song stands for, check out these lyrics! Everything the world needs right now.

Let's Love Ourselves! I was born this way!!



*I'm on the right track, baby
I was born this way
Don't hide yourself in regret
Just love yourself, and you're set
I'm on the right track, baby
I was born this way (Born this way)*

*Don't be a drag, just be a queen
Whether you're broke or evergreen
You're black, white, beige, cholo descent
You're Lebanese, you're orient
Rejoice and love yourself today
'Cause baby, you were born this way (more)*

How many people out there can say that they feel 100% happy in their body?

Whats your special spot (me tummy)? Say it outloud to yourself, and then change the affirmation into I LOVE that part of my body! Say it 69 days consecutively!

Body positivity is a social movement focused on the acceptance of all bodies, regardless of size, shape, skin tone, gender, and physical abilities, while challenging present-day beauty standards as an undesirable social construct.

Body positivity refers to the assertion that all people deserve to have a positive body image, regardless of how society and popular culture view ideal shape, size, and appearance. Some of the goals of the body positivity movement include: Helping people build confidence and acceptance of their own bodies.

DAY 5: FALL IN LOVE WITH YOURSELF

Body Positivity Tricks!
8 Ways to Practice Body Positivity:

- Positive affirmations
- Think healthier, not skinnier
- Compliment others freely
- Surround yourself with positivity
- Focus on the things you like about yourself
- Stop comparing yourself to others
- Cut out negative self-talk
- Absorb body positive messages



Body positivity should be un-apologetic. Tina

I recently met a partner that sees me, and he loves every part of me. He loves my wild hair, he rubs my tummy in the night, and he makes me feel like I'm the most beautiful person in the room (inside and out)!

Find that person for you!

People you surround yourself with should make you feel good about yourself, or they should not allowed that close to you (business & friendship neither!)

Life is too short to flow through it feeling bad about our body image.

Wake up in the morning and tell yourself: I am Marilyn Monroe !

Say goodbye to your inner critic and take this pledge to be kinder to yourself and others,
Oprah.



DAY 6: SING I WANT TO BE LOVED BY YOU TO YOURSELF

Positive Affirmation from Julie :
Write on your mirror □ With a permanent marker, remove with pure alcohol :

I Love everything about me, inside and out

Meditate: sit in silence for 5-20 minutes repeating the positive affirmation to yourself, like a mantra.

Stand in front of the mirror, play this song and sing along with it.
While singing "I want to be loved by you, yeah you!"
Point to yourself! [Marilyn Monroe- I want to be loved by you](#)

We want to raise awareness about #self-love, look in the mirror and tell yourself: I love you!

DAY 7: THE MIRROR TRICK

Stand in front of the mirror and say:

I love you

I love you

I love you

Said in as many languages as you know:

Je t'aime

Ich liebe dich

Ik hou van jouw

Te quiero

...



Tina: Slowly say to your shoulder, to one of your freckles, to your butt,... eventually your stand but naked in front of your mirror, looking at yourself and thinking YES! I love you.

You are extraordinary!

What is the message you want to make yourself see every morning, next to your bathroom window, or on the mirror where are you brush your teeth?

If this is too hard for you?

Sit in front of the mirror and sing your favorite love song. Every day it gets easier, perform in 21 days consecutively to create a new habit.



POSITIVE AFFIRMATION

Write on your mirror □ With a permanent marker, remove with pure alcohol

All bodies are beautiful

Meditate: sit in silence for 5-20 minutes repeating the positive affirmation to yourself, like a mantra.

DAY 8: TALK TO YOURSELF, AND OTHERS WITH LOVE

Tell someone:

- I love your energy
- You are glowing today
- I love it when you laugh
- You make me feel safe
- I see you
- I trust you
- I feel deeply connected to you
- I appreciate you
- I feel valued and appreciated when I'm with you
- I Love You

#IAM
MARYLIN

Everyone You Meet
Is Fighting A Battle
You Know Nothing
About.

"Be Kind, Always."

BODY POSITIVITY CHALLENGE

Today focus on this:

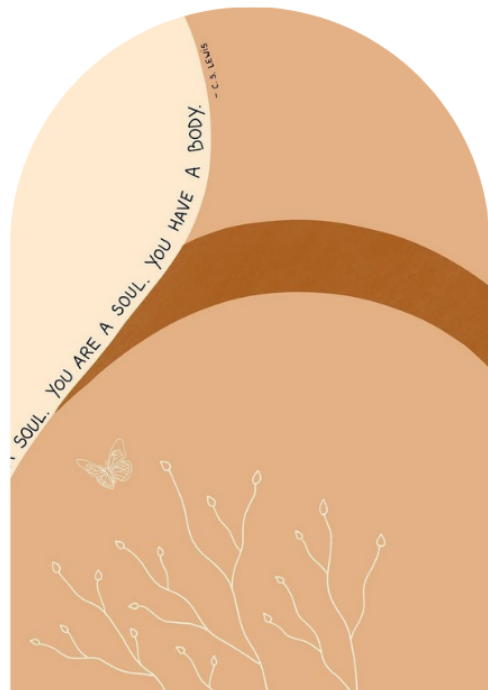
- Give love and spread joy
- Go out and feel happy
- Compliment each other, yourself, and others
- Think healthy
- Talk to yourself and others like you talk to someone you love

Positive Affirmation: You are beautiful

DAY 9: HEALTHY BODY, HEALTHY MIND

Spoil yourself: cook yourself a delicious nurturing meal, self-massage yourself, meditate, hold a burning ceremony for full moon, with yourself.

Ayurveda, also known as the science of life believes we are our own doctor. It supports the idea that we can prevent disease rather than heal from it.



By simply nurturing our mind, body and soul.

Take an ayurveda quiz and practice what they advise you to practice depending on your doshas. Doshas are the elements of your constitution.

Take the quiz and add some ayurvedic life habits into your daily life:

<https://www.banyanbotanicals.com/info/dosha-quiz/>

*Positive Affirmation: Feeling beautiful has
nothing to do with what you look like
Emma Watson*

Personally I'm not a fan of Valentine's day. But I am a fan of celebrating LOVE. This Valentine's day with book 2 Slow Intimacy:

I declare open the Pleasure Revolution!

DAY 10: VALENTINE OR NOT?

What brings you pleasure?

The intention of this influence is to transform the way people experience pleasure. This could be a good time to expand your physical enjoyment. You might be feeling the urge to alter something in your life. Or perhaps you're now able to go with the flow more, I find more ease and comfort in each moment.

Now is a good time to look back and notice how things have changed- obviously or subtly. Ideally, as you recognize the things in your life that didn't go as planned, you can also appreciate the steadiness you had to generate to get through them.

You- others around you- are meant to be patient during the cycle. It is an opportunity to learn to stay calm, even when things change drastically and suddenly.

The emphasis now is on just noticing the ways you appreciate life, regardless of what's happening in the world. This includes feeling good in your body, being grounded and present in the moment, and immersing yourself in what you enjoy.

If nothing has apparently moved around in your life, then this could be a good time to create change and take action to expand and enhance your day- to- day physical practices.

This is a powerful moment to create new ways to love life.

**ASK YOURSELF:
HOW DO I RESPOND TO
CHANGE?**

*How can I expand
pleasure in my life?*

Ideally, despite any difficult circumstances, you might encounter, you can still appreciate all that's wonderful in your life.

If you haven't done so yet, download this app immediately [@thepattern](#), and connect with your partner on the app!



DAY 11: SLOW INTIMACY SECRETS

If you like this ebook, I invite you to read my book about intimacy:

Slow Intimacy: A Road Map to Happy Endings

What sex education should be like, with a proper dose of humor and anecdotes.

Real life experiences to improve your intimate life by slowing it down.

This book is in your hands for a reason... a juicy, electric reason.

Maybe you're discovering your sensual self for the first time.

Maybe your middle-school sex education needs a follow-up.

Maybe you're over the "junk sex" standard, but don't know how to pivot.

Maybe your lover really wants to try anal, but you'd rather scoop out your eyeballs with a spoon.

Maybe you're healing old wounds to embrace your passionate, lovable, and deeply worthy self.

Maybe you'd like to experience a rainbow-spilling-out-of-your-private-parts kind of orgasm.

Whatever the reason, it is valid. You are certainly not alone.

This book is a journey into sensuality—we invite you to smash down all the walls standing between you and your pleasure. Join our journey into (s)exploration.

Slow Intimacy will teach you how to take the time to get to know yourself and your partner(s) sexually and learn to prioritize extended pleasure over a quick orgasm.

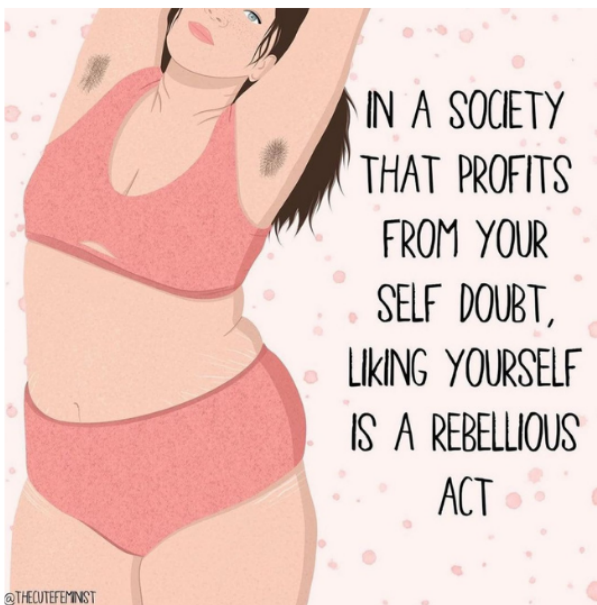
If you're looking for permission to live an unabashedly pleasure-filled life, here it is.

Slow Intimacy is The Best Intimacy
Julie Spark



After New Year's Eve, we detoxify our phones. This means we delete whoever gives us a toxic feeling, and we only keep the positive energy. That doesn't mean anyone is bad, it's simply a choice to surround ourselves with people that love us. It makes it easier for us to love ourselves.

I want to grow old without facelifts. I want to have the courage to be loyal to the face I have made. Marilyn Monroe



DAY 12: DETOX YOUR PHONE

- People that radiate positive energy
- People with who we laugh out loud with
- People that make us feel good about ourselves
- People that are fun
- People that we can count on no matter what
- People with who we know we will be dancing in the rain with
- People we like to share our time with

POSITIVE AFFIRMATION

Loving yourself is the greatest revolution

We Love to dress up!
Dress up fully if you never do.
If you always put on full face makeup,
Don't and go for a walk "naked" in the forest.
No makeup, fully natural.



DAY 13: DRESS UP FOR YOURSELF OR DON'T

Write on your mirror, positive affirmation:

You define beauty yourself, society doesn't define your beauty.

Meditate: sit in silence for 5-20 minutes repeating the affirmation.

DAY 14: OPEN UP TO PREJUDICES

Talk to someone you'd never talk to, because of their body image, and talk to them with kindness.

Positive Affirmation

Nourish to Flourish

Write on your mirror □ With a permanent marker, remove with pure alcohol

When I decided to write a book about intimacy, I realized I needed footage. My cousin set me up with an amazing photographer, he called it “re-looking Pinup”.

After participating in her 5-day sensuality seminar and the shoot, I ended up having an entire new image of my body.

If you have the budget, it's the best present I gave to myself in my life! Look up pinup, boudoir shoots in your area, check out their portfolio, and gift it to yourself!



DAY 15: NUDE, BURLESQUE, OR PIN-UP SHOOT, OR ALL OF THE ABOVE

Positive affirmation:

*You have been criticizing
yourself for years and it hasn't
worked try approving of
yourself and see what happens
Louise Hay*

Holly Ogden used to teach scuba diving on the same island as me. Her breasts are by far the most beautiful breasts I've seen on the planet. Sister I'm so glad you casted them. Can I frame yours? Ha!

DAY 16: CAST YOUR BODY PARTS

*Stop time and frame
your private bits.
Holly Ogden.*

Just joking, but hey if this is what you need to get the courage to go and get your body parts casted. Find that person, that in your opinion has the perfect breasts, and invite her to go do this crazy idea with you!

Then when you take your privates casted home, look at the piece of art, and give it the same love you gave to that friend (in my case, Holly) [Listen to our Episode](#)

Sometimes all we need is a crazy friend to accompany us in our crazy ideas...



POSITIVE AFFIRMATION

Write on your mirror □ With a permanent marker, remove with pure alcohol :

*Work out because you
love your body now
because you hate it*

Now here's a dream come true for Meghan. Joining two of her passions in one and creating Magic with it!

"We are going to put you on a giant canvas, in paint, practicing yoga", said the producer.

DAY 17: PAINT (WITH) YOUR BODY, NAKED OR NOT

Meghan literally had taken a year off, to take some me-time in Bali. But He had said the only thing possible that would make her fly 30-hours around the world. Joining two of her passions in one.

Start writing down all the things you feel passionate about. When the paper is full. Take a break. Later come back to it, Which two for you?



Do something with paint...

Watch this and get inspired:

"We are going to put you on a giant canvas, in paint, practicing yoga",

Positive Affirmation

Stop trying to fix your body was never broken
Eve Ensler

We are born into a preformed architecture of belief that says things are either good or bad.

This causes us to love certain aspects of ourselves while denying others.

My art process speaks to me.

I used to reject so much of what came through.

Certain lines, strokes, colors, blobs, I saw as mistakes that ruined the piece.

Over time I began to see a deeper meaning, that if I kept on going right through that moment I want to quit, thinking it was a wrecked, in the end I would see that mistake was the very thing that created a depth and beauty that otherwise could not have been.

They are all walking bundles of ancient threads. Imagine all the ancient root systems that wrap Mother Earth, each root transporting important information, some gnarly and grotesque others majestically spiraled, but all serving a purpose.

Meghan Currie



DAY 18: DRAW YOUR INTIMATE BODY PARTS

In France, at the sensuality seminar, guided by two sex therapists. One of the exercises was, draw your privates.

The seminar changed our life, why? Because it changed the way we look at our body, at relationships, at sisterhood, so much happens when you gather like-minded people.

Grab your journal and start drawing your private bits... LOVE [@foofart](#)
[Cosmic Pussy](#)

Positive Affirmation

Confidence is the only key. I can't think of any better representation of beauty than someone who is un-afraid to be herself



DAY 19: SPEND SOME TIME NAKED, OR TOPLESS

One of my favorite things to do is read naked in my garden. Soak in some vitamin D, while diving into a good book. I live on a tiny island, and my brother has a green hand (I don't), he has been creating in my garden for years and it is fabulous. Its green, perfumed by flowers, the scent of jasmine and frangipani take over when the wind blows through the thick tropical almost jungle-like foliage. It really feels like a dream.

I LOVE being naked, but just with myself, or my partner. I've always felt a reluctance to be topless on the beach with many many people around that I do not know.

After the sensuality seminar I felt much more comfortable. We do have all the same, so why is it we are shamed into hiding, what we all have?

In the Polynesian culture, women live topless, slow sex is celebrated and other people's bodies are respected, valued, appreciated and loved.

I invite you to spend some time alone naked, or topless on the beach, and step through the fear until you come out on the other side and appreciate it.

**POSITIVE AFFIRMATION:
YOU ARE ENOUGH**



DAY 20: POSTURE SECRETS - NIPPLES TO THE SHY, CLIT TO THE FLOOR

Focus on your posture all day.

Positive affirmation:

*Wanting to be someone else is
a waste of the person you are*

Marilyn Monroe

DAY 21: MAKE A LIST OF ALL THE THINGS YOU LOVE ABOUT YOURSELF

*What makes you
different or weird that
is your strength,
Meryl Streep*



When I decided to write a book about intimacy, I realized I needed footage. My cousin set me up with an amazing photographer, he called it "re-looking Pinup".

After participating in her 5-day sensuality seminar and the shoot, I ended up having an entire new image of my body.

A GUIDE TO CHOOSING BODY-POSITIVITY

DO'S

- Appreciate all that your body can do
- Keep a top 10 list of things you love about yourself
- Surround yourself with positive people
- Declutter social media

POSITIVE AFFIRMATIONS

- I love and approve of myself
- I inhale confidence, I exhale fear
- I am enough
- What makes you different or weird that is your strength

SELF CARE

- Nutrition
- Movement
- Mindset
- Massage, Touch, Love, Sleep, Meditate, Moments of Joy,...

BONUS

- Love your body because it's yours
- Write a love letter to your body
- My body my choice
- You are amazing! Own that shit



WANNA LEARN MORE?

Strike A Wonder-woman Pose!

To see if we can work together to find a path that works for your unique situation, click on the button below to apply for a free consultation.

[SCHEDULE A FREE CALL](#)

[JOIN BODY POSITIVITY TRIBE](#)

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