

## UNLABELED

*I am SO happy that you are willing to take the risk of revealing your true self. My blog is based on the idea of getting rid of the labels people may put onto you and the labels you put on yourself. Being vulnerable is so hard but it is something that needs to happen more in life. Love who you are. Be kind to yourself. I will take a video of you sharing your story. It is an opportunity for those of you who feel like an outcast or feel that you are not heard to share your only, beautiful, and true self.*

*On the day of your shoot, come in an outfit that you feel is your skin. An outfit that is completely and utterly you. Here are some guidelines if you are nervous or need help deciding what to talk about in the video. You can use these suggestions or completely disregard them. Remember, this is all about you- Who you are.*

- ~ Talk about why you feel like an outcast.*
- ~ Tell your life story (hardships and all).*
- ~ Talk about what helps you in grounding yourself (art, music, sports, etc.).*
- ~ Talk about why you feel comfortable in the clothes you chose to put on and what they mean to you.*
- ~ Discuss what labels you feel people give you/what labels you give yourself.*

*Remember, no one in the room will be judging. I will not be judging. The world needs people like you to show how strong we all are. I will always be here for support and love. If you have any questions, feel free to contact me!*

*xoxo Sky*

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