Self-Portrait

Follow along with DESIRE TO INSPIRE guest Jennifer Lee as she walks you through creating a self-portrait in which you depict your most luminous self.

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I’m a Positive Light Self-Portrait
Created by Jennifer Lee

“sometimes it can be hard to see how powerful, magnificent and big we really are; it’s natural to feel doubt and fear. but when you hide just how bright you are, you keep yourself small and the world misses out on your special gifts.” –Jennifer lee

Try this: Curl up into a ball as small as you can, tightly tucking in your head and limbs. Now, from this constricted position, try to think big, positive, powerful thoughts. Say out loud, “I can do anything!” or “I’m a positive light in the world!” Notice how you feel.

Next, try this: Hold a wide stance, puff your chest out, lift your head up and spread your arms out wide. Again think big, positive, powerful thoughts. Say out loud or even shout, “I can do anything!” “I’m a positive light in the world!” Again, notice how you feel. I bet it was easier and more resonant to say when your body was open and expansive.

Now let’s explore your bigness further by creating a life-size “I’m a Positive Light” Self-Portrait.

SUPPLIES: Butcher paper, pencil, markers, poster paints, magazines, scissors, glue stick, glitter

Use a pencil or marker to trace an outline of your body in your powerful stance with legs and arms wide. You can also have a friend help you. Don’t worry about getting a perfect line here. We’re just going after a general shape.

Decorate the inside of your body with words, images and colors that express your positive light from within. Use the questions that follow as prompts and let your intuition guide you.

What do you love about you? (You could even put loving words on your different body parts—if you make beautiful things with your hands, write that on your palms.)

- What are your special gifts or strengths?
- What are you most proud of?
- When have you felt most alive? What were you doing? What were you feeling?
- What are your core values?
- What is your essence?
- How do you shine brightly?

Write your answers in colorful markers or paint. Include empowering statements or quotes. Collage images that represent you and inspire you to believe in your best self.

It is one thing to hear or read about someone who has overcome challenges, but to actually witness it has a different effect.

McCabe Russell

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If you’re having trouble thinking of things to include, ask friends or family members to share a few words to describe you, or invite them to help you decorate your portrait. You could even throw a party where each person decorates her own portrait first and then everyone gets a chance to add to everyone else’s piece.

When you’re finished decorating the inside of your portrait, step back and spend some time taking in your own bigness. Notice what it feels like to witness your own light. Your portrait is a powerful, creative mirror for you to see how brightly you shine.

If you’re so inspired, feel free to decorate the space outside of your body with words or images to describe how you impact the world. You can include your mission statement to remind you of how you touch others simply by being marvelous YOU!
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