

**Do you feel like you fit into that model mold?**

I am kind of small, I don't have big boobs and I don't stand out as the bombshell and a lot of folks don't see me as that knock-out model mold. It's been fun work. I was cast as the goofball because most of us are.

**Were there ever harsh judgments of yourself as a model?**

Sure. I used to feel that I was not enough. There was always someone more beautiful. It's funny, the agencies never gave me pressure but I put it all on myself. As time as past, it has become an empowering experience. When I work now, I see others that may be more beautiful but it is more of aspirations instead of judgments. I still have insecurities now however it does not over take me. Maybe it has changed because I got older and have done the work on myself.

**How did this shift of your mind happen, from judgment to love of other women?**

You come to a place of enough is enough and you realize something needs to change. I personally use affirmations. Louis Hay's mirror work. Gratitude. Focusing on the positive. Perspective reminders. With age, overtime, *I am appreciating my body more for what it is, that miracle that it is and how it functions for me.* I appreciate the fact I have functioning of my hands and that I can go for a run if I choose. How lucky are we? It has been a sequence of wake up calls for sure. I suppose it has made me realize what's really important here.

But don't get me wrong. I still see people who are SO gorgeous and SO tall and I can feel those judgments arise. I get a different perspective on life from everyone in the modeling shoot. I meet new people and learn new things from them. This I know has been a part of my own journey.

**What would you tell a woman to feel her own beauty?**

Identify what she loves about herself.

What does she see that is already beautiful? Sometimes I need to rustle up that feeling if I don't feel beautiful. Do my hair. Buy a new outfit.

*You have to choose and actually do what makes you feel good.*

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***"I accept my imperfections as  
perfections of uniqueness."***