



STYLING FOR YOUR LIFE

Styling FOR YOUR
LIFE
CREATE.STYLE.LIFE.BALANCE.





STYLING FOR YOUR LIFE

Styling For Your Life

CREATE . STYLE . LIVE . BALANCE

ABOUT



Querida Lugo

LIFESTYLER- For the past decade, I have been helping people navigate the complexities of life, build the confidence they needed to reach their goals, and discover life-affirming transformations. Whether it was my time spent as a therapist or an educator, I have always seemed to see a common reoccurring theme of people simply struggling with how to live their life. I also realized, I too was looking for some sort of guide book, insight, or just a few tips on how to survive daily in a society full of pressures.

As I began to examine my own life transitions, I learned a few things along the way about myself. I realized that I was "performing" and was a "performer" in my own life. What I mean by performing is that every day I did what I thought I needed to do or be, to be someone that I truly did not want to be. I was that person because it was more acceptable and easier in my reality. And needless to say, I was a pretty successful performer in my own life. I reached most of the basic societal measures of success even went on to obtained my doctorates. However, found myself unhappy and unsatisfied with how I "styled" my life to be something temporarily fulfilling; dwelling at a surface satisfactory level. The only way I could reach my full



STYLING FOR YOUR LIFE



excellence was to delve deeper. I started to ask myself some hard questions, and began stepping out there and fully embracing who I am and what life had to offer me; all while being the bravest I could be in an unknown place. Along the way, I was hoping to google all the answers to life but was unable to find what I need. But I did manage to learn some very important key components to styling my life the I wanted to live which required:

- A willingness and a commitment to understanding self.
- To honor your current space and where you are in your life journey.
- Show compassion towards yourself and others.
- Open yourself to be gainfully aware of the world and what life is trying to teach.

Now this is what I have branded as, styling for your life. Some essential tools and key components on how you can create, live, style, & balance a life you want while living in your current reality. The relaunch of my blog is simply an outward expression of me putting all those components I learned into place and sharing them.



STYLING FOR YOUR LIFE

Never did I expect a fashion centered blog that I started over 8 years to transition into a platform that displays my passion for guiding and motivating others to find success in their journey through my shared thoughts and experiences. This world can be a complicated place with a lot of obstacles and challenges. Being able to share my own challenges has been a truly empowering experience. And I look forward to extending my experiences through my work as a blogger, speaker, and mindful global citizen. In doing so I will address areas of leadership, mentorship, culture coping, goal guiding, mindful living, soul-feeding, and life-styling.

Today, I'm pursuing a very big part of my dream by styling my life in a way that fully allows me to function in purpose. Hopefully you gain the clarity, constancy, motivation, and confidence you need to be a styler (life-styler) of your own life. Let the Styling for your life begin!

LIST OF SPEAKING TOPICS

- **Leadership**
- **Mentorship**
- **Culture Coping:** Strategies on how to cope with the current state of our culture
- **Goal Guiding:** Working to discover purpose, drive, vision, & your why
- **Mindful Living:** Exploring intent, behaviors, habits, & root causes
- **Soul Feeding:** Learning how to incorporate high vibrational living through addressing the needs of the heart, mind, & soul.
- **Life Styling:** The process of transforming your current reality to your ideal self identity. Equipping you to live the life you want to live (desire).
 - **Styling Life Kit (subtopics)**
 - Life Encouragement & Motivation
 - Life Skills
 - Strategic Life Planning

For more information regarding booking contact : querida@stylingforyourlife.com

Styling FOR YOUR
LIFE
CREATE.STYLE.LIFE.BALANCE.



StylingForYourLife.com

|



@Stylingforyourlife

|



Stylingforyourlife

|



Stylingforyourlife