

HOW TO FEEL SEEN

A CONFIDENCE GUIDE FOR
REMEMBERING WHO YOU ARE



PEEKABOO
BOUDOIR

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INTRODUCTION



Hello New Friend!

I know what it's like to give so much to others that you forget yourself. As a busy mother and business owner, I spent years putting everyone else first—until I realized that self-care isn't selfish, it's essential.

My own journey to self-love took time and an unexpected turn when I stepped in front of the camera for a boudoir session after the birth of my son. I expected to feel vulnerable, but instead, I saw strength, beauty, and confidence staring back at me. I could honor my scars. It was a moment of rediscovery—proof that I was worthy of love, just as I am.

That experience inspired me to create this guide—for you. To remind you to slow down, embrace your beauty, and love yourself unapologetically. Because the most important relationship you'll ever have is the one with yourself.

So take a deep breath, beautiful. This journey is for you.

With love,
Jess xo

xoxo Jess @ peekabooboudoir

WELCOME to *the* SELF LOVE CLUB!



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Hello new friend! Welcome! This guide is designed to help you slow down, reconnect, and step into your most radiant self. Take it at your own pace, but if you want the full experience, follow this simple flow:

1. Begin with the Morning Meditation – Start your day with a few moments of stillness, deep breathing, and setting an intention for self-love and confidence. (See page 5 for a beginner-friendly meditation!)

2. Start with a Mindset Shift – Read *Crush Self-Care* by the amazing Amber Phoenix and remind yourself why you deserve this time.

3. Move Your Body – Try the gentle yoga flow on page 9 to release tension and awaken your energy.

4. Speak Kindly to Yourself – Pick a few self-love prompts and write down your answers or say them out loud.

5. Gratitude Moments- see the positive instead of the negative. This is my trick to switch into abundance. (Page 10)

6. Step Into Your Day with Confidence – Now that you're refreshed and aligned, go out and shine and give this gift to others!

This is your time. Take what you need, leave what doesn't serve you, and most of all—enjoy loving yourself. xo

A DAY OF PEACE

A MORNING MEDITATION TO START YOUR DAY



Find Your Space

Sit or lie down in a comfortable position. Close your eyes or soften your gaze. Let your hands rest gently on your lap or over your heart.

Take a deep breath in through your nose... hold for a moment... and exhale slowly through your mouth. Let your body relax.

As you continue breathing deeply, repeat in your mind:

“I welcome peace into my day.”

“I am exactly where I need to be.”

“I give myself permission to move with ease and grace.”

With each inhale, imagine breathing in calm.

With each exhale, let go of tension. Let your shoulders go. Release your jaw.

Now, place your hand over your heart. Feel its steady rhythm. It's been beating for you since the moment you were born, carrying you through life.

Silently say: “Thank you, body. Thank you, heart. Thank you, me.”

Allow a small smile to form on your lips. You are safe. You are loved. Take one final deep breath in—hold for a moment—then exhale fully.

When you're ready, gently open your eyes. Stretch your arms. Roll your shoulders.

You are ready to begin your day with peace, love, and confidence.

CRUSH SELF-CARE

YOUR JOURNEY, YOUR LIFE

A GUIDE TO SUPPORT YOUR NEEDS

BY AMBER PHOENIX



“AFTER ALL, IF YOU DON'T TAKE CARE OF YOU, YOU'RE NO GOOD TO ANYONE ELSE.”

In a world that often celebrates hustle and productivity, it's easy to put yourself last. But the truth is, you can't pour from an empty cup. Prioritizing self-care isn't selfish —it's the foundation for being your best self in every area of life.

When you take time to nurture your well-being, you're not only investing in your own health and happiness, but you're also equipping yourself to better care for those around you. Whether you're supporting your family, leading a team, or showing up for your community, these five simple self-care tips will help you thrive so you can be the anchor others depend on.

1.

SET BOUNDARIES- YAS I said it- Because everyone knows it, yet they do NOT do it! Learn to say no without guilt.

Protecting your time and energy ensures you have the capacity to care for yourself and others effectively.

2.

SCHEDULE DAILY ME TIME Actually, Not Figuratively

Dedicate 15-30 minutes each day to something you love -Reading, meditating, walking, or simply relaxing. Consistent personal time helps recharge your mind and body.

3.

GRATITUDE ACTUALLY WORKS For real, try it! Start or end your day by listing three things you're grateful for. This shifts your mindset and reduces stress, which positively impacts how you connect with others.

4.

MOVE YOUR BODY!- The quickest way to level up your mindset- Promise!

Physical activity, even for 20 minutes, boosts your mood and energy. A healthier, happier you can better support others emotionally and physically.

5.

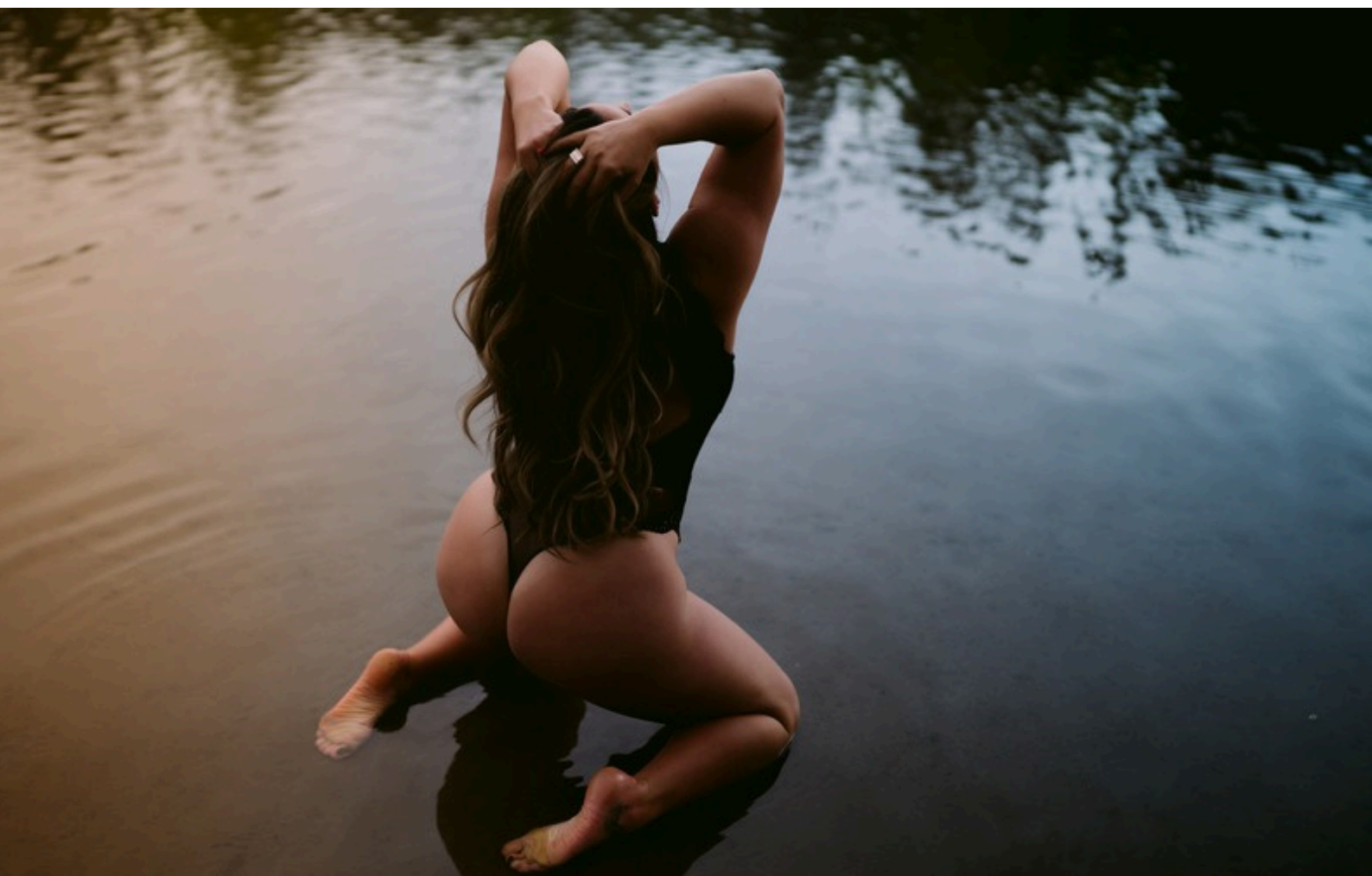
REGULARLY UNPLUG Recharge and Reflect

Take breaks from screens and social media to recharge. Use this time to connect with nature, journal, or just enjoy stillness to reset your focus

THE ROI IS REAL A recent study by Deloitte shows that millennials experience burnout at rates as high as 59%, primarily due to stress and work-life imbalance. Yet, consistent self-care-like mindfulness, exercise, and unplugging—has been shown to reduce stress levels by 40% in just six months, boosting productivity, creativity, and overall happiness.

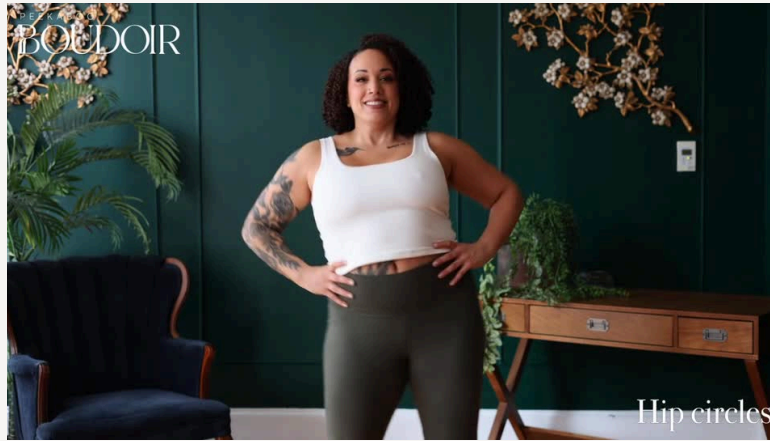
The Twist: Self-care isn't just a personal benefit-it's a life hack for anyone looking to level up. Think of it as an investment with tangible returns: better relationships, sharper decision-making, and even more career success. After all, when you feel your best, you do your best.

Love, Amber Phoenix

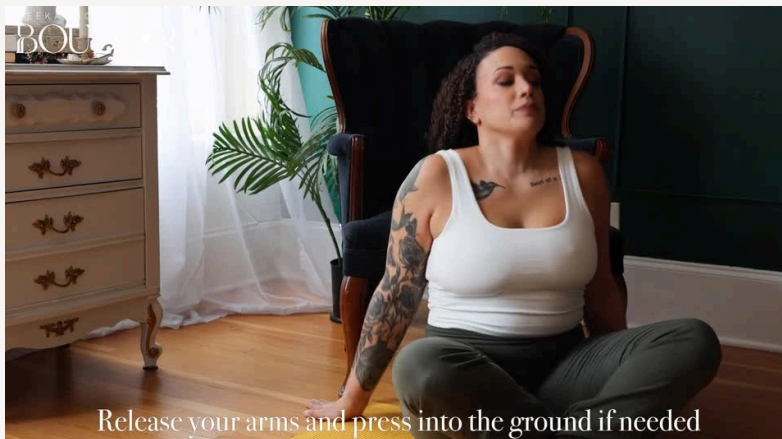


GENTLE FLOW YOGA

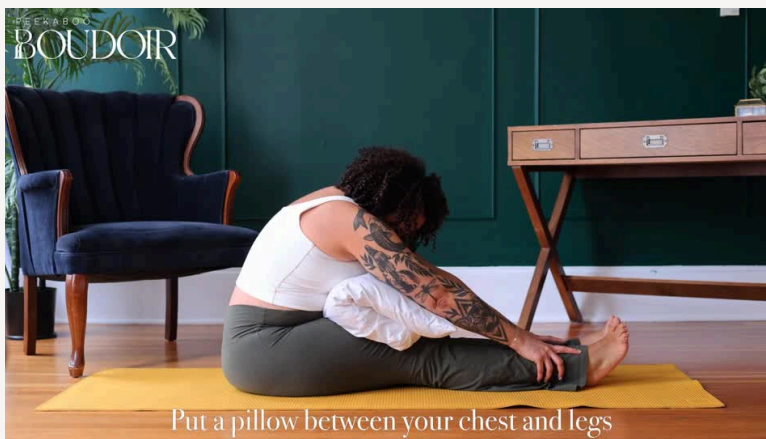
A GENTLE YOGA SERIES TO AWAKEN THE BODY



01. Morning Stretches



02. Heart Opening Sequence



03. Seated Forward Bends



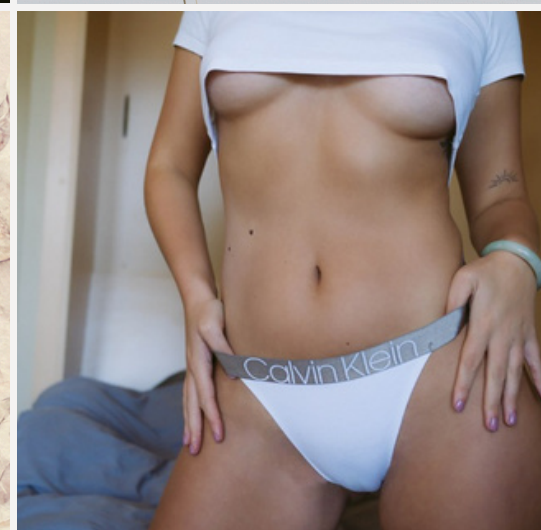
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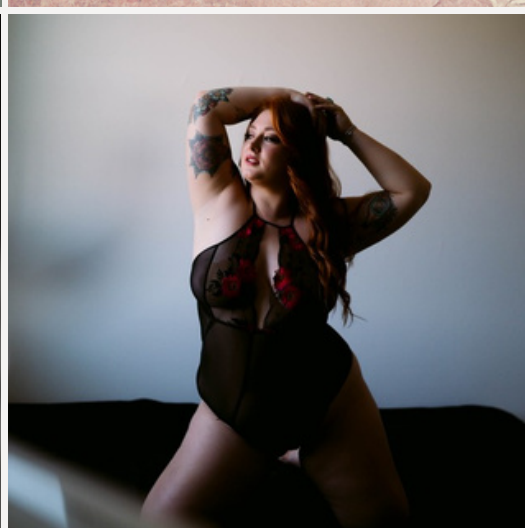
authentic



harmony



unapologetic



intimate

✦ SEE YOUR OWN BEAUTY ✦
✦ SELF LOVE ✦
PROMPTS

NAME ONE
FAVORITE
FEATURE &
WHY

DESCRIBE
YOURSELF IN
3 KIND
WORDS

DEAR UNIVERSE, THANK YOU

MOMENTS OF GRATITUDE

EVERY MORNING

WAKE UP AND DO THE MORNING MEDITATION &
TELL YOURSELF "I HAVE EVERYTHING I NEED"

3 THINGS I'M GRATEFUL TO HAVE TODAY

- _____
- _____
- _____

PEOPLE I'M GRATEFUL FOR IN MY LIFE OR THAT INSPIRE ME

- _____
- _____
- _____

3 GOOD THINGS THAT HAPPENED (OR WILL HAPPEN!) TODAY

- _____
- _____
- _____

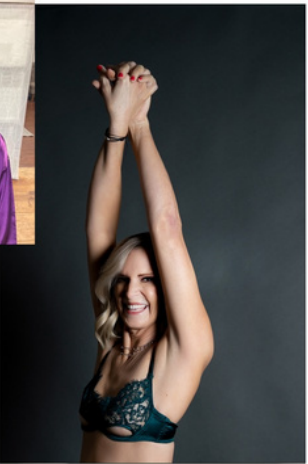
TOMORROW, I LOOK FORWARD TO

* REAL STORIES *



“I’ve never felt so beautiful or
sexy in my whole life!”

PEEKABOO
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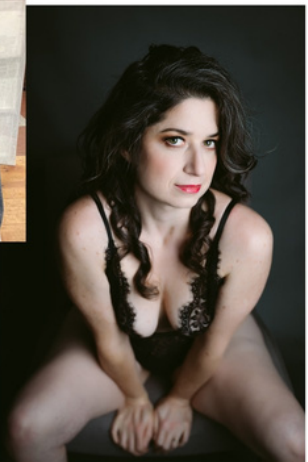
“empowering
as fuck!”



“i felt safe
and seen”



“what took
me so long?”



“this changed
my life”



“finally felt
my feminine
self again”



“beyond
happy with
the album”



Kate

I can't say enough good things about my experience with Peekaboo Boudoir. I think every woman deserves to have a boudoir shoot. Jessica will make you feel completely beautiful and totally comfortable. And, I could not have been more happy with how the photographs turned out- amazing! They make me feel good about myself everytime I look at them!



Molly

Jessica was so positive! She was able to coach me through every step of the photoshoot. I never once felt awkward or judged. She put on really fun music and made the experience extremely enjoyable. The photos turned out SO amazing, I couldn't believe it was me! I think my boyfriend loves the photos even more than I do.

A LOVE LETTER TO YOUR FUTURE SELF



Dear Me,

I see you. I know how far you've come, how much love you've learned to give yourself, and how beautifully you've grown into the woman you were always meant to be. I hope you smile when you look back at the photographs of the beautiful woman you are today—at the moments when you chose self-love, when you spoke kindly to yourself, when you finally saw your own beauty the way the world does and you gifted yourself the luxury of Peekaboo.

No more waiting to feel worthy. No more holding back. You deserve to feel radiant, empowered, and fully you—right now. However you choose to celebrate yourself, do it boldly. You deserve this.

I love you.

xoxo

xoxo Peekaboo Boudoir

EST 2012

PB

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