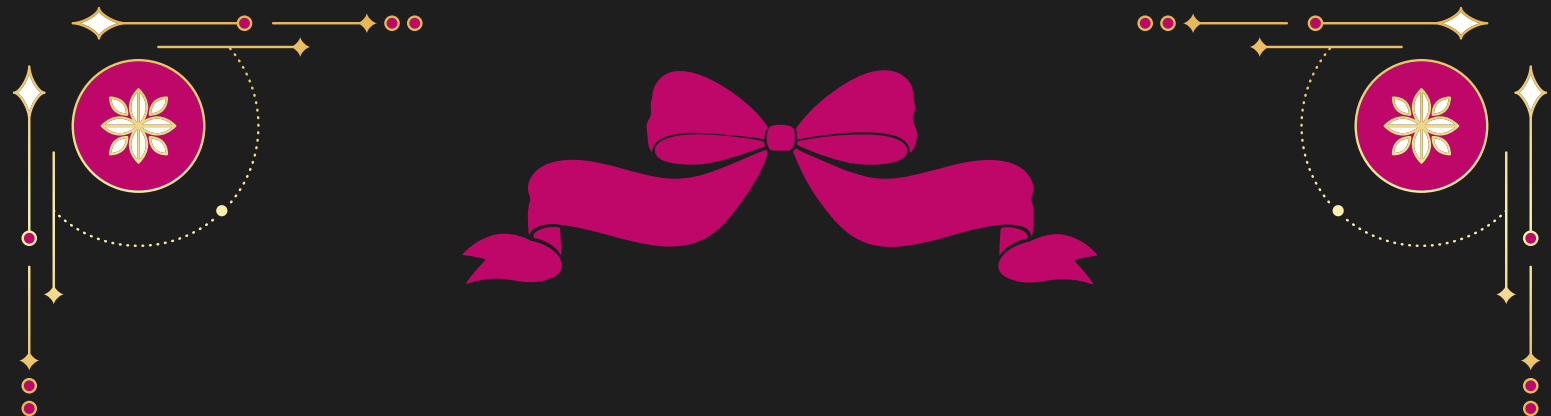


# MERRY *Christmas*



ADVENT CALENDAR  
25 DAYS COUNTING DOWN TO CHRISTMAS  
[www.anielacodita.com](http://www.anielacodita.com)



## Welcome Message

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Hello and Welcome!

This calendar is your invitation to reconnect with your body, refresh your wardrobe, and reclaim your confidence one day at a time.

Each daily gift is designed to spark joy, reflection, and transformation. Whether you're a long time client or just discovering my work, I'm so glad you're here.

Some gifts are open to everyone, while others may require signing in or becoming a member to access. This helps us create a safe, personalized space for sharing, growth, and meaningful engagement.

Let's celebrate your style and body together.

With love and magic,  
Aniela 🌟





## Day 1: Mirror Positive Self-Image Messages

Start your journey with a powerful reminder: your reflection deserves kindness, celebration, and compassion.

Download your Mirror Positive Self-Image Messages Card and place it where you'll see it daily: your mirror, your wardrobe, your journal.

Let these words guide you back to your worth, one glance at a time.

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## Day 2: Wardrobe Visualization Meditation

Imagine opening your wardrobe and feeling calm, clear, and inspired.

This guided meditation helps you visualize a space that reflects your style, supports your body, and feels easy to navigate.

Let go of physical and emotional clutter and step into a wardrobe that celebrates who you are today.

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## Day 3: Style That Lasts

In this blog post, I show how just a few thoughtfully chosen pieces can create multiple looks that feel fresh, expressive, and totally you.

It's not a guide. It's proof that "less is more" when your wardrobe is built with intention. If you've ever craved more ease and less overwhelm in your closet, this post will inspire you to see your style in a whole new light.

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## Day 4: Old Beliefs and Empowering Affirmations

As a gentle invitation to pause and reflect, this document explores the old beliefs that may be shaping your style and self-image and offers a set of affirmations to help you rewrite those stories with compassion and clarity.

Let this be your moment to release what no longer serves you and step into a more empowered, expressive version of yourself.

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## Day 5: Personal Image As a Form of Communication

Your image speaks before you say a word.

This card offers guiding principles to help you reflect on how your style expresses your values, emotions, and intentions clearly and authentically.

Knowing these foundations not only deepens self-awareness, but also opens the door to playful, confident experimentation with clothing as a form of self-expression.

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## Day 6: Style Guidelines

Today's gift is a set of gentle, grounding style guidelines to help you feel more at ease with how you dress.

These principles aren't about rules. They're here to orient, inspire, and support you as you explore what feels true, expressive, and comfortable in your own skin.

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## Day 7: The Magic of a Scarf

Today's gift is a celebration of one small accessory with big impact.

In [this post](#), I show how a scarf can transform an outfit, adding colour, texture, movement, and personality with ease.

Whether tied, draped, or wrapped, it's a simple way to elevate your look and express your mood.

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## Day 8: "Your Style, Your Statement" Guide

Today's gift is a [guide](#) to help you explore the power of intentional style and the foundations of a meaningful style shift.

Inside, you'll find inspiration for expressing yourself with clarity and ease, ideas for working with me, and gentle ways to support your child in feeling confident and expressive through what they wear. Let this be your invitation to dress with purpose and pass that confidence on.

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## Day 9: A Gift for Your Style Journey

Today's gift is a [20% discount on The Style Shift Program](#), the 1:1 online experience designed to help you reconnect with your body, refine your wardrobe, and shop with intention. Together, we'll explore body and colour analysis, wardrobe makeover strategies, mindful shopping tips, and, if you choose, gentle mindset and body image coaching.

It's your invitation to shift with clarity, confidence, and compassion.

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## Day 10: Trends That Fit You

Season's trends are everywhere, but knowing which ones truly flatter your silhouette? That's a different story.

Today's gift is a blog post where I share personal insights on popular trends that keep coming back season after season and outfit inspiration for both daytime and evening looks, so you can make more informed, confident choices as you build your fall and winter outfits.

## Day 11: The Long-Term Gift of Discipline

Today's gift is a quiet kind of magic: the kind that builds over time.

In this post, I explore how discipline, when rooted in self-respect and intention, becomes a powerful ally in your style journey and beyond.

It's not about rigidity. It's about choosing consistency, clarity, and care as tools for long-term transformation.

## Day 12: Your Style & Beauty Toolkit

Today's gift is a bundle of checklists and cheat sheets designed to make getting dressed and made up feel easier, more intentional, and more fun.

Inside, you'll find everyday makeup steps and tools, outfit creation tips, fit guidelines, and mindful shopping advice to help you feel confident and expressive from head to toe. Keep it close, use it often, and let it support your daily rituals with clarity and ease.

## Day 13: A Thoughtful Treat for You (and Them)

Today's gift is a [blog post](#) all about shirts: versatile, expressive, and full of styling potential.

I'm also sharing one of my favourite websites for quality pieces I truly love (no discount, just genuine appreciation).

If you're looking for a unique gift for yourself or someone dear, this might be just the inspiration you need.

## Day 14: Books for Soul & Style

Today's gift is a curated [list of book recommendations](#) to support both inner growth and outer beauty.

From self-reflection to style inspiration, these titles are here to encourage confidence, creativity, and deeper connection with yourself.

Perfect for cozy reading or thoughtful gifting.

## Day 15: Nurturing a Positive Body Image

Today's gift is a [downloadable resource](#) dedicated to something deeply important: your relationship with your body.

Inside, you'll find reflections on why body image matters, how it shapes your daily life, and practical tools to help you grow a more compassionate, confident connection with yourself. This is an invitation to shift from judgment to care, and from pressure to presence.



## Day 16: A Story of Healing and Style

Today's gift is a personal story. Mine. In [this post](#), I open up about my journey with body image struggles, the path to self-love, and how beauty and Style Coaching™ became a deeper practice of healing, empowerment, and connection.

It's not just about clothes or makeup. It's about how we see ourselves, how we speak to ourselves, and how we show up in the world.

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## Day 17: Move with Meaning

Today's gift is a gentle [body language exercise](#) to help you reconnect with your physical presence and express yourself with more ease and intention. Through simple movement prompts, you'll explore how posture, gesture, and breath can shift your energy, boost confidence, and support your style from the inside out.

Let your body speak without words.

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## Day 18: Sensory Style Invitation

Today's gift is a gentle reminder to tune into how your clothes make you feel, not just how they look. Simply notice the texture of fabrics against your skin, the way certain colours shift your mood, or how an outfit can change your energy. This is part of the [intuitive dressing](#) practice I guide my clients through. It's an approach that honours your unique needs, preferences, and emotional rhythms. Let your senses guide you toward choices that feel nourishing, expressive, and true to you.

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## Day 19: Early Access Just for You

Today's gift is something special: early access to my upcoming program, designed to support your journey with style, body image, and self-expression. Before it opens to the public, you're invited to preview what's coming and pre-register if it speaks to you.

This is your chance to be part of something meaningful, crafted with care, creativity, and your unique needs in mind, from the very beginning.

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## Day 20: Ask Me Anything

Today's gift is a conversation. I'm opening up my inbox and DMs for your questions about style, body image, intuitive dressing, or anything you've been curious to ask.

Send me your thoughts, wonderings, or challenges, and I'll be answering a few publicly to support and inspire our whole community. Let's connect. I'm listening.

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## Day 21: Style Moments with Your Little One

Today's gift is a playful and heartwarming activity from the Personal Style Summer School Workbook, designed for parents and children to explore style together.

It's a chance to connect through creativity, choosing outfits, sharing preferences, and celebrating self-expression across generations. Let it be a moment of joy, bonding, and discovery for both of you.

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## Day 22: The Style Shift

Today's gift is a reflection on how our style naturally evolves over time. In [this blog post](#), I share thoughts on how changing seasons of life, body image, and personal growth shape what we wear and how we express ourselves.

Style isn't static. It's a living, breathing part of your journey. Let this be a reminder that it's okay to shift, adapt, and redefine what feels true to you.

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## Day 23: Style Confession Box

Today's gift is a safe space to share what's been weighing on your style journey. Inside [our new private group on the website](#), registered members are invited to open up about style fears, insecurities, or moments of doubt without judgment.

This is a brave space where vulnerability is met with compassion, and where your story can help others feel less alone. You're not too much. You're not too little. You're just right and you belong here.

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## Day 24: You're Invited to Co-Create

Today's gift is a chance to shape what comes next. I'm planning a new workshop and I'd love your input!

What topic would support you most right now? Style confidence? Body image healing? Intuitive dressing? Something else entirely?

Your voice matters, and this space is built with you in mind.

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DECEMBER 25TH

# Christmas Gift

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Merry Christmas, dear one!

Today's gift is something special to carry with you into the new year: a beautifully designed Style Planner to help you align your wardrobe with your evolving needs, intentions, and desires.

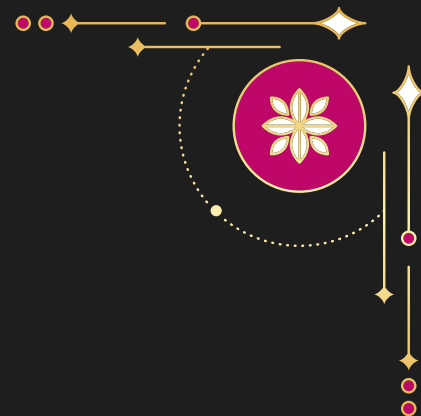
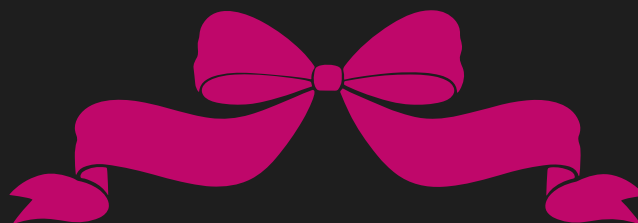
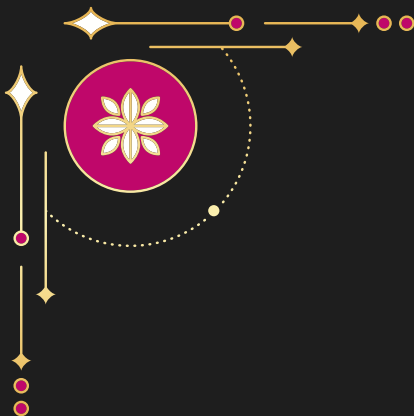
This planner is more than a tool. It's a companion for intuitive dressing, mindful choices, and self-expression that grows with you.

Use it to reflect, plan, and dream into the style that supports who you're becoming.

Here's to a new year of dressing with joy, clarity, and confidence.  
You deserve it.

With love and magic,  
Aniela [] ✨





## Testimonials

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“I was very impressed with your enthusiasm and quality of work. The slacks you recommended really elongate the legs. I also liked that you added advice about hair and makeup.”

Margaret T.

“Thank you for everything you've shared! I look forward to reading more of your materials, which help me get to know myself better and be more aware of what suits me.



Crina C.

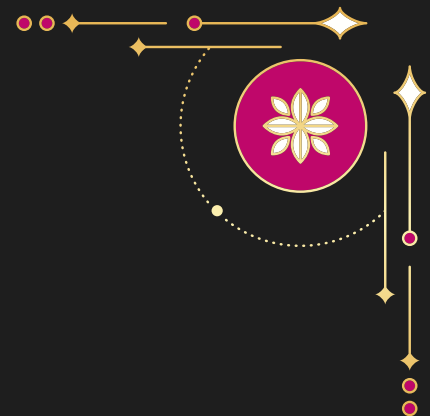
“The materials you send are very interesting. You give advice and ideas that light up the light bulb to make one think and understand what influences certain personal choices or how to handle them.”

Giorgio S.

“Although I wear suits very rarely, I felt comfortable and was able to fully enjoy the party. Thanks to your valuable advice, the choice of accessories turned out to be in line with my personality and suitable for the occasion.”

Happy Client





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