

Be Yourself with Isabelle Georges

“Be yourself; everyone else is already taken.” — Oscar Wilde

It is never too late to be your beautiful self.

Know yourself.

Own your strengths and your vulnerabilities, they are your best assets.

Figure out what you love about yourself right now?

Start from that and try to expand...

Your body is your best friend, treat him with respect and love.

Move everyday whether it is walking, Pilates, yoga, gym, dancing, boxing, jogging, swimming, stretching...

Inhabit your body fully - find what makes you feel alive!

Learn as much as you can.

Read, scroll on YouTube for inspiring people or tutorials.

Take singing lessons if you can.

Explore, be bold!

Set your inner compass on joy.

Song experiment

- Learn the lines inside out, with no intention, before singing it.
- Write each line of the song on a piece of paper or a notebook and under each and every one, write the way you would say it.
- Learn the melody exactly as the composer wrote it before allowing yourself to improvise, change it, make it yours.
- Find the right key for you.
- Have a minimum of two songs ready at any time, preferably an up-tempo and a ballad.

Enjoy the ride!