

**PART 5**  
STYLE  
CONFIDENCE!

*Feel*  
**GREAT**  
*in your*  
**JEANS**

If you still don't believe that you look great in your jeans, we've got a cheat sheet designed to boost your confidence.

**When you pull on a pair of jeans and look in the mirror, what runs through your mind?**

If you're like many women, you might think that you looked better in jeans when you were in college or you might worry about how other people think you look in your jeans. In fact, the most powerful factor in how women feel about their own bodies is how they believe other people view their figures, according to recent research from Ohio State University.

The truth is, when it comes to wearing jeans, many women think that they must look a particular way in order to pull off certain styles or that only some body types (like slim and boyish or curvy and sexy) look good in jeans—and they beat themselves up for not fitting the profile. "So many of the 'shoulds' are based on comparisons to unrealistic ideals. In reality, most women aren't airbrushed and don't work with personal trainers or have healthy food delivered every »



Did you miss the first four installments of our Project Blue challenge? If so, go to [weightwatchers.com/projectblue](http://weightwatchers.com/projectblue).