

How to Unlock the Power of Your Beautiful Authentic Self.
Module 4 – Lesson 23. I am Beautiful Inside and Out.
Additional Resources.

I am beautiful inside and out.

I believe that my beauty is as endless as the amount of kindness I can show to others. I embrace the feelings I get when I make a positive difference in someone else's life. I feel absolutely radiant when I am kind to others.

When I practice good virtues, I feel peaceful and happy.

Being good to others fills me with an inner sparkle that permeates through my soul and reflects in my smile. When my smile comes from a genuine place, it allows me to look and feel beautiful.

When I am happy and uplift those around me, my beauty shines out among others!

I encourage others to smile, not just from the muscles in the face, but from deep down in the soul. When others tell me how beautiful I look, I am sure to point out to them that it comes from a deeper place.

I take advantage of many opportunities to teach others how much different life could be if they would allow themselves to achieve inner happiness.

Today, my beauty radiates from within and puts a beautiful countenance on my face. I am committed to showing others what true beauty looks like by maintaining inner peace and happiness. I know I can be a positive example for others to follow.

Self-Reflection Questions:

1. Do I encourage others to love themselves as they are?
2. Do I still feel beautiful when a situation causes me to feel sad, upset or hurt?
3. How do I feel when I help others in need?

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