

# 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?