

I AM COMFORTABLE WITH MY APPEARANCE AND ACKNOWLEDGE MY BEAUTY.

I recognize that I am a beautiful, unique individual. *I am proud of my ability to recognize my outer and inner beauty on all levels.*

I accept the way I look and appreciate my body.

I feel at peace with the way I look, and I am aware of my beauty every day. I value the positive aspects of my body that contribute to my beauty.

I love all the parts of my body, and I am grateful for their existence. I overlook flaws and only see my gorgeous self. I take pride in maintaining my appearance.

I see a stunning person every time I use a mirror.

I can identify all of my beautiful parts from my head to my toes. I have a nice complexion, pleasant smile, and gorgeous hair. My hands and feet are ideal for my body.

I am grateful for my unique looks that help me stand out from others. I am comfortable with the body the universe has provided me. I feel honored to have this body. The universe creates beings with many looks, and I have a special gift with this body.

Today, I recognize my beauty and accept the way I look.

SELF-REFLECTION QUESTIONS:

1. How can I feel more comfortable with my unique beauty?
2. How can I help others learn to appreciate their beauty?
3. What can I do to continue feeling comfortable with my appearance over time?