

CALL YOURSELF BEAUTIFUL

LET'S TALK ABOUT LOVE

I am **wonderfully** and **beautifully** made and I live a **healthy**, **prosperous** and **fulfilling** life.



READING – ONLY YOU

By Dan Coppersmith

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| No one on Earth exists quite like you And no one is able to do what you do The person you are, the talents you bear Gifts that only you can share Only you have learned from the things you've done Gaining perspective, from the battles you've won Times when you've lost, have been priceless too The lessons contribute to what makes you you | The rest of the world can't see through your eyes Which is why your insight is such a prize Because you are you, there are lives you affect Much more than you would ever expect The things you do, the things you say Send ripples throughout the Milky Way You're unique, amazing like no one else You have the exclusive on being yourself. |
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Things To Ponder

1. It is said that beauty is in the eye of the beholder.
Whose eyes am I trying to please?
2. Can I allow myself to show up imperfect?
3. How do I look and feel from a place of self-love?
4. How do I act from a place of self-love?



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