

I am beautiful because...

I am kind. (DA, JA, an) ✦ I am caring. (an) ✦ I care about others. (JM) ✦ I am loving. (an) ✦ I love deeply. (SS, SR) ✦ I know what unconditional love is. (SG) ✦ I listen. (an) ✦ I effort to make people feel seen. (SS) ✦ I am empathetic. (JA) ✦ I use my experiences to lift other people up and remind them they're not alone. (SR) ✦ I show up in the hard. (SS) ✦ I show up when people need me. (SD) ✦ I am presence. (DA) ✦ I believe all humans and animals deserve a chance. (HB) ✦ I opened my mind to new ways of seeing the world. (TN) ✦ I have a husband who is my equal life partner that supports, believes in, and encourages my life decisions, goals, and dreams. (AJM) ✦ I have lifelong friends who love me and lift me up no matter what. (HB) ✦ I have amazingly beautiful, strong, and caring friends and soul sisters in my life who uplift, challenge, support, motivate, mentor, and share like-minded views on life with me. (AJM) ✦ My amazing body made three humans. (KS) ✦ I am raising a kind, smart, independent, socially aware, worldly thinking, and beautiful (from the inside out) teenage daughter. (AJM) ✦ I'm striving to break unhealthy cycles for me and my children. (TN) ✦ I do meaningful work helping healers. (SG) ✦ I make a mean spreadsheet. (an) ✦ I seek to understand how things work. (TN) ✦ I am self-sufficient. (an) ✦ I am usually unflappable. (an) ✦ I honor my strengths and my weaknesses. (SD) ✦ I am adaptable to most anything. (an) ✦ I have a positive outlook. (an) ✦ I stand by my values. (JM) ✦ I am devoted. (SG) ✦ I am resilient. (JA, an) ✦ I persevere. (JM) ✦ I have perseverance enough to get through and do hard things. (HB) ✦ I refuse to give up on myself. (SR) ✦ I am creative and intelligent. (an) ✦ I am artistic. (an) I am curious. (an) ✦ I am authentic. (SD) ✦ I am joy. (DA) ✦ I love myself. ✦ I am beautiful. (JA) ✦