

# I am beautiful because...

SHOWING THE WORLD YOUR OWN UNIQUE BEAUTY MEANS DISCOVERING YOUR STRENGTHS AND QUALITIES, NOT JUST OF YOUR PHYSICAL APPEARANCE, BUT ALSO OF YOUR INNER NATURE, YOUR TALENTS AND YOUR PURPOSE IN LIFE. IS BEAUTY SKIN DEEP? DO YOU KNOW JUST WHAT MAKES YOU BEAUTIFUL? - By Andre Vermeulen

Beauty is the outward expression of a healthy body, a constructive mind and spirit that are all in harmony. Beauty is mastering the combination of your unique physical attributes, your intelligence, personality, self-confidence, spiritual gifts and purpose. You are beautiful when you are the best that you can be.

All women are beautiful – each one in her own unique way. As your fingerprints differ from those of others, so does your physical, mental and spiritual attributes. A woman's true beauty is ultimately expressed when all her unique qualities are allowed to come to the fore in the best way possible inherent to her as an individual person. If a woman really wants to express her true beauty, she needs to be accurately aware of her physical attributes and features, unique mental strengths and intelligences and spiritual gifts.

It means you need to be accurate in knowing who you are. This seems to be one of the major challenges of the 21st Century woman – the challenge of finding her true identity. Research suggests that only 5% of people are accurate in knowing their unique potential. You can't work, develop and express yourself accurately when you are not aware of all the gifts you have and who you really are as an individual. The key to being beautiful starts with finding your unique potential.

Your potential is an indication of who and what you can be in life. Potential plus nothing gives you nothing. You can have the potential to be the most beautiful woman in the world, but if you do nothing about it, you will never be that person. Potential plus appropriate development grows you into the best version of yourself. When you have an accurate and holistic understanding of your unique qualities, potential and capabilities, and when you

work as hard as possible to develop and enhance those aspects of yourself, you become more of who you can be with a sense of purpose.

To enhance your physical attributes, obtain the guidance and advice of experts who are appropriately trained and skilled in assisting you. Even if you have astounding physical features, there is a limitation to how far you can go to enhance your outward beauty. To find inner beauty, you have to explore the unlimited depths of your soul and spirit. This is where your true beauty resides. Create as many opportunities as possible to learn about yourself and to discover the real you. Who are you? What are you naturally talented at? What makes you special? What is your style of thinking and learning about life? Love and accept your answers. Pursue your life's purpose. Marvel in the passion and fulfilment of living with purpose and share that energy with the world.

Embark today on the exciting journey of you being more beautiful than ever by

making yourself a priority and awakening the beauty within. Once you have realised your potential, develop it further and be amazed at the beauty that is you! ❖

*The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman is seen in her eyes, because that is the doorway to her heart, the place where love resides.*

- Audrey Hepburn

