The power to be and feel beautiful lies not within
the eyes of others; it comes from within YOU. I
believe that to be beautiful means to be yourself.
You don’t need to be accepted by others. You need
to accept you. Many of us look in the mirror and are
dissatisfied with our bodies. My behind is too big,
chest too small, teeth not quite white enough...
Hollywood and the fashion, cosmetics and diet
industries work hard to make us believe that our
bodies are unacceptable and need constant
improvement. There is SO MUCH out there about
how to “look better” by losing weight, exercising
more and eating better, but what about articles that
focus on accepting ourselves as WE ARE?

So, starting today! We are going to realize that we,
including our bodies are pretty darn awesome!!!

Get to Know Yourself

Just be yourself. That sentence is possibly the most
commonly used phrase in the history of advice.
Oscar Wilde once said: “Be yourself; everyone else is
already taken”. But you can’t possibly be yourself if
you don’t know who you are first. The first step in
learning how to be you is to get in touch with
yourself; with your passions, your opinions, and
values. Ask questions designed to reveal to you your
real self. What movies do I really like? What are my
favourite kinds of books? What are my opinions on
certain current events? What do I like to talk about?
What values are most important to me? How do I
enjoy spending my free time? Spend some real time
thinking about your answers, and be truthful.
Hopefully you will really get to know and love
yourself. Ultimately, you are hanging out with you all
day long. So, be your best, most interesting and fun
self.

Take Responsibility

Own it! We are so conditioned to blame other
people, the system or the world for our unwanted
circumstances. Taking responsibility for the life that
you are living, the one that you’ve created is very
empowering. When you don’t take responsibility for
your life you give away your personal power.
Responsibility is one of those words you have
probably heard so many times from your parents,
teachers and coaches that you may have developed
an immunity to it. Still, it’s one of the most
important things and individual can do to grow and
to feel good about themselves. We are responsible
for our lives and everything in them. If we can accept
that idea, refusing to blame anyone or anything else
for our misfortune we’ll find ourselves in the best
possible position. And even if we don’t, even if we
still do go down… at least we’ll be able to do so with
a full sense of ownership.

Love Yourself

Let’s face it: No matter how close-to-perfection your
body is, chances are, there is something you would
change about it if you could. Even celebrities and
models, who have been stamped with the media’s
"perfect body" rating have parts they dislike – their
feet, their hands, their ears – and they don’t
necessarily have high self-esteem either! Rather
than pick your body apart, look at your body as a
whole. Our bodies really just play the host to all that
defines who we truly are. We are so much more
than our exterior container. Are you witty? Are you
thoughtful? Are you generous? Are you honest? Can
you keep a secret? Are you a great friend? Do you
play a mean game of soccer? Are you a loving
parent? Are you forgiving? The list goes on… What
are your signature traits???? It is important to
recognize the wonderful traits that we have to offer
and then celebrate them!

In the grand scheme of things it doesn’t matter what
we look like, just who we are. We are not going to
be remembered for the colour of our hair, how
white our teeth were, or whether we were a size 5
or 25. So we might as well go ahead and make the
most of life without letting insecurities weigh us
down.
Life is too short. Work as if it was your first day. Forgive as soon as possible. Love without boundaries. Laugh without control and never stop smiling.

Kerrianne Brown

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