

I RADIATE BEAUTY, CHARM, AND GRACE

I radiate beauty, charm, and grace.

Regardless of how I am feeling on the inside, to all that see me, I appear to have my life under complete control. I am kind, friendly, gracious, and charming.

I maintain positive thoughts and an optimistic attitude.

I may deal with challenging circumstances from time to time, but I maintain a constructive perspective. I am well known for my ability to rise above the noise of life.

I am a charming person.

I put my attention on others and make them feel good about themselves. This comes naturally to me. ***I enjoy raising the self-esteem and self-confidence of others.*** I know how important this can be. The tenderness of my heart exceeds my charm.

I am the epitome of grace under pressure.

The tenser the situation, the calmer and more composed I become. I have the freedom necessary to be graceful under all circumstances.

When I begin to feel stressed, I remind myself of how capable I am. I have the ability to overcome anything and maintain my composure in the process.

Today, I radiate my positive qualities to the world. I am uninfluenced by my situation. ***I can show beauty, grace, and charm at all times.*** I make it a point to be stronger than my surroundings or circumstances.

Self-Reflection Questions:

1. How can I be more composed under pressure?
2. How does the average person perceive me?
3. How can I maintain a more positive attitude during challenging times?