A person with blonde hair, wearing a blue button-down shirt over a black and white striped top, is sitting at a wooden table. They are holding a yellow and black pencil and writing in an open notebook. To their left is a green ceramic cup on a white saucer. The background is softly blurred, showing a white chair and a warm-toned wall. A large, semi-transparent white circle is overlaid on the right side of the image, containing the title and page number.

# The Beauty, Love, and Transformation Assessment

## Powerful Practice #1

# The Power of Clarity

- What is your intention?
- What changes do you want to see in this area of your life?
- What will these changes bring you?
- How do you intend to improve in this area?
- What Resources do you have available to achieve your goal?
- Where do you have positive support?





# Accentuate Your Beauty

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2



*Every thought we think, and every word we speak creates, our experiences.*

*If you want to achieve a genuine transformation, you need a positive mind-set.*

*Negativity blocks lasting change.*

*Every thought we think  
is creating our future*

Louise Hay





## Powerful Practice #2

# Letting go of Limited Beliefs

- Describe what make YOU uniquely beautiful. Include your physical qualities as well as your strengths, talents, and personality traits. Try to write down at least 20!
- Limiting beliefs and self-doubt. We all have them: “What will other people think?” “Am I good enough?” Write down the self-defeating thoughts, negative beliefs, and voices in your head that hold you back.
- Where do your beliefs come from?
- What do you know now to be true for you, after identifying where your beliefs come from?



### Powerful Practice #3

## Letting go of Limited Beliefs


- Limiting beliefs and self-doubt. We all have them: “What will other people think?”  
“Am I good enough?” Write down the self-defeating thoughts, negative beliefs, and voices in your head that hold you back.
- Where do your beliefs come from?
- Describe your first memory, as a child, when someone close to you made you feel that negative belief.
- What emotions did you feel? Such as Sad, Hurt, Fear, etc.
- What was it you really wanted to feel? Such as Love, Safety, Kindness, etc.
- What do you know now to be true for you, after identifying where your beliefs come from?



# The Power of Forgiveness

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3

A stylized sunburst graphic consisting of several light blue lines radiating from a central point at the top of the page.

FORGIVENESS LIBERATES THE SOUL.  
IT REMOVES FEAR.  
THAT IS WHY IT IS SUCH A  
POWERFUL WEAPON.

-NELSON MANDELA



## Powerful Practice #4

# The Power of Forgiveness

- Write a letter to person who hurt you. Describe how he/she hurt you and the emotions you feel, as well as anything else that comes up for you. For example; describe why you are mad, sad, angry, hurt, etc.
- Next, in the same letter, let this person know what you needed from him/her at the time they hurt you. Was it love, acceptance, approval, kindness, respect?
- Write a letter forgiving him/her for hurting you.





WARNING

## **Burn the letters!**

The letters in this exercise are not to be shared with the person you write them to. This is a process for YOU to heal

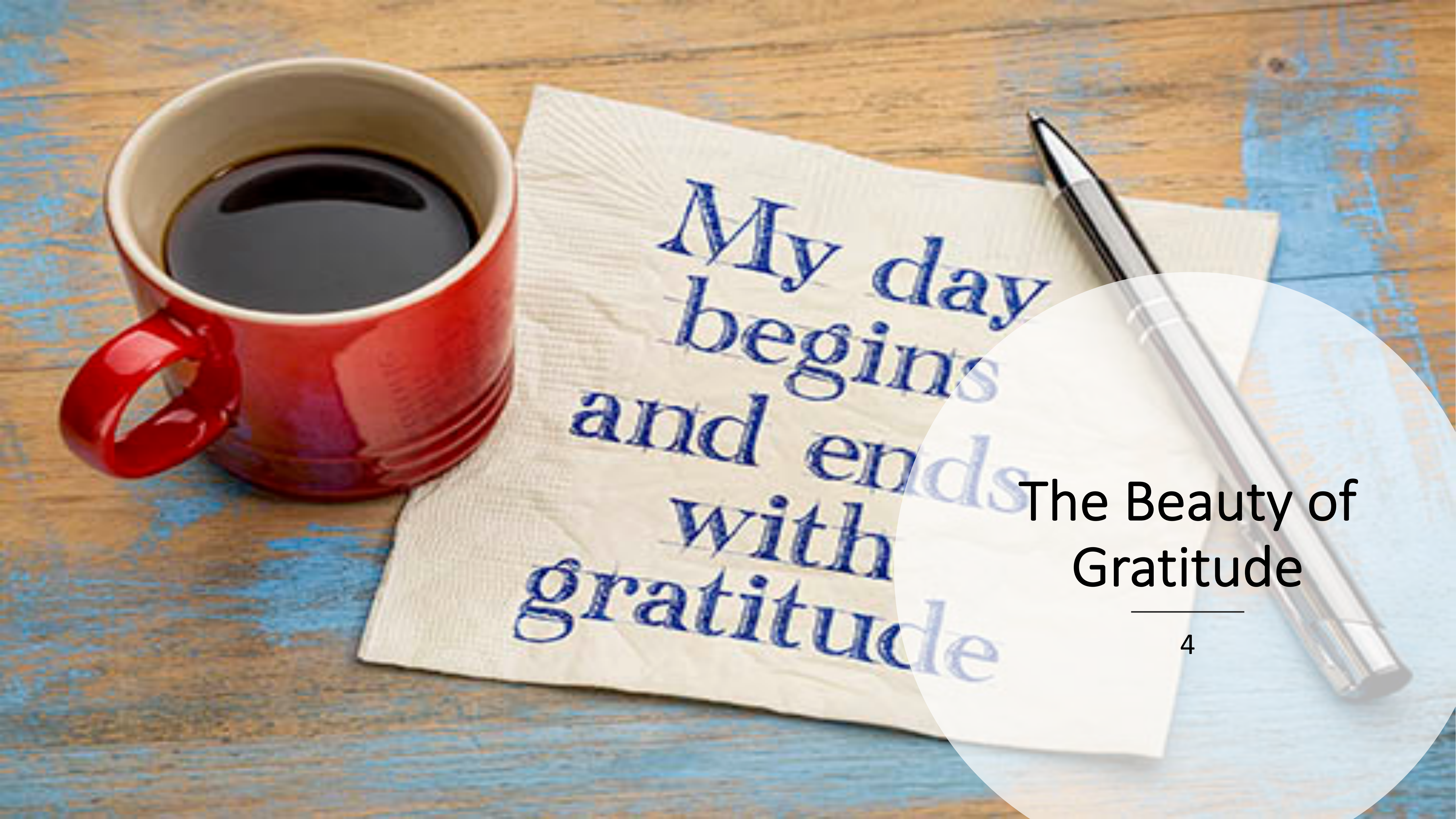


This powerful process will help you...

- Let go of your negative beliefs
- Release internal pain and struggles
- Heal the trauma of your past that you carry forward into your future





A red ceramic mug filled with dark coffee sits on a light-colored wooden table. Next to it is a white paper napkin with the words "My day begins and ends with gratitude" printed in a blue, cursive-style font. A silver pen lies diagonally across the napkin. A semi-transparent white circle is overlaid on the right side of the image, containing the title and page number.

My day  
begins  
and ends  
with  
gratitude

## The Beauty of Gratitude

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# Powerful Practices You Learned

- ✓ The Power of Clarity
- ✓ Reprogramming your belief system
- ✓ Forgiveness Practice
- ✓ The Beauty of Gratitude



# Action Plan

- ✓ Create Your Intentions
- ✓ Take steps to make changes in the 1 area you've chosen to improve .
- ✓ Practice turning negative thoughts into positive thoughts
- ✓ Treat yourself as if you were your own child
- ✓ Write letters of forgiveness
- ✓ Start your gratitude journal

