

BEAUTY FROM THE INSIDE OUT

Lesson 1: What makes you beautiful

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” -Galatians 5:22-23

Welcome friend! Congratulations and so glad you have decided to make a commitment to yourself to rediscover your own inner beauty, from the inside out! While watching Video 1, complete the following questions to take a deeper look at what makes you beautiful and how you share this with others.

1. Think back on your past accomplishments, perhaps a goal you accomplished from work, school, or church. Narrow it down to the one you felt most proud of for yourself, as a result of the heart you put into the project or event. Did it have to do with a public goal or was it more personal?

2. After the outcome, what was the lesson you learned from achieving your goal?

3. Looking back, what would your family, friends, supervisors, or mentors compliment you on generally speaking? Are you a creative artist? Perhaps you have a knack for organizing projects? Or are you an articulate speaker who easily influences others?

4. Conversely, what would you hear you need to work on for improvement? Who would tell you this, and were they a reputable source of feedback?

5. **Accountability Challenge:**

- a. Create a statement defining your favorite skills or attributes and how you use them to bring beauty and joy to others. For example, “I am loving sister and caring friend. No matter how busy life gets, I am always willing to lend a hand to care for the ones I love,” or “I love to cook and show my love for others through my cooking. My favorite dish to create is lasagna and dessert is pecan pie, which I cook weekly for my family.” If you need help, don’t be afraid to ask a loved one for feedback, this always leads to great discussions.

Write your statement about YOU below:

- b. As we “water others” with kind words and deeds, step out into the light and post your statement to our private Facebook group as a “status update”. For those of you inner beauty warriors, post a selfie of yourself with the statement! When you see others posting this particular update from Lesson 1, please take a moment to comment on their status update however it speaks to your heart.
- c. **Extra Credit:** Post your statement and selfie with the **#innerbeautywarriors** to Facebook and Instagram!