

I AM BEAUTIFUL

WHEN I LOOK IN THE MIRROR WHO DO I SEE?
WHO IS LOOKING BACK AT ME?
I'M NOT TALKING ABOUT APPEARANCES HERE
THEY DON'T MATTER MUCH
WHAT MATTERS MOST IS WHO I AM
WHO I CHOOSE TO BE
THAT'S MY TRUE BEAUTY

[CHORUS]
WHOA I AM BEAUTIFUL
MY BEAUTY COMES FROM WITHIN MY SOUL
WHOA, IT MAKES ME FEEL HAPPY AND WHOLE
OH YEAH, I'M AM BEAUTIFUL

WHEN I'M LOOKIN' STRAIGHT AT YOU
I SEE BEAUTY THROUGH AND THROUGH
SHOWIN' LOVE AND BEING KIND
FEELS GOOD AND KEEPS ME ALIGNED

[REPEAT CHORUS]

SOMETIMES LIFE CAN GET ME DOWN
I HAVE THE POWER TO TURN THAT AROUND
WITH POSITIVE THOUGHTS I MAKE SHIFTS
I HAVE AMAZING GIFTS

[REPEAT CHORUS]

LEARNING FROM MY MISTAKES
I RELEASE ALL MY HEARTACHES
CHOOSING NOT TO BE A SCAM
I ACCEPT MYSELF AS I AM

[REPEAT CHORUS]

YES, I AM BEAUTIFUL



MINDFUL MOMENTS

MY JOURNAL



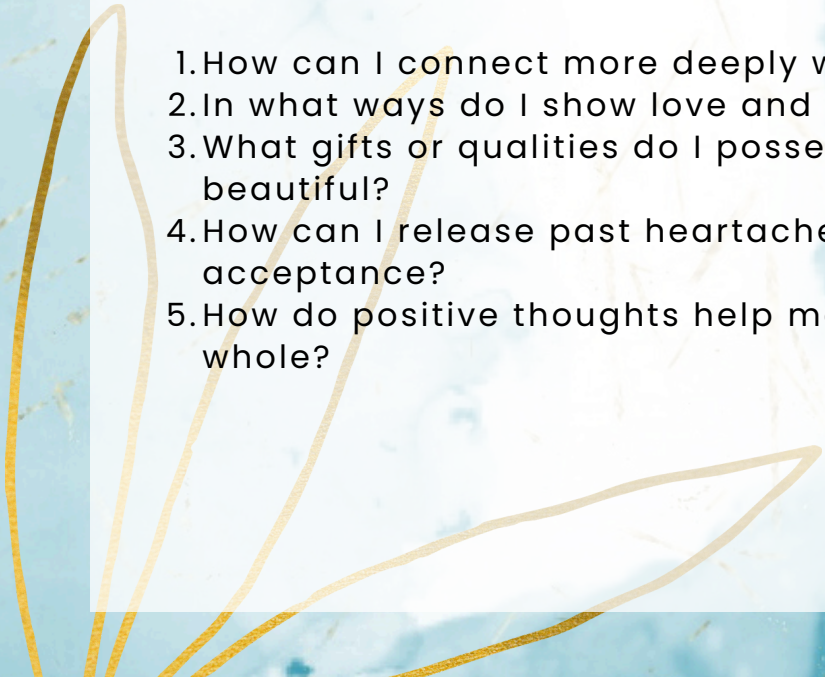
Why Journaling Helps You Heal & Shift Your Mindset


Journaling is a powerful way to process, release, and realign your thoughts. Writing things down by hand makes the experience deeper than typing—it slows you down, engages your brain differently, and helps you truly connect with what you feel.

- Releases emotions – Gets thoughts and feelings out of your head and onto paper.
- Brings clarity – Helps you see situations and patterns more clearly.
- Tracks growth – Looking back shows progress you may not notice day-to-day.
- Strengthens intention – Writing creates a stronger mind-body connection than keeping everything in your head.
- Encourages healing – Shifts negative cycles into empowering insights.

Remember, there's no "right" way to journal. Use the prompts often, repeat them as you grow, and let your pages reflect your journey.

Journal Prompts for I am Beautiful

1. How can I connect more deeply with my inner beauty today?
 2. In what ways do I show love and kindness to myself and others?
 3. What gifts or qualities do I possess that make me uniquely beautiful?
 4. How can I release past heartaches and embrace self-acceptance?
 5. How do positive thoughts help me feel aligned, happy, and whole?
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I am beautiful,
and my true
beauty comes
from within
my soul.

I accept myself
fully and
honor who I
am.

My kindness,
love, and
compassion
reflect my
inner beauty.

Positive
thoughts and
self-love
guide my
daily choices.

I release past
heartaches and
embrace self-
acceptance.

My gifts,
talents, and
uniqueness
make me
radiant.

I choose to
focus on what
truly matters:
who I am
inside.

I celebrate my
inner beauty
and the light I
share with the
world.