

Be Your Own Kind of beYOUtiful

The most important part of finding your freedom is planning. You must plan ahead and learn to do self reflection. Each day you must learn to accept where you are and know that tomorrow is a new day and a new day to grow and learn and keep working towards your best version.

I want you to work towards truly starting to believe in YOU - as YOU! Not what others view you or want you to be, as YOU.

Remember the reason you are unique is because no body else is you! Embrace your flaws, embrace your quirks, embrace what you love to do, embrace your body, embrace your smile and embrace your mind!

Being beYOUtiful is learning to love and understand yourself. It doesn't mean you are perfect, lets be honest who is? But by identifying what you love about yourself that you may be embarrassed about right now and hiding it away, YOU need to be shown to the world.

Join the beoutiful U warriors and lets rise together through truly being ourselves - in our purest, flawed, happiest form.

Jayne xx

Weekly Planner

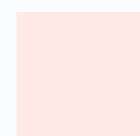
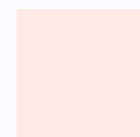
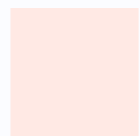
Date: _____ / _____ / _____

Being Beyoutiful This Week Means Too:

This Week I am excited about:

My Business/Career Focus is:

This Weeks Priotities:



My Health/Ftness focus is:

My Home/Family Focus is:

My Mindset Focus is:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

This Weeks Mantra