

# **YOU ARE AMAZING...RIGHT NOW**



**How much time, emotion and energy do we expend wishing we were better than we are right now? We would like to be taller, shorter, leaner, bigger, have straight hair, curly hair , blond hair or dark hair. We always seem to wish we are something other than what we are today!**

I have a crazy concept that I would love you to consider for a moment. Consider this; if you compare yourself to other people you will never be happy. This is because there will always be someone that, depending on what physical or personality trait you are comparing, will be better than you. How depressing that is – or is it?

What if, even in the process of trying to change yourself for the better, you decided to love yourself as you are **RIGHT NOW** and live as if you were the amazing person you have always wanted to be – **because you are!**

We often worry so much about what other people think about us. Can I tell you something? **They don't think about you at all** - they are far too busy worrying about themselves and what other people think about them to waste time thinking about you!

We think if we don't look or act a certain way people won't find us attractive or appealing. Do you know that most people are far less superficial than that? They are attracted to people with confidence and that have a positive outlook on life. They are attracted to people that don't try to hide the physical traits they don't like about themselves, but those who take pride in their appearance, dress to suit their body and carry themselves with grace, posture & confidence. This can be you too – right now!

**Here are a few simple strategies to be the amazing person you are – right now:**

1. Change the way you talk to yourself and start thinking about the things that you love about yourself.
2. Stop trying to guess what someone else is thinking – you have no control over that and it really doesn't matter anyway.
3. Accept the way you are right now and start to act with confidence, posture and grace.
4. Take pride in your appearance – the clothes you wear, the way your hair looks, your skin, teeth and your SMILE. First impression are very important
5. Find clothes that suit your body size and shape and compliment it – don't try to hide yourself.
6. Walk with you head up and your shoulders back and be proud to be you – you are amazing **RIGHT NOW**.
7. Start to take some simple steps to be healthier, leaner and more vibrant – this will give you more confidence once you have started the process (read some of my other articles or my e-book '*Powerful Beyond Measure*' to find out more about this)
8. Ask yourself every day; *"Why is it I love myself and know that other will love me and accept me just the way I am?"*

**YOU ARE AMAZING – ALL YOU NEED TO DO IS BELIEVE IT!**