

Seven ways to feel more beautiful & strong



BY MARYSIA TREMBECKA

Introduction

Hi this is Marysia from loveyourcreativity.com. These are some tips to help you every day, feel irresistible, walk out the door to work and feeling glorious and far more positive. So I really hope you have a go with those.

I was looking at 'Dove real beauty sketches' Youtube link [here](#).

For those of you who are not online, basically there's a sketch artist in a room with his back to the door and a woman walks in one at a time and describe what they look like and he let the eyes, chin, hair then they leave. At no point does the artist see the actual person sketching. As that person who describes themselves leaves the room then they go and have a coffee with someone else. Then that second person goes and talks to the sketch artist and basically describes what they look like. So the person who has been sketched turns up to see not one but two sketches, they didn't realize the second one was happening. They can see the difference between how they describe themselves and how other people describe them. So the Dove ad was basically about perception.

What I really fell strongly about is that I could definitely share a bit of my take on life here because I do have a pretty good body image and they are techniques I've used over the years. So this is seven ways to feel more beautiful and strong. I think if you do them every day they are quick most of them, they definitely going to make a difference. So here we go.

There's a lyric by Rodgers and Hart that's really personal to this and sets up these seven ways pretty well actually.

"Is your figure less than Greek? Is your mouth a little weak? When you open it to speak are you smart? But don't change a hair for me. Not if you care for me. Stay little valentine..."

It is of course 'My funny Valentine' It's about changing your own perception and that will change your life.

The Daily Plan

Full explanations are below of each step but this is to recap for each morning.

One, first thing in the morning you want to find a specific thing about yourself you find beautiful or strong or both.

Two, think about your health that you really appreciate.

Three, a specific thing that you've done from a social or spiritual aspect about you with another person being kind, nice, focused, clear, all of those things and maybe standing up for yourself that could be equally viable.

Four, something you've done in life that you really think 'I'm proud of doing that', I got a degree, I can now speak Spanish,. Just have something different every day. It will get you thinking every day expand and expand the reach of your life on what you've done.

Number five, say "I am very beautiful and I am very strong" three times each then go back to I am beautiful and feel the energy of the space.

Six, daily exercise.

Seven, say thank you when people compliment you and always try to find reasons to say something positive about other people.

Way One

The top tip of making yourself feel beautiful and strong every day is, when you get up in the morning take five or ten seconds to think specifically of one part of you that is beautiful or strong.

It could be your hair, it could be your waist, it could be your skin, it could be your boobs, and it could be your shoulder.

We all find it very easy to find things that are not right. 'Oh I got too much fat on my thighs', 'my belly', or maybe 'I'm getting man boobs' but equally there are always part of us that are always still very beautiful.

So I want you to think about today and what different part to choose tomorrow. So it could be nails, skin, eye colour.

Just find something, look at it and really appreciate it, if you can look at it in the mirror, that's even better, if you can't well then just find something in yourself that's beautiful.

Way Two

Pick one thing about your health that you really are happy about.

It could be

- ‘I haven’t got any spots’, ‘I’ve got one spot’, or ‘all my spots are going’.
- ‘I can reach down and pick things off the floor’.
- ‘I can tie my shoes.

Trust me when you’re older you’re going to appreciate the fact that you’ve got some flexibility.

- ‘I have the strength to turn on a tap’.

I had a really bad car accident which really damaged my neck, my shoulder and my arm and God I couldn’t even open doors without screaming in pain.

So appreciate one thing about your health. You could say I don’t have cancer now, to my knowledge. Although I don’t want to go to too much negativity because life is full of it. so be reframe that and be positive so ‘My body is healthy, and my liver works well’ or even ‘I had skin cancer and I am grateful that it has been successfully removed and not aread anywhere else’.

Anyway, pick one thing that you’re grateful about. I drank last night and my liver sorted it out so I don’t actually feel hangover today . That is also a completely, valid, good thing because every day we need something different.

Way Three

Pick a specific thing that you know spiritually or from a human-human basis that you did really well at. For example,

- I was really kind to X.
- I was very patient with ...
- Even though it drives me crazy that my friend always seems to have the same problem with me, I was really kind and compassionate when I listened to her yesterday. That’s pretty amazing or I spoke from the place of truth and kindness when I said to her maybe she needs to start looking at her own behaviours and not picking these men who were not available in the first place

That is a great example as there was honesty and love in the communication so that you can feel good about yourself because you came for a great place.

Take ten seconds for each one, some of them you will find harder than the others, beauty is sometimes much harder to find.

Way Four

Tip four is on a practical aspect because I know lot’s of you are very creative. Think of something you are proud of, it could be today or it could be just having survived

- I really struggled to get my degree but I've got it.
- Yesterday I managed practiced for ten minutes;
- I made this phone call to so so.
- It could be something from dealing with your finances.
- I paid off and closed my credit card.
- I managed to move house.
- I managed to survive the death of someone I love.
- I managed to do that.
- I'm so proud I managed to work and had to load a podcast.
- I hated doing project for my boss but you know what, I did it and it might not be perfect, but at least it's there in his hands.

I always love the Liza Minelli 'I am still here approach' and 'What I try to do now is live today in a way that won't give me regrets tomorrow.'when things get really difficult!

Way Five

Now, we're coming to number 5 which takes a little bit more time. This I was reminded from Glen Wallboard who I did a workshop recently, She is an amazing director and ex -actor who works a lot with Willy Russell, the playwright, of course, who wrote Educating Rita and Shirley Valentine.

Glen actually directed a production that I saw of Shirley Valentine, it was just great, so I really look forward to working with her. She manages to bring out something that you always forget you have.

She reminded me of this technique in a class about confidence.

You walk into an audition room, you know, you always get rejected for things, wrong height or the chemistry won't be right. You have the wrong hair colour or eye colour. There are so many reasons why yo get rejected as an actor.

So you need to be able to keep your confidence up. So I'm passing along this really to those of you who have don't it before, be warned it is scary at first!

Stand in the room, both men and women and say from a place of truth (because actors have to speak other people's words as if it were truthfully theirs) and say "*I am very beautiful.*"

It's really hard to say and fully believe it. So have a go three times, each time more truth. 'I am very beautiful'.

Ideally say out it loud. Go to the bathroom if you don't want anyone else to hear you!

After you said

'I am very beautiful',

say

'I am very powerful'.

Doing this you can really feel how the way you stand and the way you feel and how the energy is changing because you're saying such positive words.

Then go back and go

I am very beautiful.

You will feel how you do indeed have a new poise and stance. It is a real lesson on how we have to watch what we say, not just about ourselves but each other. But what we feel about ourselves really does change the mood in the room.

There's an experiment where people said very positive words and they had a microscopic pictures of water pattern. I do remember them saying that if you say negative words then there's a negative pattern in the water, whereas love and beauty, they have a beautiful and symmetrical pattern. The words we say absolutely do change our environment. Not just the ones we say to ourselves but the one we say to others. We know that, that's not just a spiritual tenet.

So I am very beautiful and I am very powerful.

Say each three times with belief every day!

Way Six

Exercise daily.

Now before you say you haven't got time, I think even five minutes is better than nothing.

So I would suggest if you can, get up every morning and take the door, grab your cat or even grab your cup of coffee and go walking around the block. It will make you feel so much better.

If you haven't got time for that in the morning, then try at lunch time or in the evening. Go to the shops and get off the bus two stops early. Just try and get some daily exercising.

Some people manage to get up and do something for the biceps or some do sit ups every morning for five minutes. That is great too, but I've never managed that, I always do my weight training in the gym. I do train five times in a week if possible in a gym. I need to go for twenty to twenty five minutes and weigh heavy weights because that works for me and I need the stress relief, it makes my brain feel so much better.

There is a new book called *Spark: The Revolutionary New Science of Exercise and the Brain* [Hardcover] which talks about exercise, not just on the body but also on the mind. It sparks creativity, life, happiness, so daily exercise is a must.

Way Seven

When someone says

thank you'

I really appreciate what you've done'

I love your shoes'

Well done on that job

say

'Thank you'

It's really easy , when someone gives you a compliment of any kind, to dismiss it and say 'Oh really?' 'I just did my best', just take the compliment and say 'thank you. 'If someone takes the time to be generous, you owe them the respect that they are giving to you, just say 'thank you' and make NO excuses. You will feel better and it will make them feel appreciated too. We all need more love and appreciation as you know.

Conclusion

There we are, our seven tips to make us feel more beautiful and strong. As a minimum, I suggest you try all seven ways each morning for seven days, I know what happens in life, sometimes you feel great and then things happen, life gets worse. These ways will keep you standing taller, these daily moments of self appreciation will create a calm when there is a storm. 'I am grateful I still have a roof over my head', when money is tight, it is still a huge security which some in this world don't yet have.

I used to look at myself and think *'Oh great boobs ,well maybe I've got a bit of more fat than I like on me but at least the boobs are looking good'*.

At the end of the day, at some point in your life, whoever you are, someone looked at you and thought or said 'wow, they're beautiful' whether it was when you were a child, a teenager. At some point in your life as well you did something magnificent. There's something about being in the flow that makes us irresistible. I'd like us to be irresistible to ourselves, actually because you do need to fall in love with yourself. From there you can rely on yourself, you can trust on yourself to do the right things, to eat better and exercise more and go off to follow your dreams, create what you want to create, go look for the new job that will make you happy.

The more confident you feel about yourself, the more you are likely will get out there and do it. So let me say that you are beautiful, you are strong, you have definitely survived some horrible experiences because none of us get far in life without not having losses and regrets on how some things ended. It's easy to take

on negativity so it's really important on a daily basis to put some positive things back in.

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