

BEAUTIFUL YOU

A NEWSLETTER OF MONTHLY GOODNESS

AUGUST 2019 • ISSUE 3 • VOLUME 3



HOW TO BOOST YOUR CONFIDENCE THROUGH STYLE

BY: SHAYE CUNNINGHAM

In my work, I help some of the most brilliant women ever from all walks of life! And, ironically, they collectively have a common challenge and that is with standing out and showing up as their best selves: Lack of Self-Confidence...

They struggle with how to exude that unapologetic swag that comes naturally when they know they look and feel amazing. So, how can style play a part in shifting your mood from sluggish to slay-worthy?!? Well, let's unpack three things you can do right now to combat those self-limiting and self-defeating thoughts keeping you from lighting up a room (the way you want to)...

[continue reading on page 4](#)

HEY BEAUTIFUL, I'M ANDRENEE!

IT IS SUCH AN HONOR TO SHARE
THIS DIGITAL SPACE OF
GOODNESS WITH YOU!

I BELIEVE THE DIVINE BROUGHT
US TOGETHER AND THAT
SOMETHING AMAZING IS WAITING
TO MANIFEST IN YOUR
LIFE...RIGHT NOW!

IT IS MY INTENTION TO PROVIDE
CONTENT THAT WILL ASSIST YOU
WITH THE MASTERING OF YOUR
OWN KIND OF BEAUTIFUL!

SHARE THIS NEWSLETTER WITH
YOUR FRIENDS, AND LET'S GET IT
ON!

[CLICK HERE TO JOIN IN MY
MAILING LIST](#)



Andreee Boothe
MasterLife Strategist | Speaker



DISCOVERING YOUR INNER BEAUTY

It seems that these days almost everyone is focused on physical beauty. Someone's intelligence, personality, or status is all perceived by their outward appearance. So where does inner beauty fit in?

We all have inner beauty, however, whether or not we're aware of it or utilize it is up to us. Inner beauty is something that's profoundly more important than physical beauty. It's something that you must nurture and cherish.

When you develop your inner beauty, your physical beauty seems to miraculously improve as well!

Here are some strategies that can help you discover and develop your inner beauty:

1. Make an "I Love Me" list. This is a powerful tool to help you discover your inner beauty. Write down all of your good qualities that don't relate to something physical. Are you sweet? Sincere? Love animals and children? All these attributes and a host of others relate to your inner beauty.

The process of writing out your strengths gives you tangible evidence of your great inner qualities that you might not have even been aware of.

2. Surround yourself with those whose inner qualities you admire. Of course, they may also have physical beauty, but the reason you're drawn to them is because they're caring, loving, gentle, or otherwise admirable because of their inner qualities.

When you surround yourself with these kinds of people, your own inner beauty tends to shine through also. They may even point out your inner beauty to you. ***People like this look beyond the outer shell and focus on what's important inside.***

3. Practice and cultivate your inner beauty. Most of us know how to take care of our physical beauty: we get our nails and hair done, we stay in shape, buy new clothes, and so on.

Remember, when you discover and improve your inner beauty, physical beauty follows. Surely you've met someone and weren't attracted to their physical beauty at first glance, but once you got to know them and saw their inner beauty, they began to be more physically attractive as well ([click here to read more](#)).



(CONTINUED) HOW TO BOOST YOUR CONFIDENCE THROUGH STYLE!

First, visualize yourself as You want to be. You may have heard the famous quote by Napoleon Hill, "What the mind can conceive and believe - it can achieve. Mood boards (a pic collage of inspirational themes (people, places and/or things) help you do this by reflecting images of what you believe your most confident self looks like. Simply print out from Pinterest or Google your favorite or most admired people doing things you aspire to do; cut them out and paste to a poster board; then, post the board up in a location that will serve as your style inspiration or #daily goals.

Secondly, affirm your strong self-confidence goals with positive and liberating statements. You can do this by creating a "slay" affirmation. A slay affirmation is a mantra of exactly how you will show up as your most confident self while combating your self-limiting thoughts: "I show up and slay by...(fill in the blank)". An example: "I show up and slay by stepping out of my comfort zone and loving the skin that I'm in!" It doesn't matter if today you are far from this mantra or not - affirming it in writing and through expression in what you wear will get you closer with every outfit.

Lastly, do something that scares you everyday! Do you cringe at the thought of wearing bright colors, a new/different type of hemline, a trendy cut of blouse, or a bold graphic print?!? If so, that's great! Give that some energy and exploration everyday... Go after those fashion or styles that you consider a "risk". You will be surprised and empowered by the confidence you exude when you wear that vibrant color blouse that matches your inner glow and brilliance.

Remember, you are not alone - we all experience our own personal bouts with the lack of self-confidence. What's really important is once you recognize it creeping into your magic, that you VISUALIZE, AFFIRM AND SURPRISE yourself to ultimately WIN!

By: Shaye Cunningham

Social Media Handles:

IG/Twitter - [@SlayByShaye](#)

FB Group - <https://bit.ly/InfluenceHERsThatSlay>

Book a Complimentary Consult: <https://bit.ly/chatwithslaybyshaye>

Email: slaybyshaye@yahoo.com





A VISIT WITH GRATITUDE

I love to write, especially poetry, but I wanted take a break from poetry for a minute. I want share something that has inspired me and can encourage other women to do the same. I know we all can define what gratitude is.

It's the quality of being thankful.

There are so many things to be thankful for such as waking up each day, being able to see the sun and moon, fellow-shipping with others, or just having alone time with self. I want to share something I have been doing since January of 2019 and it is having a gratitude jar.

You can get any type of jar small or big, plastic or a glass container and put it in your room. I personally sit mine on my dresser - in visible site so I will not forget to use it weekly.

Buy some yellow sticky notes or index cards each week, write something you have gratitude for on the index card, fold the card, and put in the jar. Do this weekly and during the following New Year, open your jar and read all the things, places, events, and words of wisdom you placed in the jar.

I personally can't wait to read all my sticky notes; my heart will be full. Sometimes as women we get so busy with life we forget what really matters.

So I ask the Question:

Have you taken a visit with Gratitude today?

If writing all the things that you have gratitude for in a jar is too much, another great thing that I have started doing is putting both of my hands over my heart and stating out loud what I'm grateful for.

By me putting my hands over my heart,
I'm receiving the gratitude.

I also use the technique of breathing in gratitude and breathing out gratitude so the positive act can be a magnet to others.

I just wanted to share something I do to feed my mind and soul with positivity.

With gratitude, I'm grateful to share this inspiration that has helped me to have a visit with Gratitude.

By: "Issa Flower" aka (Natashia Hagans)



Join a *tribe* called Beautiful



Nyasia Tucker

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experience*



Cara L. Miller

*Click here for Cara's
experience*

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I STAY CLASSY! (BOLD AFFIRMATIONS)

There is something special about me. My unique style shines through wherever I go. **It makes me memorable for the right reasons.**

Classy describes the way that I carry myself. It is fitting for my choice of material attire and also my personality. When I present myself to others, I ensure that there is consistency. It is important for the inside and outside to complement each other.

I choose my attire according to what an event requires. Fitting in feels good but honoring the requirements feels better. It shows my character.

Although I have my own style preferences, I am willing to conform to what a situation calls for. I leave it up to the desires of event organizers to outline style preferences. **My role is to ensure that I put an impressive foot forward.**

My actions and words match the way in which I present myself on the outside. Dressing up goes hand in hand with an elegant attitude.

It is unsophisticated to forget good manners when I go out. I am conscious of how I conduct myself in the presence of others. Greeting people with sincerity involves making eye contact and smiling.

I maintain elegance in my approach by exposing myself to the finer things. Being cultured requires an ongoing desire to experience a cosmopolitan way of life.

Today, my chicness is natural yet understated. Bringing my natural elegance is easy for me. I prefer to be myself because I am more than enough. There is one classy version of myself that everyone sees.

DIVINE INTERVENTION

What is that...that awful tightening
in my chest?

Not to worry my beloved...just
remember who you are and release
the expanse of your breath.
But the night was long and the due
date is due.

Not to worry my friend...just
remember who you are, inhale and
then breathe right through. I know
you're right but I just looked at this
report and I think I agree...

Not to worry my Queenster...just
remember who you are, allow your
lungs to expand, release it to Him
and be free. You know,

I'm feeling so much better now...so
can I say just one more thing?
Sure, my friend go right ahead...
I want to begin again and say with
gratitude and a heart filled with
Hallelujah Praise...I do remember
who I Am and with overwhelming
joy I affirm...

All is well in this moment and for
the rest of my days.

By: S. Christine Bates
Featured Poet

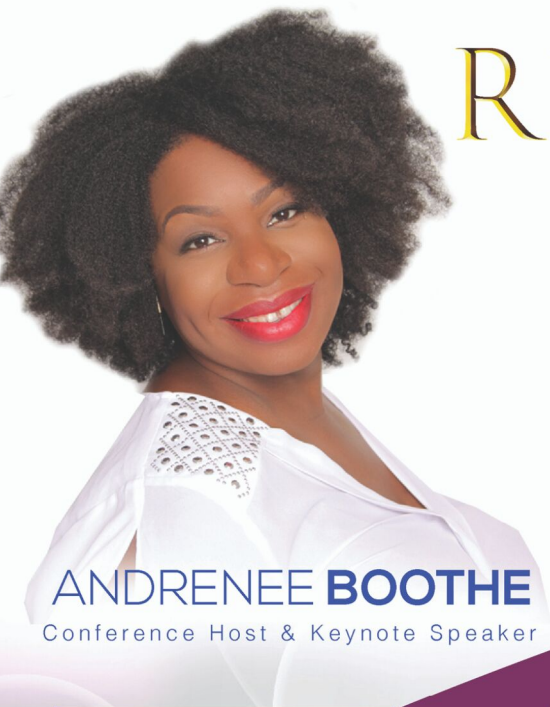


ANDRENEE'S CORNER PRESENTS

Beautiful You

C O N F E R E N C E

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ANDRENEE **BOOTHE**

Conference Host & Keynote Speaker



Speaker:

DR. UNDRAI **FIZER**



Speaker:

DR. DORAL R. **PULLEY**

September

20th - 21st

2019

YOU ARE THE ONE YOU'VE BEEN WAITING FOR!

Hampton Inn Brooklyn/Downtown | Purchase Tickets at bit.ly/buconference

Beautiful Empowerment



AUDIO LINK



VIDEO LINK



RESOURCES





Beautiful You Workshops are designed for Women to heal limiting beliefs and return to their Divine Nature so they can manifest abundance and prosperity in every area of their lives.

Our next workshop will be held on August 31st 12pm-3pm at 887 Rutland Road, Brooklyn, New York Text the word **"BEAUTIFULYOU"** to 44222 to RSVP!

Beautiful You WORKSHOPS

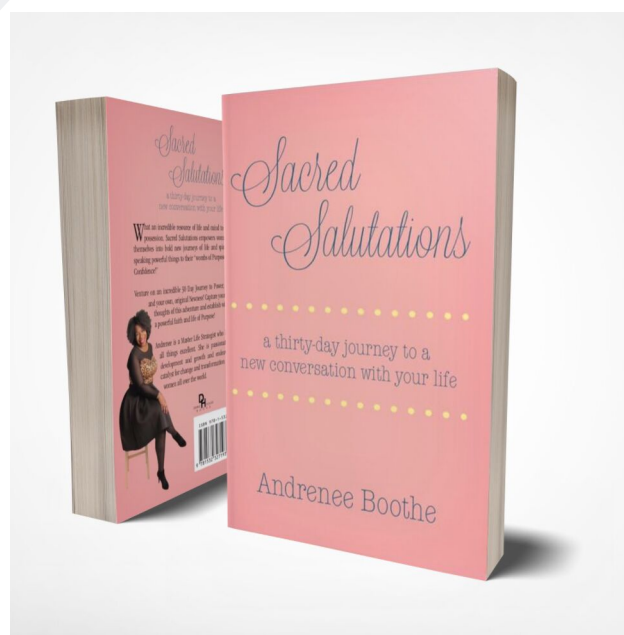
What an incredible resource of life and mind to have in your possession. Sacred Salutations empowers women to launch themselves into bold new journeys of life and spirit, simply by speaking power to their "wombs of Purpose, Beauty and Confidence".

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Beautiful Mind



Three Heart Platters will make just the right impression for any occasion. Included is a selection of different meats, cheeses, crackers, olives, pickles, nuts, plus much more. Different styles of cheeses, flavors, and textures so that there is something for everyone to enjoy.

Customized For Your Event

<https://www.instagram.com/threeheartsplatters/>
<https://www.facebook.com/ninathreeheartsplatters/>
 Email: threeheartsplatters@gmail.com

Beautiful CATERING



Three Heart Platters will make just the right impression for any occasion. Included is a selection of different meats, cheeses, crackers, olives, pickles, nuts, plus much more. Different styles of cheeses, flavors, and textures so that there is something for everyone to enjoy.

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Beautiful PLATTERS





Beautiful You

WORKSHOPS IN BROOKLYN

TEXT THE WORD "BEAUTIFULYOU" TO 44222 TO RSVP



MANE MOMENTS

...on-screen stylings

Hair trends aren't just born in the salons. More often than not, you can spot major mane trends sprouting on screen—in the movies we see, the TV shows we watch. Here are a few faves from the past year...



STAR... Debuting in the role of "Carlotta Brown" on STAR, Queen her



The Queen Group, Inc. Specially by Carole Corp. Nappy Hair (2) by T



Beautiful



Whether you need to startup, jump start, fresh start or restart your online business, the Ultimate Black Girl Boss Bundle was created to meet the needs of today's black woman entrepreneurs with easy to access, step by step training sessions at your fingertips whenever you need clarity, motivation, direction, and support.

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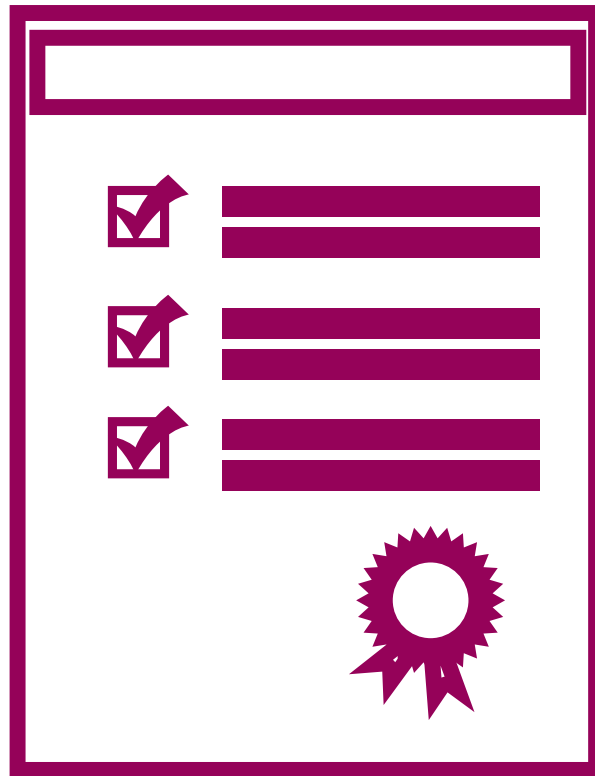


Beautiful You

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Feedback



ENROLL IN OUR ECOURSES

THE BEAUTIFUL YOU EXPERIENCE

Learning to live your life authentically is a process. This course takes you through that process on an introspective journey that will result in newfound self-awareness, self-confidence, and the courage to create a life that truly makes you happy.

THE BEAUTIFUL YOU SELF-LOVE ECOURSE

Self-Love E-course for the on-the-go mom as a resource to strengthen the love that she has for herself so she can be her best for her child(ren). This E-course is loaded with tools to help the busy mom lead a happy and fulfilled life!

THE BEAUTIFUL YOU 5-DAY CHALLENGE

This challenge will guide you through simple actions you can take every day that will increase both your confidence and self-esteem.

FLY & FEARLESS AT FORTY 3 PART VIDEO SERIES

Join Andreee Boothe in this Brand New 3 Part Video Series. In this FREE 3-Part Video Series, Andreee shares how she shifted from being Fearful to being Fly & Fearless, as she celebrates Forty years of life.

Thank You for
being beautiful!



www.andrenee.com