

BEAUTIFUL YOU

A NEWSLETTER OF MONTHLY GOODNESS

JUNE 2019 • ISSUE 1 • VOLUME 1

THE VOICE

The voice a whisper...
It is sophisticated, impeccable, and full of
May...
Like the Webster dictionary...
Pause at every clause...
Words so eloquently, a voice unknown...
The voice is so not relatable, speaking
abilities is poised...
A colossal of art, beautiful abstracts...
In addition, smooth oil paintings...
On the other hand, it is skilled...
With above average mastery...
It is unique like fingerprints, can't be found
in the sand...
It has talent like the blues and can tap
dance on the moon...
Writes its own symphonies...
Your voice is like an intercom...
It speaks volumes...
That voice is angelic as the heavens
It makes the golden arches break
The voice stand tall
Bold
Do not let anyone put in a box filled with
mold

Natashia Evette Hagans
Featured Poet



SELF-ACCEPTANCE: HOW COMPASSION FREES YOU, HEALS YOU AND LEADS YOU TO RADICAL CONTENTMENT (E-BOOK)

When you think of having good emotional health, terms like happiness, self-esteem, self-confidence, optimism, and mental toughness likely come to mind. You might not consider the ideas of self-acceptance and contentment.

But isn't contentment what we're all seeking?

Contentment is the place where we don't need anything. We're completely satisfied as we are, as our life is.

Think of how many things you do each day in an effort to feel more content. The list is really endless. The real secret is...[click here to read more!](#)



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!



Andrene Boithe
MasterLife Strategist | Speaker



8 WAYS TO LEARN TO LIKE YOURSELF & LIVE THE LIFE YOU WANT

When you like the person you are, making life choices becomes easier because you trust your own judgment. You recognize that you have the power to create whatever it is that you want for yourself and your family.

Try these strategies to raise your self-esteem:

1. **Stay in tune with your thoughts.** Notice when you're thinking negatively about yourself. When you can identify the types of situations in which you tend to put yourself down, you can then do something about them.
2. **Squelch unhelpful thinking.** After you take notice of the situations that trigger those negative thoughts, you can set out to stop such thoughts or at least divert them. Do so by developing your own imagery technique.
 - Imagine a stop sign and tell yourself to "stop negativity now."
 - Visualize that you're at the beach or your grandmother's house, where you always feel relaxed and self-assured.
 - Another way to quell unwelcome ideas is to seek out something positive in the situations you find challenging. For example, if you feel you're socially inept, make it a point to help others open up to you by asking questions about their work or hobbies. You'll likely find some common ground for a great conversation.
 - Learning to stop negative thinking increases your self-confidence and emphasizes that you choose your own path rather than a recurring, unfocused thought pattern.
3. **Know your strengths.** Occasionally reflecting on what you're good at will help you see that you're cherished, important, and helpful to yourself and others. List everything you can think of that you do well. Be generous. If nobody makes a ham sandwich like you do, write it down. If you consistently win at golf, include it.
 - **Make your list longer and longer.** Keep adding to it. Challenge yourself to add one strength a month to your list. As your list grows, so will your positive feelings about yourself.



(CONTINUED) 8 WAYS TO LEARN TO LIKE YOURSELF & LIVE THE LIFE YOU WANT

4. **Underscore your unique or quirky aspects.** If you can recite the name of every major Manga comic book or all the elements on the chemistry table, you're a truly unique individual. Embrace these special talents with the care and attention they deserve. Plus, there's likely someone out there looking for the off-beat talent or knowledge you hold.

5. **Accept your positives and negatives.** Learn to accept the parts of you that you've tried to reject in the past. See those less desirable aspects as insurance that you're a member of the human race.

Personal acceptance helps you see that everything in life has a delicate balance and all parts of you create the very special "you" that you are.

6. **Stay focused to live your best life.** Although it's wise to be aware of your less than positive aspects, focusing on the good things will help you excel and continue accomplishing your goals. Keep moving ahead.

7. **Every morning, make the decision to be in a "good mood."** It's a lot easier to accept who you are when you feel good about this day. Open yourself to the possibilities around you.

8. **Set goals that you want to accomplish.** Rather than working toward what your parents or friends think you should do, search within yourself what you'd like to work for in life and then go for it. Life is a lot more fun when you choose what you want.

Liking yourself allows you to share with others all the good you have in your heart. And the more you do, the more positive energy you have flowing in to your life. Set out today to put these tips into action. You'll enjoy your best life ever!



Join a *tribe* called Beautiful



Nyasia Tucker

*Click here for Nyasia's
experience*



Cara L. Miller

*Click here for Cara's
experience*

**CLICK HERE TO JOIN
FACEBOOK GROUP**



THE SECRET TO LOVING YOURSELF (BLOGPOST)

You're probably familiar with self-help books and talk show hosts who tell you to love yourself, but you may be wondering how to go about that. While your relationship with yourself is the most important connection in your life, it's easy to forget about nurturing it.

However, self-love and compassion are too important to neglect because they shape your experiences and relationships with others.

Protect your health and well-being by making positive changes in the way you think about and treat yourself.

Changing the Way You Think about Yourself:

Maybe you're hard on yourself or you're so busy with external obligations that you rarely consider your personal priorities. Looking inward could help you to value yourself more. ([click here to read more](#))



KNOWING YOUR WORTH

Queen, as you rise today I present a challenge to you.

Take a moment after your shower to stand bare in front of your mirror, take a deep look at the reflection that stares back at you. Look at all your outer flaws and scars, the stretch marks that you got from giving birth, the drooping breasts from feeding your love child, look at the lines that's begun to form on the corners of your mouth, see the grays in your hair, yes that's all you unapologetic you.

Now see past all that and embrace the God in you, see past that and realize that despite the outer core It is the inner you that will shine through causing you to reflect the light of God.

You have earned the right to love on you, to finally recognize and admit your worth in every way. ([click here to read more](#))

Ineke Murray
Author & Blogger

ANDRENEE'S CORNER PRESENTS

Beautiful You

C O N F E R E N C E

REVEAL HER



ANDRENEE BOOTHE

Conference Host & Keynote Speaker



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DR. UNDRAI FIZER



Speaker:

DR. DORAL R. PULLEY

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Beautiful Empowerment



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*The Christian Mindset Coach
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<https://consultpositivity.com/>

Beautiful Coaching

This book will empower you to create strategies for success in your businesses. Whether you are just starting out or already in business, this book offers success strategies from women with diverse backgrounds. Running a successful business takes more than just passion and a desire to be self-employed. Running a successful business requires strategic business planning and a "can do" mindset that most entrepreneurs share. I am excited to share my knowledge as an expert in the chapter "REFLECTIONS".

Cost: \$19.95 (includes shipping & handling):

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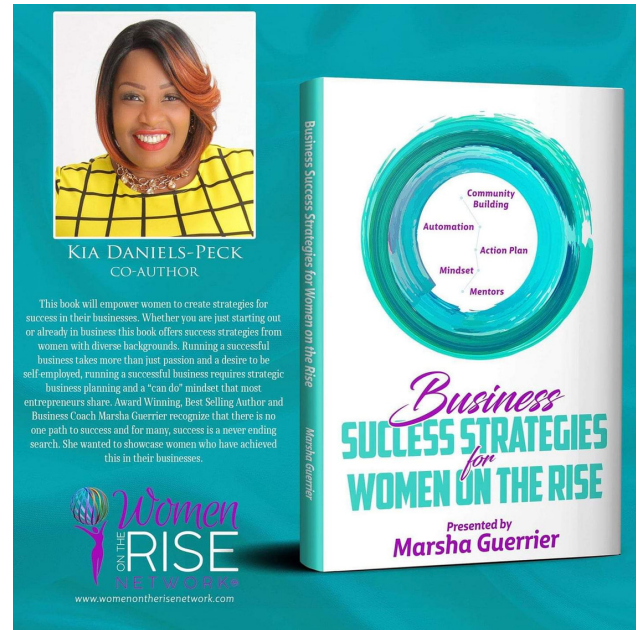
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Beautiful Mind



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Beautiful Hair

Feed your skin with our thick, rich moisturizing body butter. It penetrates deep to rejuvenate and nourish the skin without feeling overly greasy. Great on even those driest of skin areas: feet, elbows, knees, daily hand moisturizer. Amazing after shaving your legs and eyebrows. You will never use regular body lotion again after trying this.

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Beautiful Skin



Beautiful



Wealth

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... owner "Carliotta Brown" on... drama STAR, Queen... with her... ins.



...The Queen's... Supply Ever After (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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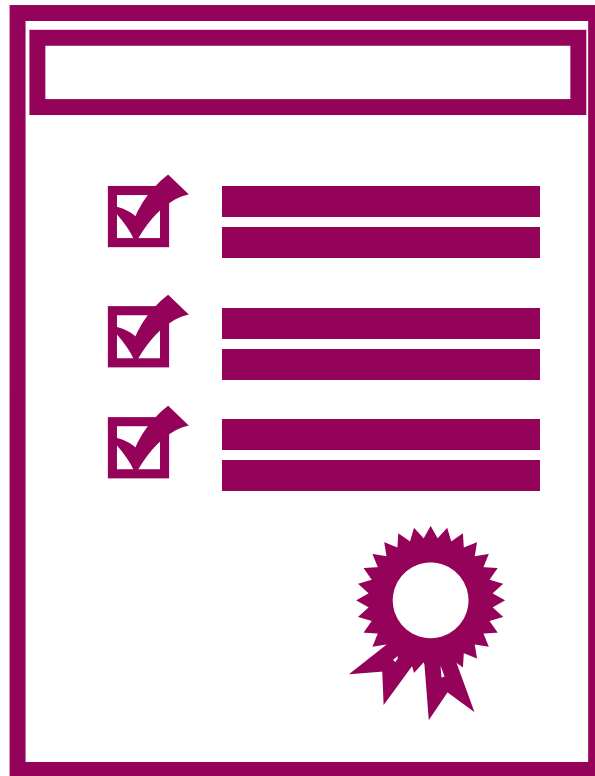
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Feedback



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 FREE 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 Andreena Boothe in this Brand New 3 Part Video Series. In this FREE 3-Part Video Series, Andreena 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