

BEAUTIFUL YOU

A NEWSLETTER OF MONTHLY GOODNESS

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STOP NEGATIVE SELF-TALK BEFORE IT UTTERS ANOTHER WORD

BY: ANDRENEE BOOTHE

As humans, we're sometimes very hard on ourselves. Whether we're conscious of it or not, our beliefs can sometimes be very damaging to our self-esteem. Unfortunately, these negative talking points in our head sometimes keep us stuck in a rut.

[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 MASTERING 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](#)



Andreea Boithe
MasterLife Strategist | Speaker



MANAGE YOUR SELF-TALK AND IMPROVE YOUR LIFE

Self-talk is an integral constant in your life. You start talking to yourself when you wake up in the morning and don't stop until you fall asleep at night. Who would've thought you had so much to say? Right? But you do!

When self-talk is positive and helpful, amazing things can happen. When self-talk is negative, life can be much more challenging than it has to be.

Like much of who you are, your style of self-talk is a habit that has been molded by your experiences and environment. Imagine how your life could change for the better if you were able to alter your self-talk into something more supporting and encouraging.

You can start living that life today! Just follow these simple steps to get started:

1. **Make a list of your negative self-talk phrases and attitudes.** For 24 hours, record everything you say to yourself that isn't supportive, regardless of whether or not you think it's true. Here are a few examples to get you thinking:

- "He would never want to talk to me."
- "I'm not good enough for that."
- "I could never do that."
- "Things will never get better."

2. **Prioritize your list.** Which items have the greatest negative impact on your life and your sense of happiness? Put the list in order, from greatest negative impact to least.

- Prioritizing is important because it will naturally force you to spend your time on the most important items.

3. **Create a new list.** Now that you've made your list, you're going to improve it. Convert at least the first 10 items on your list into positive thoughts. If you're feeling motivated, you can rewrite as many more as you like.

- ***Even if you don't believe the new, positive idea, just change it into a positive version.*** For example, "I could never do that" changes to, "I can do anything I set my mind to."

[\(click here to read more\).](#)



(CONTINUED) STOP NEGATIVE SELF-TALK BEFORE IT UTTERS ANOTHER WORD!

A great psychologist, Albert Ellis, had many tokens of wisdom to pass around. One of his ideas centralized around these negative thoughts, which he often referred to as irrational beliefs.

Discover how you can stop this vicious cycle and turn your self-talk into words that support and encourage you, instead.

Pay Attention to Triggers

The first step to stopping negative self-talk is figuring out what is triggering these negative beliefs in the first place.

Albert Ellis called these so-called triggers “activating events.” These can be everyday occurrences that happen to us or around us. Anything from having your boss or supervisor yell at you and take away your project to experiencing a run-in collision with a deer on a country road can be an activating event.

Are you in conflict with another? Did something not go your way?

Further, triggers can also be incredibly personal to you and unique to your life. These are sometimes referred to as “red flags.” Red flags are issues that pertain to you alone, such as your weight, family and close relationships, integrity, and anything else that you deem sacred.

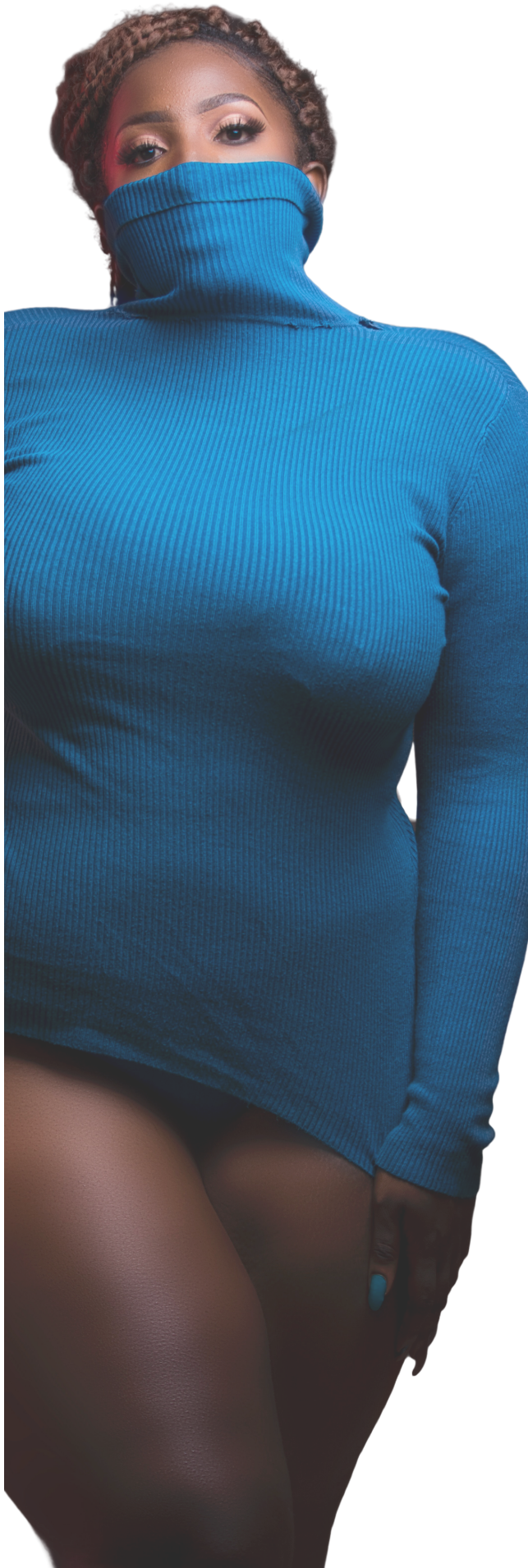
When these issues get raised, they immediately set off an alarm within you.

Identify Irrational Beliefs

These irrational beliefs are the real culprits behind why we get upset or angry at the triggers we’ve just experienced, according to Albert Ellis. It’s not the trigger itself, but the beliefs that cause the negative self-talk.

Ellis claimed that these irrational beliefs are responsible for our emotional states, also known as the consequences of our beliefs. In this way, by identifying and then changing these beliefs, we can experience fewer emotional consequences ([continue reading on page 5](#)).





(CONTINUED) STOP NEGATIVE SELF-TALK BEFORE IT UTTERS ANOTHER WORD

For example, let's look at this process:

- You just learned that you got turned down for a promotion at work.
- Getting turned down for the promotion is the activating event or trigger.
- The underlying thoughts or irrational beliefs you might be having include, "I'm never going to advance my career," "My boss hates me," or even "My boss is never fair to me."
- These beliefs or thoughts can lead to emotional consequences of sadness and depression.

Dispute Irrational Beliefs

The idea behind identifying these negative, irrational beliefs is so you can do something to change them.

You can change them by challenging these beliefs. This is a process of examining the truth and reality and seeing that it is different from your belief.

In the prior example of getting turned down for a promotion, a series of questions can be asked to help you sort through reality from these irrational beliefs. You want to challenge yourself by asking questions that are almost the opposite of your identified beliefs.

Some of these challenge questions may be:

- What is the truth in this situation?
- Do I have evidence to support that my current beliefs are true?
- In the example above: Are there times when my boss has been fair?
- Is it true that I'll never advance in my career, or is this just a minor setback?

These questions can help you identify the truth from what you may erroneously believe or negatively think about a situation.

If you can identify the truth, this can lead you to think differently and avoid suffering the emotional consequences of the trigger in the first place.

Follow this process whenever you notice thoughts that are unkind to you. Change your beliefs and you'll find your self-talk becoming words of encouragement, instead.

Is It True

Join a *tribe* called Beautiful



Nyasia Tucker

*Click here for Nyasia's
experience*



Cara L. Miller

*Click here for Cara's
experience*

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MY SELF-TALK PROMOTES CONFIDENCE & COURAGE! (BOLD AFFIRMATIONS)

The closest person to me is me. I know my strengths and uncertainties. When I talk to myself, I use words that uplift me and build my strength.

I relish in telling myself that I am a winner. It gives me a dose of encouragement for those situations where I am unsure of my ability to conquer.

Going for job interviews is intimidating, but when I remind myself that I am good enough, I lose all inhibitions and am able to sell myself as the ideal candidate.

Although starting a new relationship is sometimes unnerving, I avoid feeling inadequate. I dig deep into my soul and identify the things of true beauty there.

I believe that anyone I date is lucky to be selected by me because I am a symbol of inner beauty. Showing myself as an honest and caring person is enough to prove my worth. I close the door on anyone who overlooks those traits in search of outer beauty.

When I tell myself something positive for long enough, I end up believing it. **Although I sometimes lack the proof of my ability, I move forward in faith.** I know that I am able to develop whatever skills I desire.

Today, my self-talk is uplifting and empowering. My emphasis each day is to strengthen my spirit so that I remain willing to take on challenges. Anything in life is attainable when I believe in myself.

READY

I am ready to love you
Finally it's true
You probably don't believe me
But I mean it I do
I know in the past I may not have been there
Neglected your needs I know it wasn't fair
Disregarded your feelings pretended they didn't exist
Friends even saw the wrong I did, you'll be okay, I'd insist
Doing for others what I wouldn't do for you
Faithful to everyone else but to you I'd be untrue
Taking you for granted ignoring your pain
You cried out for help but it was all in vain
I knew I needed to love you but I didn't know how
So instead I just ignored you but I swear this time I vow
To treat you the way you deserve to be treated
My actions before I know were misleading
Had you believing you were unneeded
Left your heart bleeding from wounds it's receiving
But I'm ready to love you I understand your worth
You were God sent a blessing to this earth
A precious masterpiece special one of a kind
Another just like you one would never find
So I am ready to love you
You gotta believe it's true
I promise I mean it
Really I do
I put down the mirror and take a deep breath
I'm ready to love you, I say to myself

Written By: Raynita Lorreal Brinkley
Author & Beautiful You Member



HOW I MADE IT

How many times have I made it out of what seemed like a never ending story
Thinking back on it makes me wanna give God all the Glory
I think about all the times the rent was late..and somehow, some way..It got PAID
Even from crazy, abusive relationships...I got saved
Kept me from dangers...seen and unseen
He was always right there with me
Through all the tears, heartache, disappointments, depression, addiction,
suppression..Today, I choose to leave it all behind and I rightfully claim what's mine
I now release the past into the hands of the Divine
For I am new and have been made whole
I've traded in the past for a love that was built to last
For the point of power is in NOW
I am rising higher and higher to new levels
Praying, watching, waiting, fasting & listening for the call
On your mark, get set, go....
As I follow God's direction
I am being led under His protection
He tells me that I am His very own
I am enough
I am complete
I am in love with all of me
A Daughter of the Most High
To be loved by Him
Oh, how sweet!

Written By: Crystal Fleet
Author & Beautiful You Member



EMOTIONS

Emotions can be like playing cards...
All up in the feelings...
Whole stack of cards to choose from...
While sitting at the table looking through your cards you wonder what
card to choose from...
First three sets of cards has the emotions happy, sad, or mad...
Second set of cards; anger, jealousy, or full of rage...
The last set: blissful, delighted or glad...
You see these deck of cards are like seasons...
The cards are your perception,
how you handle your emotions are up to you...
On the winning deck you grow from every emotion...
You feel from your gut but don't get stuck in a rut...
Then you have the bad deck of cards you let your emotions get you stuck
forever in a rut...
The moral of this poetry is emotions either good or bad will always
live within...
But it is up to you which emotions you will let win...

Written By: Natasha Hagans (aka Issa Flower)
Author & Beautiful You Member



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

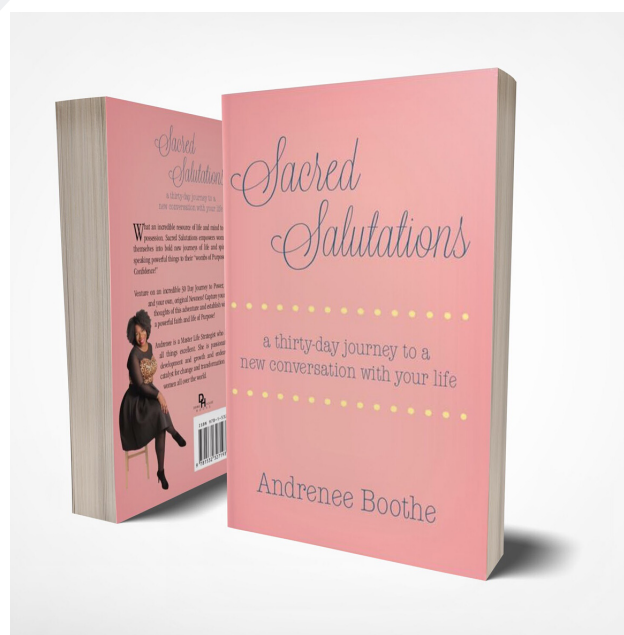
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Venture on an incredible 30 Day Journey to Power, Significance, and your own, original Newness! Capture your own, unique thoughts of this adventure and establish within yourself, a powerful faith and life of Purpose!

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Beautiful Mind



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Beautiful Catering

The Beautiful You Beautique is a Space where Women can buy gorgeous jewelry at an affordable price. The pieces from the Beautique are perfect enhancements to the beauty that already lies within. These pieces bring out the sassy, edgy and confident parts of you.

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Beautiful Jewelry





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Beautiful



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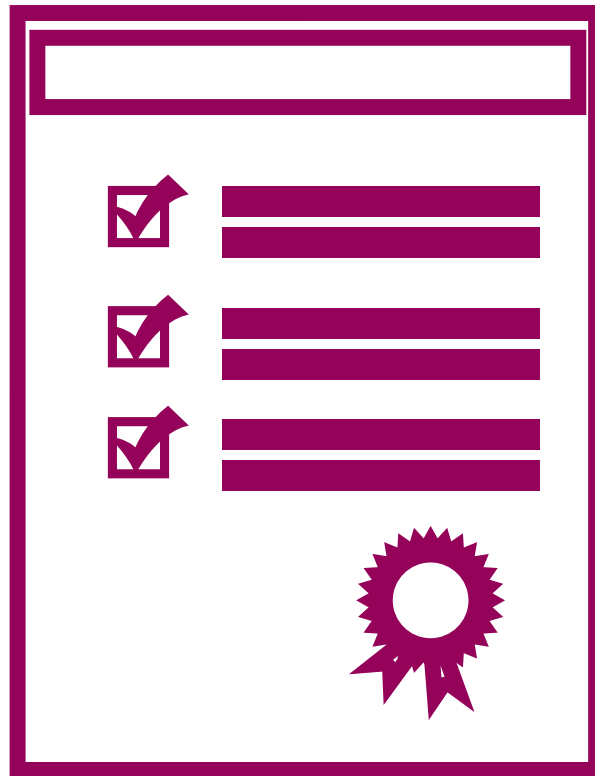
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Feedback



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

Thank You for
being beautiful!

