



Building Beauty from Within

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“Be confident. Too many days are wasted comparing ourselves to others and wishing to be something we aren’t. Everyone has their own strengths and weaknesses. And it is only when you accept everything you are – and aren’t – that you will truly succeed.”
-Unknown

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INTRODUCTION

Social media is now “the next big thing.” Almost everyone you meet, regardless of their generation, gender, and race, are constantly fidgeting with their smart phones. Apps such as Instagram, Facebook, Snapchat, and Twitter have become a ubiquitous part of our culture and have captured our attention like nothing before. With the press of a button and touch on a screen, they allow us to access information and make stronger connections with other people; but, they can also create negative impacts to our mental health. For example, from the minute we awake in the morning to the time we go to bed at night we are constantly checking our smartphones for any “likes” on Instagram, “comments” on Twitter, and “tags” on Facebook. Our world has become so focused on wanting and seeking acceptance from strangers and friends that without being consciously aware of it, we compare ourselves to others, and see physical characteristics in them that we don’t have in ourselves. As a result, we begin to feel inferior - as if we are not enough. We start wishing we could have their “perfect” bodies, beautiful eye color, long flowing hair, and sculpted facial features; our self-love and happiness deteriorates as we continue to find faults with who we are. We end up looking for happiness on the outside world when what we really need to focus on can only be found on the inside. We need to realize that our happiness can only come from within; and nothing on the outside will truly make us happy in the long term.

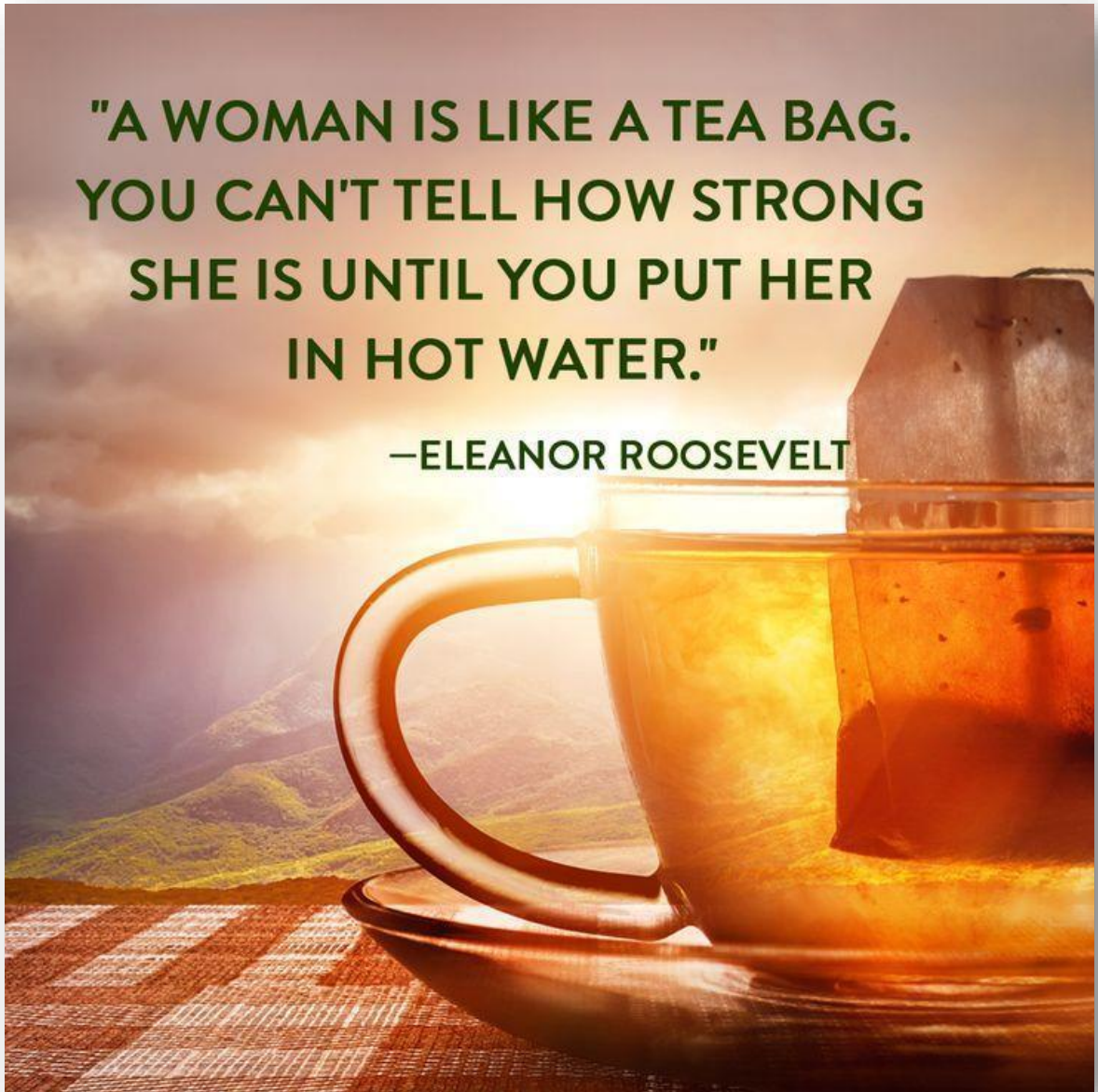
My name is Hannah Jenarine, and like other teenage girls, I too face the negative influences of social media. After seeing pictures and videos of talented and beautiful people, I sometimes feel as if I am not special, worthy, or even pretty enough. However, in this workbook, you and I will work together to achieve a sense of gratitude and satisfaction in our lives. Together, we will learn how to be happy with ourselves and not who the world wants us to be. The words of advice that I share with you are the same words that I have begun to reiterate to myself. I want you to love who you are and embrace your unique personality traits and talents; because in this world, there will never be another you. You are the only you there is. Along this journey, I will help you see what is special about you instead of focusing on things that aren’t. My goal is for you to live a new life—a life of content and gratitude, but most importantly, a life where you love yourself.

Email me at hjenarine@yahoo.com for more updates on S.O.S and W.E meetings and workbooks!

Success Starts Here.

**"A WOMAN IS LIKE A TEA BAG.
YOU CAN'T TELL HOW STRONG
SHE IS UNTIL YOU PUT HER
IN HOT WATER."**

—ELEANOR ROOSEVELT



Self-Talk Check Up

1. Do you often compare yourselves to others; wishing you were like them?

Strongly Agree Agree Somewhat Disagree Somewhat Strongly Disagree

2. Are you happy with who you are, flaws and all?

Strongly Agree Agree Somewhat Disagree Somewhat Strongly Disagree

3. How often do you spend time positively reminding yourself of the things you are proud of?

Very Often Once In A While Rarely Never

4. How often do you spend your time thinking of your past mistakes and faults?

Very Often Once In A While Rarely Never

5. Do you wish you can change something about the way you look?

Strongly Agree Agree Somewhat Disagree Somewhat Strongly Disagree

6. How would you rate yourself on a scale of 1-5, with 5 being the highest and 1 being the lowest?

-----|-----|-----|-----|-----
1 2 3 4 5

Based on your answers, do you think you have high self-esteem? If yes, why? If no, what do you need to do to increase your confidence?

Silencing Negative Self-Talk

“Whenever a negative thought concerning your personal power comes to mind, deliberately voice a positive thought to cancel it out.” - Norman

When you wake up in the morning and look at yourself in the mirror, what do you

see? What are the tapes running through your head? Do you think, “I am gorgeous. I love my hair, body, and facial features. I am capable and strong. I can achieve my dreams and goals. I am worthy!” Or do you think, “I have a pimple, my face is fat, I have a big nose, I am not pretty, and my hair is too oily?”

Whether we will admit it or not, the majority of us wake up every morning with the latter; we begin each day with toxic beliefs and fail to realize that whatever we focus on is what we will get. If we tell ourselves we are going to fail, then we will fail. If we tell ourselves that we’re losers, then we will end up losing. **The images and thoughts that you hold on to and tell yourself is directly related to who you are, what you become, and where you end up.**

As you proceed to the next page, you will see a number of bullet points with the heading titled “Negative Self-Talk.” On this page, take five to ten minutes writing down what you believe your imperfections, faults, and shortcomings are. Once you’re finished, tear this page out of the workbook, crumple it up into a ball, and throw it into the nearest trash. Doing this will free you of all your insecurities. You don’t have



to feel that way anymore. The choice is yours, and from now on, you're going to make a conscious choice to silence all the negative thoughts in your mind.

Negative Self-Talk

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Now how does that feel? It feels great, right? If you didn't do it, why didn't you? This is an important step that you **MUST** take in order to move forward and gain momentum in becoming the new and improved you. All that negativity, all the bad stuff is in the garbage where it belongs, and now you're free from those thoughts. Don't make the mistake and feed your mind with those lies (yes, lies). You are beautiful, unique, smart, and important. Don't ever question the gifts and talents you have been blessed with. Don't allow yourself to fall into feeling sorry for yourself; feeling like a victim. Don't ever feel as if you need to justify or change who you are for someone else. Remember, people's opinions of you DO NOT have to become your reality. Don't listen to what people say about you; let it go through one ear and right out the other. The fact that they're spending their time talking about you is really an honor in itself. Think about it, those people are spending their valuable time on YOU when they could be doing other productive things. Now, isn't that flattering? I think it is. In fact, there is a Facebook page dedicated to talking trash about people, and I happen to be one of those people who others are talking about. People call me awful names and say terrible things about me. You want to know what I do? I laugh it off. Seeing negative comments about myself makes me think, "I'll prove them wrong. I'll become so successful that they will be left speechless." I don't let it bother me because, clearly, I have somehow affected their lives in some way; I just don't let them affect mine.

Remember, you can achieve whatever you want in life. I know you can; and now it's time for you to know and believe that you can. So, get up from these small defeats, and stay up. Whenever you're feeling down, say out loud, "I am strong, I am independent, I am beautiful, and I will do great things." Repeat this 3x daily with full confidence and faith.

On the next page is a short activity for you to complete; list the ten things that you love about yourself and make it a habit to read it everyday. Never stop affirming and confirming your greatness

Ten Things I Love About Myself

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

The most beautiful thing
a woman can wear is

Confidence

Score Yourself on Your Self-Worth

How I feel about myself is determined about what others think about me?

Strongly Agree Agree Somewhat Disagree Somewhat Strongly Disagree

When I take a risk or complete something challenging I feel good about myself?

Strongly Agree Agree Somewhat Disagree Somewhat Strongly Disagree

I don't feel like I need to have a boyfriend/girlfriend to make me feel good about myself.

Strongly Agree Agree Somewhat Disagree Somewhat Strongly Disagree

Most people I know are more attractive than I am.

Strongly Agree Agree Somewhat Disagree Somewhat Strongly Disagree

Most people I know have a more interesting personality than me.

Strongly Agree Agree Somewhat Disagree Somewhat Strongly Disagree

I am happy with who I am and what I've accomplished so far.

Strongly Agree Agree Somewhat Disagree Somewhat Strongly Disagree

Once you're done, add up all your scores assigned to each of your responses and read the appropriate feedback on the next page.

If most of your answers are strongly agree/agree somewhat:

You are very confident in who you are and what you have accomplished thus far. This positive attitude will help you successfully overcome any obstacles you may face in the future and will increase your chances of accomplishing your goals. However, becoming overconfident can result in cockiness and arrogance; remember to stay modest and humble.

If most of your answers are agree somewhat/disagree somewhat:

You are fairly confident in yourself and in your abilities. At times, you feel self-conscious and are a little ambivalent about trying new things. Focus on your strengths, and your goals, and continue to work hard to accomplish what you want. This will give you the extra boost of assurance you need.

If most of your answers are disagree somewhat/strongly disagree:

You lack confidence in yourself and in your abilities, and you may possibly have a low self-image of yourself. You're always comparing yourself to others and wishing you had their gifts and talents. You see nothing but failure and believe that life isn't fair and is hard. You're absolutely right; life is hard and life isn't fair...and it's like this for everyone. It's not what you have, it's what you do with what you've got that makes all the difference. Start seeing yourself as a miracle sent from above, and start loving yourself for who you are. Once you change your thoughts from negative to positive, then your confidence will rise and success will be knocking at your front door.

You Are Worthy

“I AM are the two of the most powerful words. For what you put after them shapes your reality.” - Unknown



You are worthy of accomplishment.
You are worthy of happiness.
You are worthy of excellence.
You are worthy of admiration.
You are worthy of love.

It is very important to understand that if you don't love and respect yourself, you can't possibly expect anyone to love or respect you. If you don't show that you care, you can't expect anyone to care for you. If you don't think you are worthy, you can't expect anyone to deem you worthy of anything. Did you know that most of us put ourselves down every day through the things we tell ourselves? --things that are immensely insignificant. For example, when a teacher asks who wants to present their project first, the first thoughts that run through our heads are: "Am I good enough? Am I worthy enough to set the standard for the rest of the class? What if I fail? What if I make a fool out of myself?" We unconsciously tell ourselves that we aren't good enough and decide to play it safe and be last because no one pays attention to the last presenter.

The moment you fill your mind with these negative thoughts, your self-esteem goes down, and as a result your self-worth goes down with it.

You cannot keep telling yourself “No,” but instead you must begin to tell yourself “Yes!”
“Yes, I am worthy. Yes, I can do it. Yes, I am smart and courageous.”

A few months ago, I began to realize how important my self-worth was when I started comparing myself to everyone else. I vividly remember thinking about how I wasn't as smart as some of my friends because while they were getting high pre-SAT scores and being



recognized for their accomplishments, I was struggling to catch up and fit in with them. Doing well seemed so effortless to them; while doing well for me meant spending hour after hour studying, reading, and reviewing. And because of this, my confidence in myself became very low, I was afraid of trying new things. I started telling myself, “You’re not worth it. You won’t ever be as smart as your friends, so just give up.” I felt as if I was never good enough. Then one day, I came across a quote by Danielle Koepke that really resonated with me. She said, *“You don’t need anyone’s affection or approval in order to be good enough. When someone rejects or abandons or judges you, it isn’t actually about you. It’s about them and their own insecurities, limitations, and needs, and you don’t have to internalize that. Your worth isn’t contingent upon other people’s acceptance of you – it’s something inherent. You exist, and therefore, you matter. You’re allowed to voice your thoughts and feelings. You’re allowed to assert your needs and take up space. You’re allowed to hold onto the truth that who you are is exactly enough. And you’re allowed to remove anyone from your life who makes you feel otherwise.”*

Remember, don’t ever feel down, don’t ever feel as if you’re not good enough because you were created to be exactly how God envisioned you. **YOU ARE WORTHY!!**

Self Esteem Mad Lib

Accept it, _____, you are the greatest human being that has
ever lived since _____. Throughout your life you have shown how
_____ and _____ you are, so don't let anyone ever tell you
otherwise. I believe in you, _____ believes in you, and _____
believes in you, and now it's time for you to start believing in yourself. Sure, you once
_____, but you also _____. Forget your weaknesses, but
never your _____. Remember, you are worthy and capable of
_____, so don't you dare question your value in this world. Stop beating
yourself over _____, and next time the teacher asks you to _____,
make sure you say yes in a heartbeat.

Name

Famous Person

Adjective

Adjective

Food

Animal

Action Word

Action Word

Plural Nouns

Verb

Verb

Verb

"THE **WOMAN** WHO FOLLOWS THE CROWD WILL USUALLY GO NO FURTHER THAN THE CROWD. THE **WOMAN** WHO WALKS ALONE IS LIKELY TO FIND HERSELF IN PLACES NO ONE HAS EVER BEEN BEFORE."

-ALBERT EINSTEIN

My “Friends” Checkup

I am surrounded by people who encourage me and who want me to do well.

True False

My friends never pressure me to do anything I am not comfortable with.

True False

My friends challenge me to take risks and inspire me to be a better person today than I was yesterday.

True False

If I were in jail at 2 a.m., I know at least one person who would come to bail me out.

True False

I earn better grades than my friends.

True False

If all your answers are:

True -

Your friends are people of character, substance, and accomplishment. These friends like you for who you are, and not what you can do for them. They encourage you, and motivate you to do and be better. They are always there for you when you need them and will support you in your endeavors. They want to see you succeed and be happy.

False -

You need to limit the time you spend with your current group of friends because in your clique, you are the smartest of them all and aren't learning anything new. In fact, your current friends may be jealous of you and will do just about anything to prevent you from succeeding; they want to bring you down with them because they can't climb to where you are. They may be pressuring you to do things that you don't want to do or are uncomfortable with. Don't give in just to fit in or make them happy.

Mixed –

You need to expand your association with better people. To do this, you must start challenging yourself by going where the smart people are. Start taking the classes they take, start hanging out with the kind of people who are going to challenge you (in a good way), and start enhancing your vocabulary; essentially, start socializing with those who are “going places”. By doing this, you will become someone of success because you will begin to attract better friends.

Birds of a Feather Flock Together

“You need to associate with people that inspire you, people that challenge you to rise higher, people that make you better. Don’t waste your valuable time with people that aren’t adding to your growth. Your destiny is too important.” - Joel Osteen



Your environment shapes your beliefs, values, habits, and most importantly, you. Whoever and whatever it is that you surround yourself with will be the person you become. If you hang around a loser, you become a loser. If you surround yourself with friends that curse, steal, cheat, smoke, lie, and are promiscuous, then you will more than likely take on those attributes. You get the picture, don’t you? The power of association is not only very powerful, but is also very subtle. You may not notice the effects right away; it may take months or even years before you start becoming the person you thought you would never be.

There are always stories about a “perfect child” or “model student” turning to drugs or dropping out of school because they hung out with the “wrong crowd”. I must admit, whenever I used to hear these stories, I never thought much of them because I always blamed the “good” kid for choosing to do the wrong things because I thought they should know better. However, it wasn’t until I found myself in a similar situation, that I realized how wrong I was.

In the beginning of my freshman year at high school, I met a lot of people who weren’t exactly the definition of ideal; but, feeling like I wanted to fit in, I fooled myself into

thinking they were good people. In fact, there was this one girl, "J", (not her real name) who I spent most of my time with. "J" smoked weed every day, stole because according to her, it was fun, and wasn't concerned about her grades [which were C's at best]. Every time I saw her, she would always say, "Hannah let's hang out soon!". By 'hang out' she didn't mean to just talk and have fun; rather, she meant going to a party to drink, smoke, and possibly have sex. Week after week I would say, "No, I can't do that"; yet she persisted. One day, she got me on the sly (she tricked me); she asked if I wanted to go with her to the store because she wanted to buy me lunch. I said, "Sure, why not?", and off we headed to Shoppers. Once inside, she asked me to get whatever I wanted; I picked up a bag of chips and a bottle of water, but when I gave it to her, she quickly looked around and stuffed it in her backpack. I was in complete shock, and said "J! What are you doing?!" "Getting you what you want", she answered back with a calm look I wasn't expecting--as if she'd done this many times before. I quickly retorted, "No! No! I thought you meant you were going to buy me something. Please put it back, I don't want it anymore." After this, we walked out the store together. I felt guilty and embarrassed to even be seen with her. As "J" and I walked out of the store, she wore a slight smile on her face, knowing she safely had the cookies and juice she had stolen in her backpack. Only God knows what could have happened if she were caught with those stolen goods. She could have been arrested and taken to jail, and I would probably have been arrested as well; just by association. After I got home and thought about what had happened, I knew what I needed to do. I realized that if I continued to be around "J", I would probably end up like her. In fact, I noticed I had begun to develop her indifferent attitude towards school, and even had the urge to skip some classes. I realized that I needed to stop being friends with "J" because if I didn't, I would be smoking weed and experimenting with drugs, stealing for fun, and who knows what else. I would become the person who I promised my family, and more importantly myself, that I would never become. So, I began limiting the amount of time I was around "J"; and after a few weeks, I no longer hung out with

her. In hindsight, I should have stopped associating with her completely, but hindsight is always 20/20; we always see things much more clearly after the fact.

This experience taught me a valuable lesson about the people you surround yourself with, and the influence they can have on you. If you don't know who you are or have your own identity, then the people you are friends with will have a strong influence on who you become; and that could potentially lead you to a lifetime of regret. Knowing who your friends are, and who to associate with is one of the most important choices you must make. The axiom, "**Show me your friends and I will tell you who you are**" is one of the most basic and fundamental truths.

“

NO ONE
CAN MAKE YOU
FEEL INFERIOR
WITHOUT YOUR
CONSENT.

Eleanor Roosevelt

"Faith" Checkup

Do you see yourself being successful, happy, and having a prosperous future?

- Yes No

Do you know **who** you want to be?

- Yes No

Do you believe that you are capable of achieving what you want in life?

- Yes No

Are you mentally prepared to overcome any challenges and failures you may face in pursuit of what you want?

- Yes No

Based on your answers, do you have enough faith in yourself? If not, what do you need to do to develop the vision you have for yourself? For example, do you need to start repeating positive affirmations to yourself? Or do you need to start reading/listening more personal development books?

See Yourself As You Want To Be, Not As You Are

“The more you see yourself as what you’d like to become, and act as if what you want is already there, the more you’ll activate those dormant forces that will collaborate to transform your dream into your reality.” - Wayne Dyer



Who do you want to be? More specifically, when you pass away, how do you want people to remember you? Do you want them to say, “Oh, I didn’t really know her. She always seemed like she didn’t care”. Or do you want them to say, “She had such a positive impact on my life. Because of her, I was able to change my life and become who I am today.”

Take a moment to write down the attributes, characteristics, and abilities you want to have. For example,

I want to be bold and take risks

_____	_____
_____	_____
_____	_____
_____	_____

Do you know that you can be exactly all those things that you wrote down? Do you know that you CAN be intelligent, kind, and beautiful? You CAN be an engineer, an astronaut, an accountant, a scientist, a computer programmer, an entrepreneur, a teacher, even the President of the US. All it takes is a vision; you must see yourself as the person you wish to become and act as if you already have the money, the style, and the charisma. For instance, if you want to be a millionaire, you must talk like a millionaire, smile like one, and have a million-dollar work ethic. If you want to be important, you must act like you're already someone who is important. Practicing self-love and compassion, taking the time to volunteer, and offering your help to people you may not even know.

A few years ago, my dad asked my brothers and I who our role models were. After giving some thought to the question, my oldest brother said Bruce Lee, while my younger brother said Gandhi. When it was my turn, I looked at him and truthfully asserted, "You dad, you're my role model." Those were all good answers but not the answer he was looking for. He had a higher level of thinking. After looking at us with a smile for a few moments, my dad finally replied [something that has resonated within me ever since], "Your role model should be you; the person whom you will be in 5 years, 10 years, or even 6 months, whatever amount of time it will take you to be the person you wish to be". He went on to explain further why we should be looking inward rather than outward, and why we should not try to compare ourselves to others. In essence, you should always strive to be better than you are today. Once those words came out of his mouth, I felt as if my eyes had been opened to the truth; I finally understood one of life's most valuable secrets: the power of seeing yourself as you want to be, and not as you are presently.

Many teenagers spend much of their time 'stalking' celebrities on the internet and comparing themselves to them and other people, when they could be taking the time to develop themselves and be the best they can be. So, who do you want to be? Do you want to be a successful, prosperous, and beautiful; earning a million-dollar annual income? Or, do you want to live a life of mediocrity in your parents' basement,

stalking Kim Kardashian, or Zayn Malik, or [insert your idol here]; always wishing to be like them instead of working hard to be the best you can be?

The choice is yours...it is all up to you!

Concluding Thoughts

Your fate, your future, is all up to you and the choices you make or don't make. It's okay to be different and stand out from everyone else. Don't compromise; be true to who you are instead of trying to fit in with everyone else.

You develop your morals and values from the people you hang around. For example, if you're constantly cursing, skipping school, and wearing inappropriate clothing, then you will attract people of low moral values and character into your life. However, if you treat yourself with respect, do what you know is right, and are aware of the words you use, then you will attract people of high moral values and character into your life.

Keys to Success...

Who do you spend most of your time with? Think about the following questions: "What are they doing to me?" "What do they have me doing?" "What do they have me watching, reading, and listening to?" And most importantly, "Who do they have me becoming?" Once you have done this, ask yourself one final question: "Is it okay?" Below, write down the names of the people you spend your time with and truthfully answer each question.

Friend	What is he/she doing to me?	What does he/she have me watching, reading, and listening to?	Who does he/she have be becoming?	Good/Bad	What am I going to do about it?
Bob Jones	He makes me happy, and is always there to cheer me up when I'm down.	He's got me really into anime shows, which I really like, adventure novels, and pop music. He reads self-help and motivational books.	Because of him, I am becoming more creative and have already developed my own authentic style...etc.	Good	I am going to maintain our friendship.
Sheila Doe	She causes me to feel insecure about myself because she says I am fat, short, etc.	She uses a lot of profanity; very disrespectful to teachers and adults; and even her peers. She listens to explicit music and she watches porn.	I don't feel good when I am around her. I want to fit in so I do what she does; I curse, I'm rude, etc.	Bad	Stop my association with her and find a better friend with better values and has ambition.

Your Turn!

Friend	What is he/she doing to me?	What does he/she have me watching, reading, and listening to?	Who does he/she have be becoming?	Good/Bad	What am I going to do about it?

A Letter From Me To You

Dear Winner,

Congratulations! You have successfully finished this workbook. I applaud you for your time, commitment, and dedication, and I would like you to know that I am very proud of who you've become throughout this journey. Never forget that you are special; a gift from God. There has never been, nor will there ever be anyone who can look exactly like you, talk like you, walk like you, smile like you, have your eyelashes, your hair, or even your smile. YOU ARE YOU-- beautiful, strong, and talented! So, get out there and show the world who you are! Take risks, embrace challenges, and welcome failure because it is through failure that we can become great. You are here to fulfill your life purpose. Don't give up, don't become hopeless, and don't become discouraged. Just like the fire that makes steel stronger, every hurt, pain, failure, and adversity will mold a better you; equipping you with the knowledge and tools that will enable massive success.

I want you to know that I care about you and I believe in you. I wish you nothing but happiness, prosperity, and success. Promise me one thing: when you fall, get up and don't ever give up.

Love,

Hannah Jenarine

Notes
