



THE POWER OF BEAUTY:
INSIGHTS – SUMMARY AND BULLET POINTS

1. FOCUS ON THE PRESENCE OF BEAUTY & WATCH YOUR SCENERY CHANGE

Turn toward what feeds your soul & more of the same will flow

2. BEAUTY IS EXPONENTIAL

One beautiful creation or act can positively affect millions!

3. CREATE A BEAUTIFUL *LIFE*

Why settle for only a few beautiful *moments* when you could have a beautiful *life*?!

THE POWER OF BEAUTY: TOOLS

TOOL# 1: WAKE UP BEAUTIFUL

→Greet your day with a smile. When you smile at life, life smiles back!

TOOL #2: DAILY BEAUTY LIST

1. As you go through your day, make a note, take photos or create an audio recording of the beautiful things, places, experiences and interactions you observe

2.Read/look/listen to your “list” just before sleeping to rest in beauty

3.Read this list when you awaken to start a beautiful day

4. Make a new list daily

TOOL #3: CREATE SOMETHING BEAUTIFUL

Do this just for you, or opt to share your creation if it feels good to do so:

- Create a work of art
- Compose, sing, play or dance to a piece of music
- Build something
- Plant something
- Invent something
- Create beautiful formulas, templates or processes
- Update/upgrade something
- Beautify your spaces

HERE'S A BULLET LIST OF THE POWER OF BEAUTY TOOLS:

TOOL #1: WAKE UP BEAUTIFUL

TOOL #2: DAILY BEAUTY LIST

TOOL #3: CREATE SOMETHING BEAUTIFUL

→ Choose the one that feels best to you and do it now.