

### Quote Inspiration

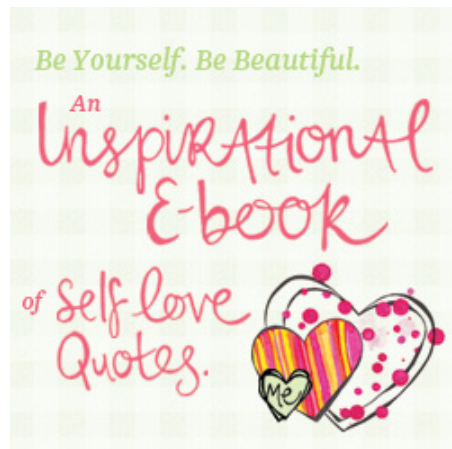
*Follow Your Bliss...*

Your truest beauty, power and reason lie in doing what you love.

### Let's Celebrate!

Congratulations to Beautiful You member Kylie-Rose who has won the **Love From Eve** giveaway. I love Kylie-Rose's best beauty tip which is to lather yourself in self love every day. Beautiful and practical too!

Speaking of giveaways...for the first time last year I ran a series of lovely giveaways for the festive season and this year I'm doing **12 days worth starting December 1st!** It's going to be wonderful and is my way of saying thank you to Beautiful You members. If you have a service or product that you would like featured in the giveaway I would love to hear from you at [julie@beautifulyoubyjulie.com](mailto:julie@beautifulyoubyjulie.com) and of course stay tuned for the fun beginning next month. Ho Ho Ho!



### The Love Net

Tara Sophia Mohr says **you don't need any more self discipline** - How to **boost your body image with mindfulness** - I'm loving this **video series from Dyana Valentine** about not measuring your worth by what you finish - **Denise Richards talks about wishing she had more body confidence when younger** and trying to be a good body image role model for her daughters - **What do you know to be true?** - 5 practical **techniques for happiness** - A high five goes out to the **Girl Scouts of Colorado for recognising and accepting transgender children** into their troops - Beautiful and practical suggestions on how to **build a self esteem file** - Looking for some **healing and inspirational reading?** Here you go! - Some ideas for **calm in a world that sometimes feels crazy** - Michelle Edwards Harshenin shares her **self love lessons**



### From the Beautiful You Blog



**You Are Whole**



**Dita Von Teese**



**Festive Giveaways!**

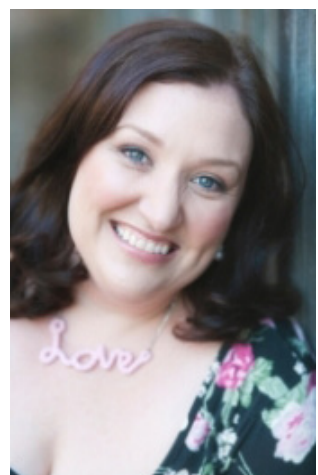
### Inspirational Person of the Week

As a teacher Jessica Brown noticed many of her students lacked positive role models in their lives. Deciding to become that role model, Jessica established the **Life Changing Experiences Foundation** in 2003. The Foundation's main initiative is the **SISTER2sister Program** which supports girls to overcome circumstances such as parental loss, domestic violence and sexual abuse. Each girl is matched with a Big Sister who is a professional role model, providing them with guidance to help them make positive changes in their lives.

What an inspiration Jessica! Thank you for inspiring a new generation of young women and for leaving such a lasting legacy of guidance.



### Service Spotlight



This month marks my 15th anniversary of working as a professional counsellor. Many friends and even family ask me if I am ready for a break from the profession or if I ever tire of supporting people one on one. Honestly? I couldn't imagine anything worse. I feel very blessed to have found a profession I feel so passionate about and I consistently remind myself what a privilege it is to have people come to me for support and help at a time when they feel very vulnerable.

If you are in need of a supportive counsellor who has a positive psychological approach and believes in returning you to wholeness and wellness as soon as possible, I **welcome you contacting me** with details of how you feel I can help. I **have two therapeutic assistants** that support me immeasurably in all aspects of not just your care but mine too, which is just one of the reasons I may just be the right therapeutic support for you. Lucky for me and you they command such low wages...!

### Let's Connect!

