



Real beauty comes from within...

Cinderella is so much more than just a fairytale character for youngsters. Her story continues to be shared throughout generations because at one time or another, every young woman has faced adversity and experienced doubt about herself – her worth.

As a little girl or young woman, there is a wish to be beautiful – but, what does that mean? Cinderella's beauty didn't start when she donned her fancy gown. Her beauty was shaped during times of hardship, doubt, struggle and loneliness. Cinderella's inner character emerged as she looked beyond her limitations to understand her place in the bigger world. She was kind to others and in turn her friends and "fairy godmother" helped her transform into a princess!

Young women of Los Angeles, it's time to ignite your hope and discover your true beauty from the inside out! Here are 12 steps you can take to let the inner princess in you emerge before midnight!

- * **1. When you wake up, go to the bathroom, smile in the mirror and compliment yourself.** This helps you get a great start to your day by affirming your worth. Once YOU feel good about yourself, nothing else can make you feel insecure.
- * **2. ALWAYS wear something that makes YOU feel good.** Don't shop for what you think the cute guy in the coffee shop might like on you, only shop for yourself. This will help you define your own unique style—which is what really rocks.
- * **3. Don't bash your body.** It just drags us down to obsess on our "problem areas." Instead, start each morning by admiring your dazzling eyes, beautiful smile, mischievous hair, etc...
- * **4. Compliment someone else**—a friend or even someone you just met. **YOU ARE NOT IN COMPETITION** with other women, **you are SISTERS!**
- * **5. HELP others!** Sometimes the best thing to help yourself is to find someone who can benefit from your strengths. Maybe it's a youngster who needs

guidance, maybe it's an elder who can't get around so easily. Volunteering at an organization like *APCH* can help develop new skills and give you the extra dose of confidence you need.

- * **6. Come from the heart and use words to build yourself and others up.** Words can hurt or heal. Using positive words in your speech can make a HUGE difference in your life and in the world.
- * **7. SMILE.** One of the greatest gifts you have to share with the world is your smile. It's free, so don't be stingy... give that smile away and let the world see your inner beauty! Can you get someone you don't know to smile back??
- * **8. Associate with positive people who wish the best for you.** When you are surrounded by negative people who put you down, your self-esteem is lowered. When you are with people who accept and encourage you, you feel better about yourself and your esteem goes up!
- * **9. ACCEPT all compliments.** Ever received a compliment and replied, "Oh, it was nothing." When you reject a compliment, the message you give yourself is that you are not worthy of praise. Instead, respond with a simple "Thank You."
- * **10. Acknowledge yourself when you achieve something good.** Whether it's helping your mom, getting a good grade on a test or trying something for the first time. Take pride in your achievements!
- * **11. PURSUE higher education.** Learning is never a waste of time or effort. One of the best ways to become a life-long learner is to create a habit of reading on a daily basis. Start with Cinderella!
- * **12. Develop Integrity.** Integrity is who you are when no one is looking and what you are willing to stand for when someone is looking. A person with integrity shows consistency between their values, words and actions. Be someone other people can count on. Be honest, true and a person of your word
- * **Remember...real beauty comes from within!**

