

June Journal – Creating Beauty

“Life is full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces. Smell the rain, and feel the wind. Live your life to the fullest potential...” – *Ashley Smith*

1. **Pick a Beauty Icon:** Someone who’s outer and inner beauty & style resonates with you. You like the way they move in the world! It can be a celeb, a film character, someone in the fashion world, or even someone you personally know who’s style you admire!

Some Ideas to get you started:

Grace Kelly
Iman
Bella Hadid

Iris Apfel
Jackie O
Helen Mirren

Michell Yeoh
Beverly Johnson
Portia de Rossi

2. **Describe their outer style:** What makes it so beautiful to you?

Are they, for instance....

Elegant, bold, under-stated? Glamorous? Sexy? Fresh? Sporty? Girly? Regal?

Choose 3 words to describe them.

3. **Describe their inner beauty:** What makes them beautiful as a person to you?

Are they...

kind, compassionate, fun, adventuresome? Are they graceful and poised? Or are they bubbly, warm, welcoming?

Choose 3 words to describe them.

4. **Find a photo of them to inspire you through your transformation this month!**