

JUNE JOURNAL — Creating Beautiful Entertainment

“Surround yourself with only people who are going to lift you higher.”
— *Oprah Winfrey*

1. Pull out your Beauty Inspiration/Icon that you choose on day one. **What were your 3 words to describe them?**

2. Now let's take a brief inventory at what kinds of entertainment you surround yourself with & how it makes you feel:

What music do you listen to daily & how does it make you feel?

What kinds of podcasts or radio/talk programs & how do they make you feel?

What kinds of TV, books, or films do you watch daily & how do they make you feel?

What kind of conversations are you having daily at work or home & how do they make you feel?

What social media sites do you frequent & how do they make you feel?

3. Using one of your words from your inspirational figure, what might be some alternatives in each category that feel more like your word:

Music:

Podcasts, radio or talkshows:

Conversations & with whom:

Social media:

4. Pick one to do today!