

My Beautiful Self Worksheet



Discover When You Look & Feel Beautiful

Mana Haute Couture Life

These worksheets are personal gifts for your own journey of growth and elegance.
You are welcome to share the video link with friends who may benefit from it, however,
the worksheets are for your personal use only.

Please honor this intention by not duplicating or redistributing the worksheets.

I hope it brings beauty and value to your life as you use it.

Thank you for cherishing this special content!

For more inspiration you can always visit [here](#)!

With Love & Beauty, Mana

Mana Haute Couture Life

Envision yourself as the most beautiful version of you

Close your eyes, take a deep breath, and imagine yourself as your most beautiful self.

Write with intention and focus on how you want to look and feel.

I AM IN: (Where are you? Describe your setting in a way that makes you feel beautiful.)

I AM WEARING: (What are you wearing? How does it bring the beauty to you?)

I AM DOING: (What are you doing that you love and makes you feel so happy?)

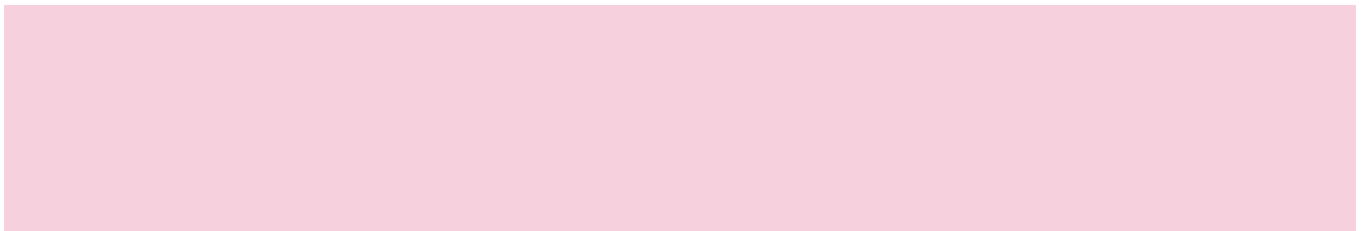
Engage Your Senses

Immerse yourself in the beauty of your ideal world.
Bring these essences into your everyday life.

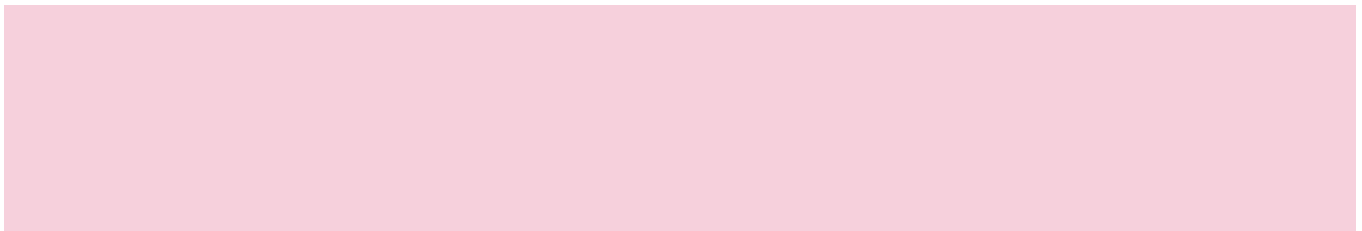
I SEE: (What breathtaking visuals surround you?)



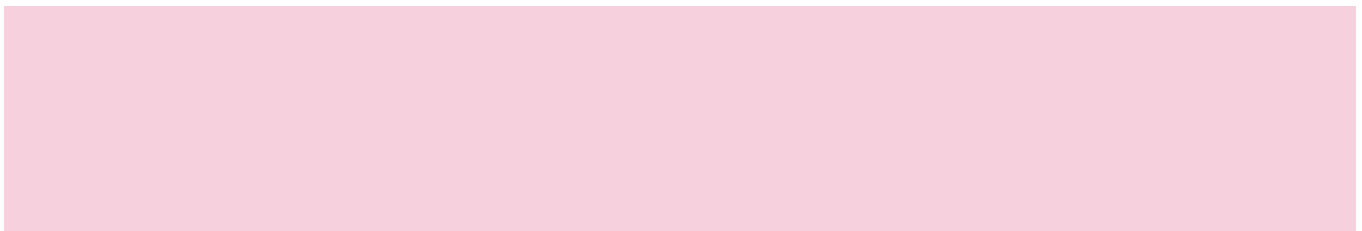
I SMELL: (What delightful scents enhance your life?)



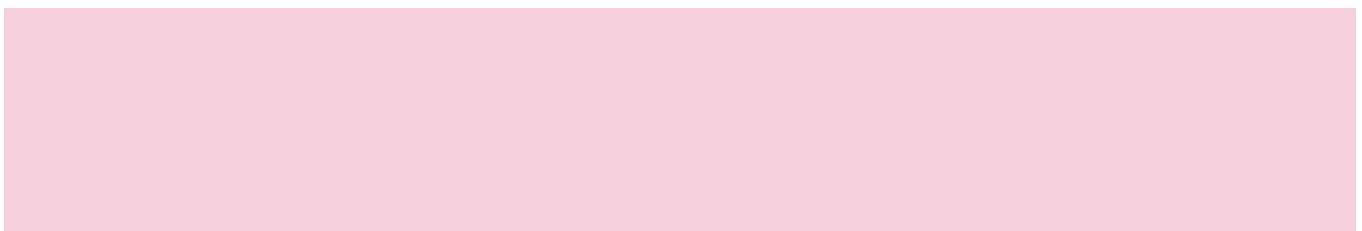
I HEAR: (What kind of music or sounds lift you up?)



I TOUCH: (What textures or things feel indulgent to you?)



I TASTE: (What kind of flavors make you feel fulfilled and satisfied?)



My Perfect Day

Describe your most beautiful day, from the moment you wake up to the moment you go to bed.

Focus on how every detail makes you look and feel your best!

How do you start your day feeling refreshed and elegant in the morning?

What activities, places, or moments make you feel the most beautiful in the middle of the day?

How do you wind down? What beauty rituals do you enjoy in the evening?



Final Affirmation

End with an empowering statement that embodies your most beautiful self.

For example: "I am elegant, beautiful, and glowing with grace."

Believe this affirmation at every moment!

I AM: _____