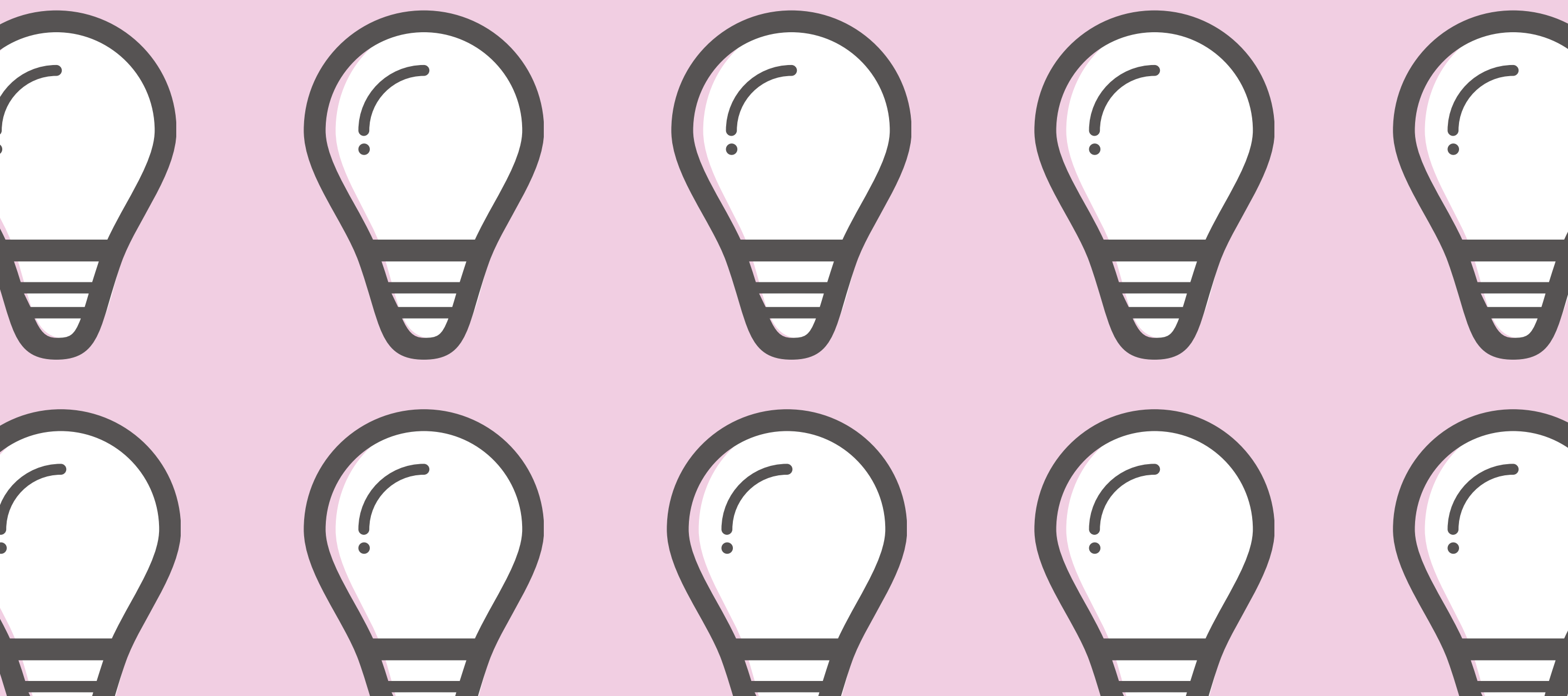


CARMEN MCKENZIE, RN.

# ***HOW TO BE YOU***

A Journal for Self-Exploration



# Hi, I'm Carmen

I am a certified Life Coach, a registered nurse, and the writer of this workbook. I was once on your place where I don't know who I am and what I supposed to be. Negative thoughts flooding my mind every single day, affecting my career and my relationships. I tried to fight it off by keeping my schedule busy and doing everything I can to just live through the day.

But after almost a year of running away from my thoughts, I finally decided to stop and confront it face-to-face to break free from the chains I put for myself. The activities in this workbook was the exact exercises I did to release the negativity in my life and unlock my fullest potential, my true beauty. After that journey, I finally appreciate the beauty of my body, my mind and my soul and the beauty of the world.

The moment that I saw how beautiful I was and how people really perceive me, I realized that most girls are experiencing what I just experienced. Through my journey, I finally found my real purpose: helping others see their own beauty.

As you unlock your true beauty, I will now pass the torch to you to spread what you have learned through this workbook to anyone who you know needs it. As your true beauty radiates through you, you now have the duty and responsibility to spread love and positivity to others.

Beauty from within can change the world.

*Carmen McKenzie, RN*



Butterflies can't see their  
wings, but humans  
admire their beauty.



CARMEN MCKENZIE



# Day 7

## Write about your present self.

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized yellow flower icon with green leaves. The paper appears to be a standard notebook or worksheet template.

Since love grows within you, so beauty grows. For love is the beauty of the soul.

## Saint Augustine





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# Day 2

Look at yourself in the mirror & list the things you love about your body.

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Beauty is a manifestation of a secret natural laws, which otherwise would have been hidden from us forever.

## Johann Wolfgang von Goeth



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# Day 3

Tell yourself in the mirror that you are beautiful, talented,  
and enough. What did you feel after that?

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You're beautiful, like a May fly.  
Ernest Hemingway



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# Day 4

List the things you don't like about yourself.  
Mind, body and soul.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, colorful illustration of three yellow daisies with green stems and leaves. The paper appears to be a standard notebook or worksheet template.

Beauty is a short-lived tyranny.  
Socrates





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# Day 5

Reflect on the first 5 days.  
What did you felt when writing those things?

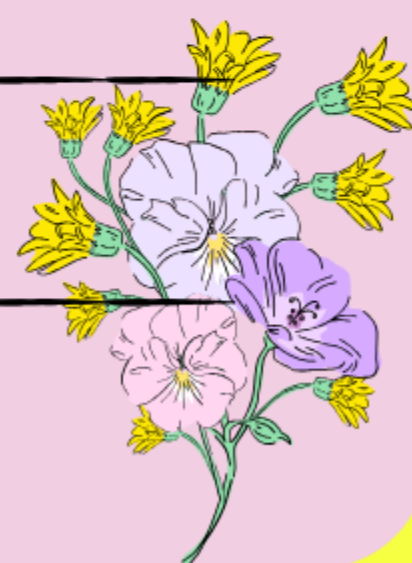
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People are like stained-glass windows. They sparkle and shine when the sun is out but when the darkness sets in, their true beauty is revealed only if there is a light from within.

## Elisabeth Kubler-Rose



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# Day 6

Today we will face the things you don't like about your body. Walk for as long as you can (minimum of 30 minutes) while listening to your favorite song. Think about your body and when did you start hating it? Reflect on your thoughts and write about it.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, colorful illustration of three yellow flowers with green stems and leaves, growing from a patch of brown soil. The overall appearance is that of a clean, unused piece of stationery or a notebook page.

Everything has beauty,  
but not everyone sees it.  
Confucius



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# Day 7

Today, walk for as long as you can again (minimum of 30 minutes) while listening to your favorite song. But today, you'll walk with confidence. Think as if you're on a runway. What did you feel? Is there a difference between today and yesterday?

[illegible]

It is not sufficient to see and to know the beauty of a work. We must feel and be affected by it.

# Voltaire





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# Day 8

Do the walking exercise from Day 7. After that, look at yourself in the mirror. What do you feel right now? Do you feel better or otherwise? If you feel better, you can go on with your day and fill it with positivity. If you feel otherwise, do a 30 to 1 hour meditation. Face the “thing” that makes you feel this way, and tell it that you will now lead a life full of confidence and positivity. Reflect your thoughts and write.

[illegible]

Facing what's holding you back is a must in unveiling one's beauty.

Anonymous



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# Day 9

Look at yourself in the mirror and say that you love the things you list on Day 4. What did you feel? To help you reflect, do what you did on Day 4 and write about it.

[illegible]

Beauty of whatever kind, in its supreme development, invariably excites the sensitive soul to tears.

## Edgar Allan Poe





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# Day 10

Today, treat yourself with anything your heart wants. Whether it is SPA, SHOPPING, or FOOD. Do anything that will lift your soul up. Wear an outfit that will give you so much confidence. This will be you MAKEOVER!!!

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized yellow flower with green leaves. The paper appears to be a standard notebook or worksheet template.

Taking joy in living is a woman's best cosmetic.

## Rosalind Russell



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# Health Benefits of Self-Talk

The first ten days of your “How To Be You” journey, you performed exercises that require you to have a positive self-talk with yourself. Self-talk is your internal dialogue which is influenced by your subconscious mind and reveals the real part of you. Based on multiple studies, positive thinking and optimism are one of the most effective ways to manage stress in your life. Furthermore, positivity in life can provide you with some health benefits.

One of the benefits of self-talk and positivity for your health is that it enhances your performance and general well-being. A research showed that self-talk can help athletes with their performance and it may also help them with their endurance.

According to Healthline, positive self-talk and optimism can increase your vitality, improved immune function, reduces pain, better cardiovascular health and physical well-being, and reduced risk for death. There is no clear study why people who practice optimism and positive self-talk can experience these benefits; however, multiple research suggests that individuals with positive self-talk and outlook in life have developed a certain mental skill which allows them to solve problems, think differently, and be more efficient at coping with hardships, challenges, and stress.





According to Mayo Clinic, before you achieve positive thinking, you must first acknowledge the negative thoughts and filter out all the positive ones. You must also identify the areas you want to change. Identify the ones you usually think negatively about and approach it in a more positive way.

Furthermore, they suggested that you must check yourself periodically during the day and evaluate what you're thinking. If it is more on the negative side, find a way to turn it around and make it a little bit more positive. You should also give yourself permission to smile or laugh, especially during difficult times.

Following a healthy lifestyle and surrounding yourself with positivity are the most vital process of this journey. These two things can help you feed your body and soul with so much positivity and good health that it will literally change your life.

For the next part of your journey, you will be exploring the depths of your mind. We will identify your weaknesses and strengths for you to be able to grow and unlock your fullest potential.



# Day 17

For the next 10 days, you will undergo a social media cleanse. Delete all your social media accounts except Netflix and Youtube. Multiple studies proved that social media platforms have a huge impact to the mental health of the younger generations. Write your thoughts and experiences about social media.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, colorful illustration of several yellow daisies with green stems and leaves. The background of the entire image is a solid light blue color.

Beauty is unbearable, drives us to despair, offering us for a minute the glimpse of an eternity that we should like to stretch out over the whole time

# Albert Camus



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# Day 12

We all know someone close to us but their toxicity overpowers our relationship with them. To the point of sacrificing our mental health just to please them. List them down, and write about how toxic they are to your life. If you're having a hard time doing this, remember the 6:1 ratio. There are 7 days a week, and that person is only kind to 1/7th of the week and mean to you for 6/7 per week.

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Virtue has a veil, vice a mask.

# Victor Hugo





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# Day 13

On Day 12, you wrote about your toxic relationships. Now, write about your healthiest relationships. Write about your favorite people in your life. Once you did this, you will appreciate those healthy relationships more and finally see what you deserve.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, colorful illustration of three yellow daisies with green stems and leaves. The background of the entire image is a solid light blue color.

To see beauty, is to experience it.

K.S.



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# Day 74

Hangout with someone you have a healthy relationship with. Tell them how you appreciate their existence in your life. Absorb every moment you spent with them. This is the kind of relationship you deserve. A happy, healthy and “you can rely to” relationship. After spending a day with them, write about your day.

A sheet of pink lined paper with horizontal ruling lines. In the bottom right corner, there is a small, stylized illustration of a yellow flower with green leaves and a brown stem.

The best part of beauty is that which  
no picture can express.

# Francis Bacon





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# Day 15

To attract a healthy relationship with others, you must have a healthy relationship with yourself first. How well did you treat yourself before this book? How's your relationship with yourself?

[illegible]

Beauty awakens the soul to act.

# Dante Alighieri



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# Day 16

What's the biggest contribution to the negative thoughts about yourself? List them below. After that, find courage to cut it/them off of your life. This is one of the hardest challenges you'll ever face in your life. But, always remember that you need to do this to finally be free from what's hindering you to grow.

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Let go, and let yourself grow.

Anonymous





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# Day 17

On Day 16, you cut off toxic relationships in your life. Today, you must be feeling a little bit off, somewhat guilty about what you did yesterday. What you did was the best decision you did for yourself. The relationship doesn't benefit you anymore and all it does is use you until, you don't have anything left for yourself. Today, I want you to break-free from your doubts and guilt. I want you to feel the freedom and the treatment that you deserve.

- Walk for atleast 30 minutes while jamming to your favorite upbeat music
- Treat yourself with your favorite drink or food
- Hangout with someone you have a healthy relationship with and enjoy your day.
- Hangout with yourself and remember that you deserve a healthy relationship whether it is with your loved ones or with yourself.

How did the rest of your day went?

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Beauty is whatever gives joy.

Edna St. Vincent Millay



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# Day 18

What are your strengths? What are the things you're actually good at or the things you love doing? List them down below and you need to do the top five of the things you listed. This will boost your self-confidence and will introduce you to your best self.

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I would rather be adorned by beauty of character than jewels. Jewels are gifts of fortune while character comes within.

# Plautus





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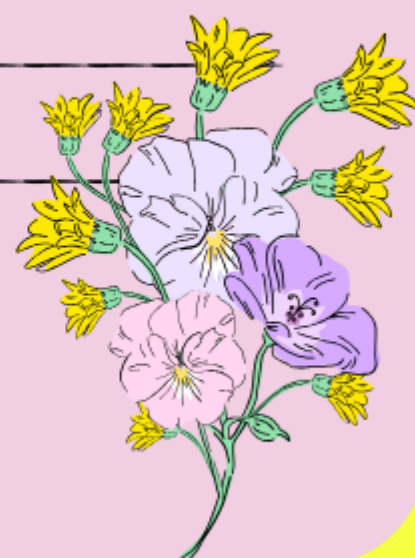
# Day 19

You remember those things you listed on Day 18? Today, you will do the bottom five. This exercise will help you embrace your weaknesses and unlock your real self. Every human has its strengths and weaknesses and the more we focus on our strengths the more we realize that it is the fruit of our weaknesses. What did you feel after this exercise?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized yellow flower icon with green leaves. The paper appears to be a standard notebook or worksheet template.

Real beauty knocks you a little bit off kilter

# David Byrne



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# Day 20

Now that you have embraced the real you, I want you to embrace it more by projecting what you feel inside to the outside. On day 10, you did something life changing, an “out-of-your-box” type of exercise focusing on your body.

Today, you will do what you did on day 10 (which is treating yourself) but with a twist! You will watch a movie alone, go to a café alone or basically, do something interactive that you normally wouldn't go to alone. Tell me about your day.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, colorful illustration of three yellow flowers with green stems and leaves. The paper appears to be a template for writing or drawing.

Without realizing it, the individual composes his life according to the laws of beauty even in times of greatest distress

**Milan Kundera**





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# Day 27

It is now Day 21 on your “How To Be You” journey. By now, you have unlocked the true beauty of your mind and body. The last part of this journey is unlocking the beauty of your soul. For the last 10 days of this journey, you will be practicing meditation for at least twenty minutes per day.

This practice will help you attract positivity, success, kindness, love and beauty in your life by focusing your mind to positivity and your goals.

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Beauty in things exists in the mind  
which contemplates them.

# David Hume



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# Day 22

Have you been grateful lately? List down the things you are grateful for and personally thank them for what they contributed to your life.

This image shows a full page of blank handwriting practice paper. It features light blue horizontal ruling lines spaced evenly down the page. In the bottom right corner, there is a small, colorful illustration of three yellow daisies with green stems and leaves growing from a grey rock. The background of the paper is white.

In every man's heart, there is a secret nerve  
that answers to the vibrations of beauty

Christopher Morley





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# Day 23

What are the activities that fuels your soul? Your passion is one of the major source of your uniqueness which will lead you to your purpose in life. Today, we will fuel that passion more by mastering one piece and finishing it today. If you're into painting, paint one masterpiece. If you're musically inclined, then master one new song. If you're more into cooking, then create a dish that you have never created before. If you love learning, finish a book you've always wanted to finish but can't due to circumstances and etc. At the end of the day, write about your experiences and thoughts about today's activity.

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Zest is the secret of all beauty.  
There is no beauty that is attractive without zest.

## Christopher Dior



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# Day 24

Have you had any regrets that happened in the past that you can't just let go? It could be a relationship, an event, or just a decision that you hope you could do the other way around. If you do, write it down below. A past is a past, you can no longer changed it or go back to and the only thing we can do for ourselves is to let it go and learn from it. It is hard as it seems but we must do it to obtain a better future for the people that we love and for ourselves. After you write all the things you regret the most, write across to it the things you have learned. In this way, you will slowly make-peace with that event and eventually moved on. You have the whole twenty-four hours to do this, so absorb every moment while doing this exercise.

[illegible]

The absence of flaw in beauty,  
is itself a flaw.

## Havelock Ellis





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# Day 25

When was the last time you did something for yourself without thinking of other's thoughts about it? If you did it on day 10 onwards of "How To Be You" journey, I am so happy for you! It just means that you put yourself first before anything else. But if you haven't yet, then today, you will be doing everything you love, everything you want, without thinking about anyone else's thoughts. Dress what you want, eat what you want, watch a movie, go to a café alone, shop alone, go to the library alone without thinking of what others think about you. Write how your day went.



Beauty makes idiots sad and wise men merry.

George Jean Nathan

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# Day 26

For the last five days of this journey, you will be pushed out of your comfort zone. Today, you will do a run for at least 20 minutes without listening to any music and you will greet everyone you passed by during this exercise.

This simple gesture will enhance your self-esteem and uplift your soul while also uplifting others. Write about your experiences and thoughts while doing the exercise.

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The beauty of a woman is not in a facial mode but the true beauty in a woman is reflected in her soul. It is the caring that she lovingly give the passion that she grows.

## Audrey Hepburn





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# Day 27

List 10 things you want to do for your loved ones right now. It can be as simple as saying “I love you” to them and as difficult as granting them their dreams. After that, you will be doing the most possible things on the list today.

This is just a simple gesture of kindness and gratitude to the people that loved you and supported you through your journey in life. How did it go? Don't forget to write about it!

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The love of beauty in its multiple forms is  
the noblest gift of the human cerebrum.

# Alexis Carrel



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# Day 28

Have you tried going to a café or a restaurant and made a new friend there? It's so rare these days to make a new friend outside of social media. Some of us just wish we could live in the past where social media doesn't exist so we could actually connect with someone we just met.

Well, today, you will be doing that! Go to a café, a restaurant, a mall, or even a library and engage in a conversation with a stranger. Don't forget to just be you! If there are awkward moments, just ask anything that pops into your mind or, you can just be honest and say that you're doing a challenge to enhance your self-esteem by forcing yourself to go out of your comfort zone. In that way, you are opening yourself more to them and you will be connecting with them in a personal level which will, most likely, open themselves to you, too. Write how did your day go.

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When virtue and modesty enlighten her charms, the lustre of a beautiful woman is brighter than the stars of heaven, and the influence of her power it is in vain to resist.

Akhenaton





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# Day 29

I am so happy to tell you that you have already uplifted your self-esteem and unlocked your true beauty. To make this journey complete, you will be helping a stranger. It can be through giving them food, money or clothes, but I want you to give it with a note. A note of kindness. With this simple gesture, you will be changing someone's lives as they changes yours by receiving your gift. What did you felt while giving a gift to a stranger? Write about your experiences and thoughts about the exercise.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, colorful illustration of three yellow daisies with green stems and leaves. The paper appears to be a standard notebook or worksheet template.

There is no definition of beauty, but when you can see someone's spirit coming through, something unexplainable, that's beautiful to me.

Liv Tyler



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# Day 30

Congratulations! You are already someone completely different from the version of yourself 30 days ago. You are now a beautiful, confident soul that brings peace and beauty not just to yourself but also to the world. This journey is probably one of the most challenging phase of your life because you were forced out of your comfort zone, faced regrets and fears but, through this exciting journey, you met a whole new version of you, a version that you actually love because it is true. You can now see how beautiful your wings are and how kind your heart is. This version of you was always there with you, waiting for you to release it, and finally, you did. As this journey ends, I want you to reflect to the past 29 days, read what you wrote and remember what you felt during the process. By doing this, it will help you remember where you were and appreciate what you are now. As you reveal your true beauty to the world, you will now help others find theirs. And, as the chain goes on, we, as a small portion of this universe, can make a change.

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Inner beauty should be the most important part of improving one's self.

Priscilla Presley





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# Notes



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