

On the way to inner happiness - Be YOU, thats BeyOUTiful!

The pursuit of happiness is on everyone's lips. But what exactly makes us happy? For me, the key lies in self-acceptance and acceptance of imperfection. This is a challenging but rewarding process to be able to be happy.

If we are not mindful of ourselves and do not take ourselves seriously, we lose sight of our desires, needs and ourselves and become unhappy or even ill in the long run.

If you succeed in accepting all your talents, abilities, kindnesses BUT also your edges and imperfections, then you will no longer have to look for confirmation on the outside or have the feeling that you have to conform to an image given by society.

Comparing yourself with others and striving for more: more love, more money, more success, more possessions, more friends, more beauty.... Is an exhaustive process, in search to finally be enough. But it will never be enough!

What you really need, you will find only in yourself: Self-acceptance, loving care, acceptance of your person, recognition of desires and needs and live them out - dare to be authentic! This is the way to inner happiness!

But how do you succeed?

It takes time with you and a little courage. I will gladly support you on this path:

- In letting go of negative thoughts, external expectations, stress and old feelings that are not helpful.
- In finding inner clarity, so that you recognize how you want to live your life.

MY WISH FOR YOU:

MY WISH FOR YOU IS THAT YOU ARE WORTH TAKING TIME FOR YOURSELF.
TIME TO DISCOVER YOURSELF AND TO HAVE THE COURAGE TO BE AUTHENTIC
AND TO LIVE IN A WAY THAT IS GOOD FOR YOU!

I WISH YOU THAT YOU REALISE THAT YOU ARE UNIQUE & JUST RIGHT THE WAY YOU ARE!

#Selflove #Selbstliebe #beyourself #Selbstakzeptanz #glücklichsein #Authentizität #Mut