

Some Beauty Tips

January – the days and weeks following the holidays in which most of us overeat – is a period in which we tend to pay special attention to our appearance, trying to get ourselves back into shape. We certainly should care about how we look and feel – concerned not only about diet, but exercise as well in order to stay fit. Paying attention to these matters says much about personal pride and one's approach to life.

Recently, someone shared with me some “beauty tips for the inner you.” The author is unknown, but the messages are important. There is no better time of the year for this personal inventory than now:

- For attractive lips, speak words of kindness.
- For beautiful eyes, seek out the good in other people.
- To lose weight, let go of stress and the need to control others.
- To improve your ears, listen to the word of God.
- Touch someone with your love.
- Rather than focus on the thorns of life, smell the roses and count your blessings.
- For poise, walk with knowledge and self-esteem.
- To strengthen your arms, hug at least three people a day.
- To strengthen your heart, forgive yourself and others.
- Don't worry and hurry so much. Rather, walk this earth lightly and yet leave your mark.

So, for whatever personal development plan you are now pursuing, add this one. Your life will be richer for it.

--Beecher Hunter