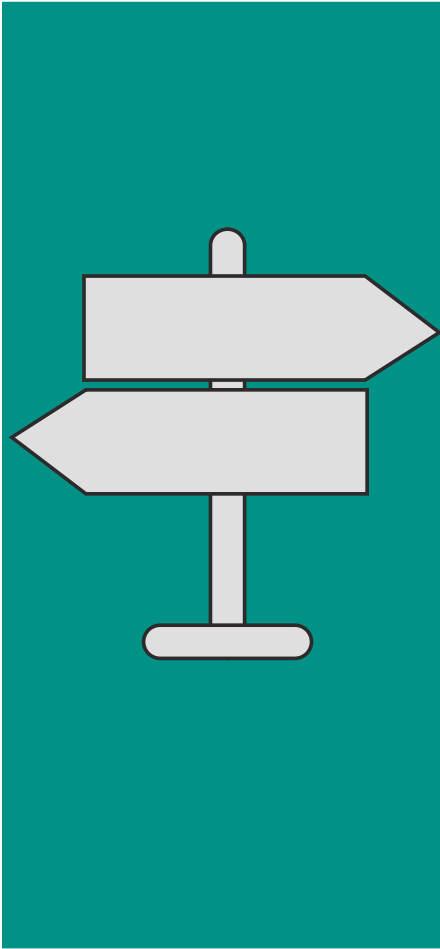


**DR. RACHEL'S**

# **FINDING THE BEAUTY EXERCISE**



**EMPOWER YOUR  
MINDSET, RETRAIN  
YOUR BRAIN**



# FINDING THE BEAUTY EXERCISE

The Finding the Beauty Exercise is a powerful exercise when practiced with consistency. It powerfully shifts your mindset, increases wellbeing in your thought life and retrains your brain aka rebuilds your neuropathways!

The Finding The Beauty exercise is designed to help you shift your internal thought life, create more loving and positive thoughts and retrain your brain towards optimism and love. Retraining the brain is like building a muscle. It takes repetition and consistency. Over the next 30 days I invite you to practice the following:

Step 1: Finding the Beauty in Others – Daily for 1 week

Step 2: Finding the Beauty in Others & Finding the Beauty in Self – Daily for 1 week

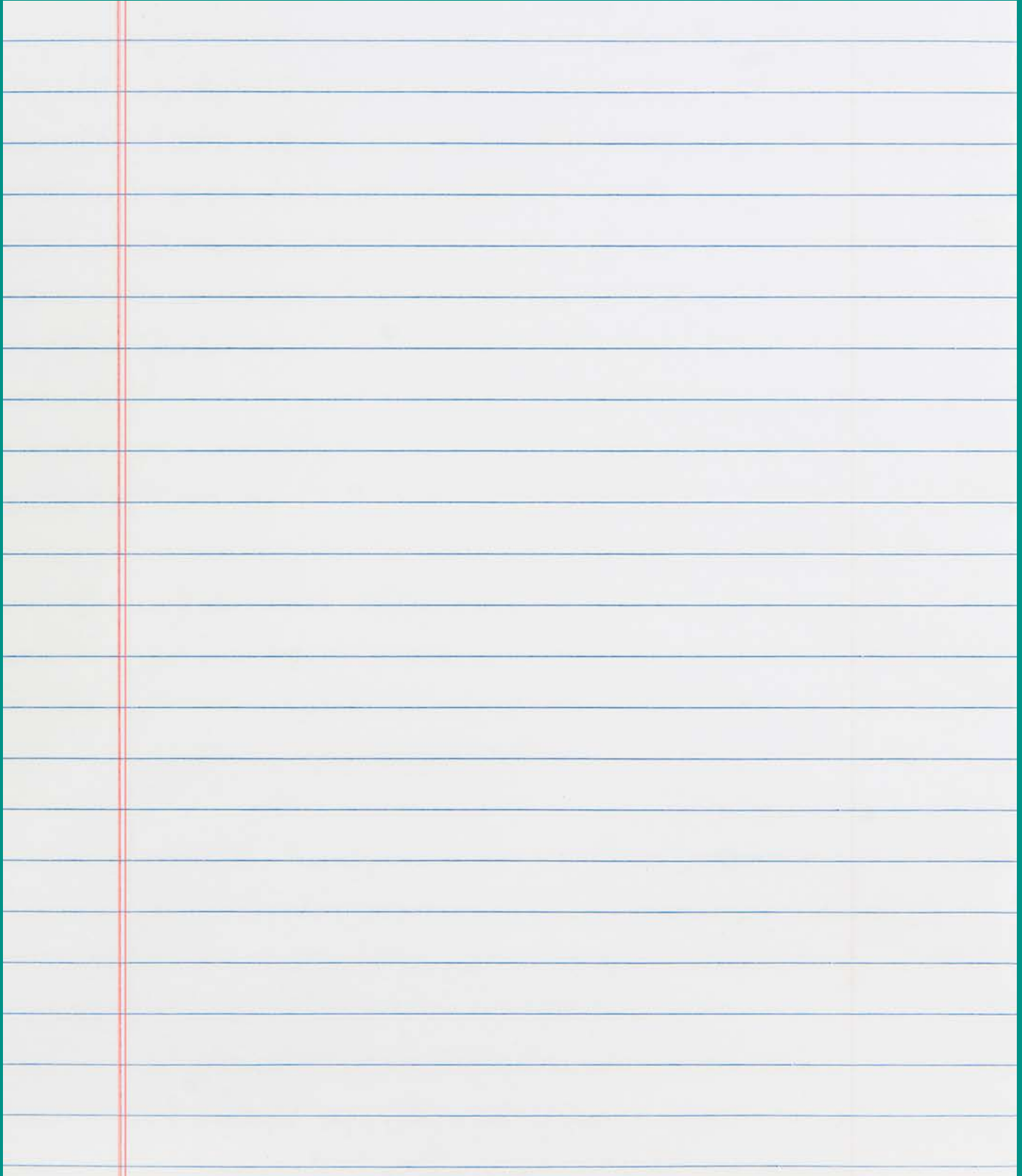
Step 3: Finding the Beauty in Others & Finding the Beauty in Self & Finding the Beauty in the World – Daily for 1 week

Step 4: Finding the Beauty in Others & Finding the Beauty in Self & Finding the Beauty in the World & Finding the Beauty in the Challenge – Daily for 1 Week

You will need a notebook or a journal where you can write out each exercise. Use the format for each below...

# FINDING THE BEAUTY EXERCISE - OTHERS

Complete the sentence below -

A sheet of white lined paper with a red margin line on the left side, intended for writing the answer to the exercise.

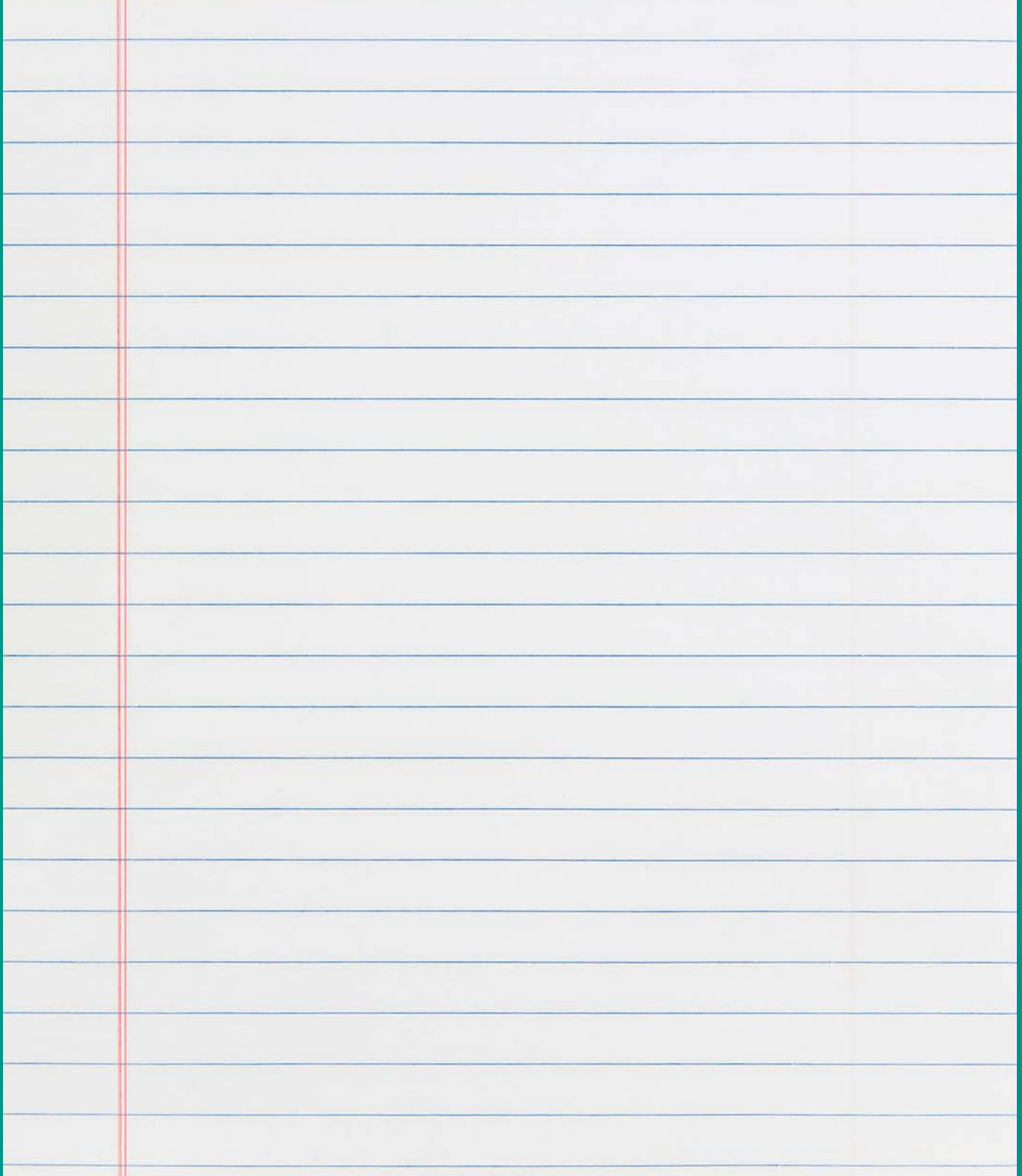
# FINDING THE BEAUTY EXERCISE - OTHERS & SELF

Complete the sentence below -

A sheet of white lined paper with a red margin line on the left side, intended for writing. The paper has horizontal blue lines and a vertical red line on the left side, creating a margin. The paper is set against a dark teal background.

# FINDING THE BEAUTY EXERCISE - OTHERS, SELF & WORLD

Complete the sentence below -

A sheet of white lined paper with a red margin line on the left side, intended for writing a response to the prompt above.

# FINDING THE BEAUTY EXERCISE - OTHERS, SELF, WORLD & YOUR CHALLENGES

Complete the sentence below -

A sheet of white lined paper with a red margin line on the left side, set against a teal background. The paper is blank and ready for writing.