



Be beautiful

「如果我可以瘦的高的就好啦,著衫好睇的。」

「如果我大隻的,會有好多女仔鐘意我!」

「如果我“Y0”的,同人地傾計開心,我就可以受歡迎的啦…」

我們很多時羨慕其他人的好,卻忘記了自己的好,

我們有時又會覺得其他人覺得自己好,先算是好,

但究竟誰去定義我們怎樣才是好?

如果…我們要改變那麼多,那個還是你嗎?

每個人都有不同的成長、家庭、朋友、性格、價值觀、信仰…

每一環緊扣著去塑造成今日的我们。

不要勉強自己去變成為一個不自在的自己。相信自己,當你能做自己時,總會有人懂得欣賞。

要記得:

♥ 每個人生來都是獨一無二的

♥ 我們總有好與不好的一面,接受自己此刻的不足

♥ 學習將比較放下,欣賞自己的付出及努力

♥ 當心情不好時,休息一下,再告訴自己:「我沒有我想像那麼差!」

♥ 人生是一個過程,此時此刻我們做自己可以做的事已足夠

♥ 當有機會時就讓自己鼓起勇氣去作出改變

活出一個獨一無二的精彩人生
好好愛自己!





Be *you*tiful

"I will become more beautiful if I get slimmer and taller"

"I will become more attractive to girls if I am more muscular"

"I will become popular in class if I am good at speaking and socializing"

We often envy the good sides of others, and ignore the good sides of our own. We may believe we are good only when others also think we are good. Oftentimes, we use other people's standard to judge ourselves. Is it fair to us?

Each person has unique growing paths, family, friends, personality, values, beliefs...All of these aspects contribute to create who we are.

Don't force yourself to become a person whom you don't feel comfortable with. Be your real self, someone will get to appreciate you.

Remember:

- ♡ Everyone is unique
- ♡ Everyone has good and bad sides. Accept our limitations
- ♡ Don't compare with others and learn to appreciate your efforts
- ♡ When you feel down, take a break and tell yourself: "I am better than I think."
- ♡ Do what you can control at this moment and accept the things you can't control
- ♡ When you are ready, take a leap of faith to make changes

Live a Unique and Wonderful life

Love yourself!

