

Quirky Creates Connections

**Everyone is Quirky.
Find Your Quirky and Embrace It.**



You were born to be you.

No-one else can be you.

**It is better to be yourself than feel the pain of pretending.
May these words help to remind you just how amazing you are.**

Love Emma

xx

Beliefs to Embrace Your 'Diamond'

- **I am ME**
- **I am not like anyone else**
- **I have the most fun when I am being ME**
- **I am relaxed and authentic when I am ME**
- **I enjoy being me**
- **Other people will want to join in, because they too want to have fun and enjoy themselves**
- **By being myself, I will get noticed**
- **When I get noticed, people will talk about me**
- **My quirks make it easy for people to talk about me**
- **I love my quirkiness**
- **By being quirky, I will inspire loyal, loving fans**
- **Not everyone will like me**
- **It's OK that not everyone likes me**
- **By being me, I can't please everyone (but I can please myself)**
- **Pleasing myself is really, really important**
- **I will live a richer, more authentic life by being ME**
- **I will live the life of my dreams ONLY if I am me**
- **I already have everything I need to be amazing**
- **I am amazing**
- **Life is fun**
- **Business is fun**
- **I love my life and being ME**
- **I am ME**

