

### Inner Beauty



- How we think of ourselves
- How we think of others
- Creating our own Inner Beauty
- Music Video "Happy"

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### Which door would you choose?



<https://www.youtube.com/watch?v=7DdM-4siaQw>

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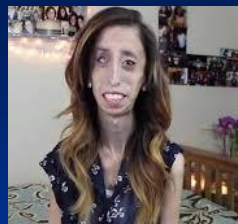
### Harvard / London School of Economics

Question	specific	yes
Do you consider yourself beautiful?	world	2%
Are you satisfied with your beauty	world	13%
Are you very satisfied with your body weight & shape	world	13%
Are you dissatisfied with your body weight	world	33%
Are you dissatisfied with your body weight	Japan	59%
Are you dissatisfied with your body weight	Brazil	37%
Are you dissatisfied with your body weight	UK	36%
Are you dissatisfied with your body weight	US	36%
You have to be more attractive than your mother's generation	world	63%
Beautiful women have greater opportunities	world	45%
Media/advertising set unrealistic beauty standards	world	68%
Female beauty should be shown as more than physical attractiveness	world	76%
Inner beauty can be achieved through attitude & spirit	world	77%
Every woman has something beautiful about them (inner beauty?)	world	85%
You are most beautiful when you are happy & fulfilled	world	86%
You want your daughter feel inner beauty	world	82%

Nancy Etcoff & Susie Orbach

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### "The ugliest woman in the world"




Lizzie Valezquez...

"What defines you?"


<https://www.youtube.com/watch?v=QzPbY9ufnQY>

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Basic Question: What I can & cannot control?  
 Answer from 2000 years ago: Stoicism



...Marcus Aurelius  
 Rome 180 A.D.



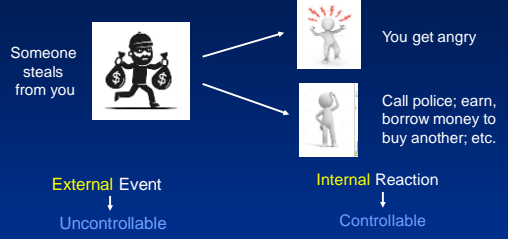
The diagram consists of two concentric circles. The outer circle is labeled "Things I Cannot Control" and contains "Other People's Thoughts", "Other People's Feelings", "Other People's Words", and "Other People's Actions". The inner circle is labeled "Things I Can Control" and contains "My Thoughts", "My Words", "My Actions", "My Behaviour", and "My Feelings".

"Other..." is "outside" of me = "Outer Beauty"  
 "My..." is "inside" of me = "Inner Beauty"

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Review: Personal Tool #7  
 "What cannot you control? ...what you can control?"




The flowchart shows an "External Event" (Illustration: Someone steals from you) leading to an "Internal Reaction" (Illustration: You get angry). The external event is labeled "Uncontrollable", and the internal reaction is labeled "Controllable". A note next to the internal reaction says: "Call police; earn, borrow money to buy another; etc."

(Stoicism: Epictetus & Seneca)

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Next Question: What is The Importance of Knowing What You Control?  
 Taoism's Answer – 2800 year ago



"The inner is the foundation of the outer"  
 ...Lao Tzu, 600 BC

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What You Can Control => Kindness/Compassion, Affection, Respect



I often tease young people about their concern for how they look; more important is inner beauty - compassion, affection and respect.  
 — Dalai Lama —  
 AZ QUOTES

...Dalai Lama

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What I can control #1: Be Kind / Compassionate

...Dalai Lama

...Buddhism

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What I Can Control #2: Be Loving / Affectionate

Bible, Book of Romans 12:10  
...Christianity

"With love, one is fearless"  
...Taoism

"Brave Starts Here"  
...Lizzie Valaquez

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What I can control #3: Be Authentic / Transparent / Self Actualized

~ Dalai Lama

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    graph LR
      A[Kindness  
Compassion] --> B[Self  
Confidence]
      B --> C[Transparency  
Authenticity]
  
```

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What I can control #4: Be Humorous / Happy / Funny


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Inner Beauty Summary...      Our Behavior / Attitude

			
Laughter Happiness	Kindness Compassion	Reflection Wisdom	Dignity
			
Relationships Love / Affection	Authenticity Transparency		

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Music Video: "Happy" by Pharrell



Does video make you feel happy?




Why?

- the words?
- the beat?
- the dancing?

Do you know what you *didn't* notice?

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Conclusion: You control your Inner Beauty

	Lao Tzu 600 B.C.		Marcus Arellius 180 A.D.
	<p>Wisdom and inner peace must be created by yourself.</p> <p>— Dalai Lama —</p> <p>AZ QUOTES</p>		Dalai Lama 2003

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