

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 'Pink Hair'

- **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**

