

 Weekly Takeaway Sheet
Radiance Starts on the Inside
7-6-26 - GGC Radiance

 1. The Way You Speak to Yourself Becomes the Way You Show Up in the World

- Your inner voice shapes your confidence.
- Kind words to yourself create a stronger, brighter mindset.
- The relationship you have with yourself influences every relationship around you.

 2. Self-Care Isn't Selfish—It's How Your Light Stays Bright

- Caring for yourself gives you the energy to care for others.
- Self-care is a necessity, not a reward.
- A well-cared-for heart shines brighter than an exhausted one.

 3. Confidence Grows When You Treat Yourself with Kindness

- Self-compassion builds lasting confidence.
- Progress matters more than perfection.
- Speak to yourself like someone you deeply love.

 4. Your Inner Glow Always Shines Brighter Than Perfection

- Authenticity is more attractive than perfection.
- Your character, kindness, and resilience are what people remember.
- Your light grows brighter every time you choose to be yourself.