

Becoming a Woman of Elegance

- **Be intentional**
- **Be proactive not reactive**
 - Set the stage and the mood ahead of time so you aren't caught off-guard or behave in a way that you don't intend.
- **Be a person with boundaries**
 - Know what boundaries are and what the consequences for crossing the boundaries will be.
- **Be a grateful/thankful person**
 - Manage gratefulness.
- **Be a woman of prayer**
- **Talk out negative emotions with a safe person**
 - Negative emotions journal/highlight the facts, not the flowery words. But use any words to uncover your emotional root issue. Then analyze the facts, not those words.
- **Have a gratitude journal**
 - Keeps a positive mindset and reminds us how blessed we really are.
- **Consider other people**
 - Consider their feelings, situation, difficulties, health, finances, past experiences before responding or reducing another person with words.
 - Respect that you might not know something about the other person or their life.
- **Give appreciation away**
 - Growth in sense of well-being.
- **Be generous with your time and your heart**
 - The returns are worth the effort.
- **Have a quiet heart**
 - That doesn't mean a quiet personality. A quiet heart doesn't mentally attack others or take offense at small slights. A quiet heart doesn't wait to get revenge either.
- **Allow others to love you— as you are.**
 - Rebuffing compliments, refusing kindness, assuming the worst of other people's intentions, abrasive responses all are ways we keep people at a distance. Discover other ways you might push people away and work on becoming a person who loves and allows love in return.

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