

# Beautiful vs Average

A Dove campaign



How do you see yourself? How do you think others see you?

Check out this campaign by Dove to help all women to see themselves as Beautiful. Be BRAVE.

Youtube

<https://www.youtube.com/watch?v=SeLI0Sgipz4>

Choose beautiful article

<https://www.dove.com/uk/stories/campaigns/choose-beautiful.html>

Notice those who had the confidence and belief in themselves also reached out to others and helped them be brave.

Beautiful isn't just about our appearance. Largely it's about what's on the inside; living with integrity and being true to ourselves and others.

**Guys**, this is a message for you too - how do you see yourself? Sometimes, it takes a lot of courage to believe in yourself. Stop listening to the negative chat inside your head and start speaking positive things about yourself.