

21 inspirational quotes from Lizzie Velasquez 'the ugliest girl in the world' and evidence for a true beauty

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Assigned with the "most ugly girl on the planet" and countless malicious comments, Lizzie Velasquez - that powerful girl has made the whole community "hot" with the inspirational speech. and the spirit goes above all to be right.

Lizzie Velasquez (27 years old) - The unfortunate girl who has just had a heart attack has suffered from a rare illness that makes her body unable to store fat. In addition to severe weight loss, she was blinded by one eye.

In 2012, online mockers arbitrarily labeled her "*the ugliest woman in the world*". An 8-second clip of Lizzie was posted on YouTube she was unaware of and the clip attracted over 4 million views with thousands of comments that could not be more cruel.

Lizzie Velasquez shared her feelings when she read the mockery of the world for her: "*Those comments seem to have punched me in the face, it makes me completely helpless, frightened and worried. hate myself*". Lizzie was also self-deprecating because she didn't look as good as everyone else.

1. The secret to being beautiful: Always put yourself in the shoes of others

However, the "ugly girl" born in 1989 has published two books - **Be Beautiful, Be You** and **Lizzie Beautiful**, owning YouTube channels of over 610,000 followers and Facebook page with nearly 796,000 fans as affirmation. strong about energy. Most recently, Lizzie has released a documentary about herself called **A Brave Heart: The Lizzie Velasquez Story** (A brave heart: Lizzie Velasquez's story) - something that is not anyone (both male and female)) can also do.



Why can Lizzie Velasquez do that? That is the extraordinary energy, the heart longing to live, and being proven to be a human being who will not submit to the grim fate and it also comes from the love of helping people in the same situation. **Lizzie Velasquez's success is evidence of true beauty not only in good looks, but also in the heart and noble soul.**

The following 21 wonderful sharing of Lizzie Velasquez will be valuable lessons for all of us to love more than everyone around us and the world.

1. Bad things always happen to good people

Bad things always happen to good, innocent people - that's right. Lizzie has become the target for online jokes without any reason. As soon as she was born, she had to cope with adversity and then face a community of people who felt proud of their appearance. Lizzie has suffered enough unhappiness, why should she suffer more pain?

You do not provoke others but still provoke them. You don't need to do bad things but bad things still happen to you. So there is no other way that you have to accept and fight it.

2. Immediately recognize when you start to doubt yourself

Normally, when being attacked by others, the first things we think about ourselves are: "*Where did I go wrong?*", "*What am I doing wrong?*", "*When did I become a bad person?* ". You have to understand yourself when you think about such things before things get worse and before you start believing things that are self-doubting are true.

3. A healthy self-awareness is very, very important



Today, ask yourself: *"How do you feel about yourself?"*, *"What kind of people do you think"*, *"Do you always think you're fat?"*, *"Is it as beautiful as other girls?"*, *"That do you need to be a bit more masculine? "*, *"that you're not good enough for others, even yourself? "*. Do this often, talk to yourself and ask yourself what you need, what you want, what you like . Then you are strong enough to face the judgments. other people.

1. 12 days of practice to love yourself more

4. You are worth more than what people say or think about you

The truth is that.

5. The development of sarcasm is due to herd psychology

Don't follow the crowd just because everyone is doing it. It's easy for you to inflate things, but your simple actions like "like", "share" and "LOL" (laugh out loud) can hurt other people's feelings and dignity in a way. deep.

1. 9 types of people who should let them step out of your life

6. Regardless, criticizing one's appearance always hurts them

Everyone is always trying to be tough to not be influenced by others' criticism of their appearance or dress. But in fact, we often think more about those judgments and they become burdensome for each person to hurt themselves from time to time.

You should not assume that people will be tough and feel okay when offended. Nobody wants to be hateful and hated. **We all want to be lovely and loved.**

7. It's useless to "add fuel to the fire"

When you are hurt, instinctively you want to resist resentment, want to make those who hurt you feel as bad as you. However, this is no different from "adding fuel to the fire". Think again and don't lose control.

8. Never follow what others want about you

Don't believe when other people tell you that you never get anything big in life, that you are not "normal" and that you should change to become "more popular".

Do not let them "mold" you, your life or your future. Don't let society or others restrict or blind you because of their definitions of beauty - bad, success - failure, wealth - poverty .

Truly, the beauty of a person is not only defined by appearance but also by personality and soul. Success is not to impress and please others but to set goals and achieve them in your own life.

Become a better version of yourself.

9. Your achievement will be the sweetest revenge



Let the hatred of those who hate you become leverage to help you go ahead instead of destroying you. Use them to make your path to a better future become flatter. "What doesn't kill you make you stronger" - What doesn't kill you will make you strong. The success you achieve will be a proof for them to see that you are much better than what they think.

10. The hardships in life are necessary for development

The hardships in life have a purpose. Without them, we will always be an old "version". Without them, we cannot become the people we want. Hardship not only makes us stronger, better, more knowledgeable but also helps us understand ourselves and the purpose of our lives.

11. Belief is a very fragile thing

A single moment or a word is enough to break the belief that a person has lost his entire life.

12. Don't be afraid to set goals and dreams

Even when faced with people who hate you and those who don't believe you, don't give up. Lizzie has constantly pursued her dream in every difficult situation. She was steadfast in her goal instead of giving up. She made an effort to advance, persevere and achieve the desired position - a university bachelor, an active speaker and author of two books.

13. Family is the most reliable support in any circumstance

Because the love of the family is unconditional.



14. Good parenting will be useful for them long term

Parents play a particularly important role in helping their children build a solid foundation of safety and love since they were young. This platform will support children throughout the rest of their lives.

15. People should be taught about human values

Lizzie shared, *"people are giving me great ways to commit suicide."*

Malicious comments not only happen to Lizzie but also happen to many teenagers who are being bullied at schools around the world. Children need to be taught about the sacredness of life and how to respect it.

16. Turn defects into strengths

Instead of trying to cover up with the world, Lizzie reversed everything and turned the defect into her highlight. Lizzie has turned what most people think of her worst into things she feels proud of. Lizzie thinks her illness is a gift from God.

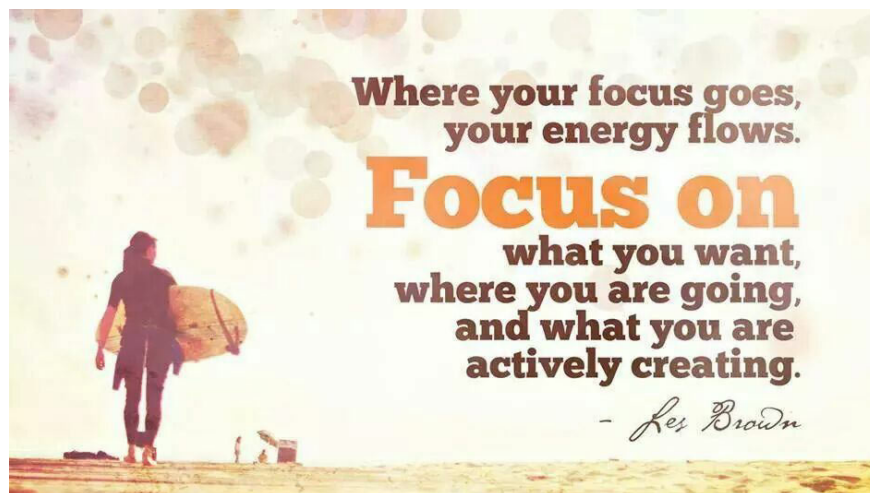
Everyone has a disability and you can completely turn them into good things like me.

17. You must face evil people

Lizzie doesn't let malicious videos on YouTube haunt her. She overcame her fear by watching those hateful videos again and again to understand how horrible people were making her so terrible. Lizzie chose not to let what hurt her the most that could hurt her.

Only by dealing with malicious people can you prevent them from treating you badly.

18. "Cry for your eyes and look up, smile and look forward to positive things"



Because that's how the winners do it.

19. Everything happens for a reason

You are on this life and what you do has its reasons. Me too.

1. 5 ways to understand why everything happens in life has a reason

20. Always be grateful

Whatever your situation, be always grateful. Remember that answers to problems are not always found. You can't always imagine a full picture of everything in life.

Be grateful that life may have been much worse. By being grateful, you will gradually let self-seeking answers come to you.

21. Choose a way to live happily

Because you always have the right to choose. Surely no one wants to choose a negative life.

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