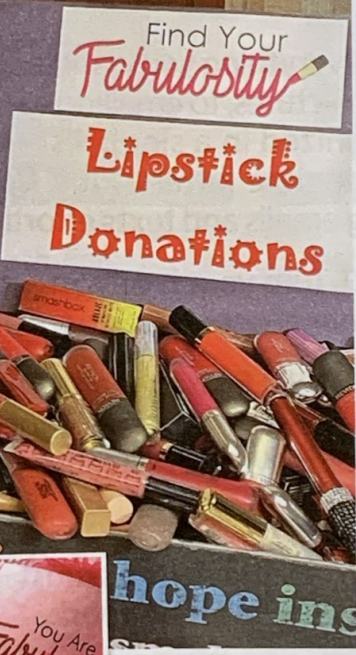
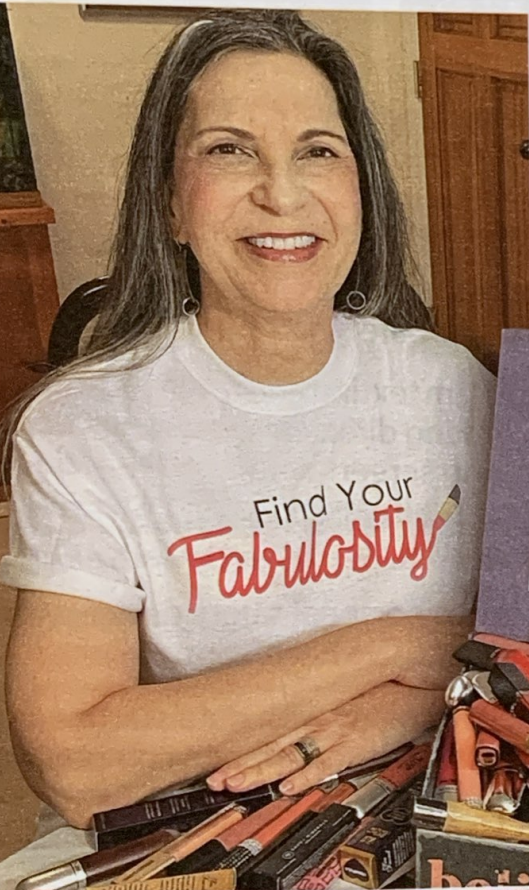


“A single lipstick to transform lives!”

When Sheryl Kurland felt drawn to help women who have suffered domestic violence, she wished there was something she could do to also renew their spirits. Then she remembered some simple advice from her mother, and before long, with a simple tube of lipstick, women across the country were back to feeling beautiful inside *and* out!



▲ Through Find Your Fabulosity, Sheryl helps domestic violence victims rediscover their beauty and self-esteem

◀ Each bag of hope that Sheryl sends is filled with a compact, lip gloss, lipstick and an encouraging note

“Hello 911, what’s your emergency?” a voice sounded from the video Sheryl Kurland was watching at her local Orlando sheriff’s department. She had been taking a course to teach civilians how law enforcement handles domestic violence cases, but having never heard an actual 911 call from a victim, her heart raced with fear and sadness.

The desperation in her voice pains me, Sheryl thought, tears welling in her eyes. *I wish I could help her.*

As a speaker who traveled around the country talking to college-aged women about how to forge healthy relationships, Sheryl realized she already had the inspiring content in her programs. *Why couldn’t I tweak it to help domestic violence victims too?*

Starting at her local shelter, Sheryl began hosting workshops every two weeks, where a handful of women would listen as she offered relationship advice, confidence boosters and tips on learning to respect yourself. But behind her audience’s smiles and nods, Sheryl could still see an undeniable pain.

It’s clear how heartbroken they are, she thought after one workshop. *Yet even so, they’re still so beautiful. What can I do to make them feel that beauty again?*

And suddenly, Sheryl heard her mother’s voice in her head, repeating the timeless advice she had always given her daughter when she was down: “Sheryl, if you want to feel better, just put on a little lipstick!”

A miraculous transformation

That’s it! Sheryl thought as she headed to the store. *I’m going to go buy them lipstick!*

And at the end of the next workshop, Sheryl told the women she had brought something for them. “It’s a little something to thank you for coming,” she said, distributing the tubes. “I hope it makes you feel special!”

To Sheryl’s surprise, something miraculous happened: The women’s faces lit up and Sheryl watched in

has the power

awe as the painful atmosphere in the room dissolved, replaced by the laughter and happy chatter of women swapping shades. *Maybe my mother was right after all, she mused, marveling at the power of her little gift. Lipstick might not fix everything, but it does bring the sparkle back to their eyes.*

When she left that day, her heart soaring, Sheryl couldn’t stop thinking about the miracle she had witnessed. And just then, a new idea came to mind: *I’ve got to multiply that miracle by the thousands!*

Healing hearts

With her new mission taking shape, Sheryl began reflecting on what she had seen during her workshop that day.

“The women in that room were rediscovering their ‘fabulosity,’” she said to a friend. “I’ll call my program ‘Find Your Fabulosity’ and send lipsticks to women across the country!”

Soon enough, after Sheryl took a class on how to start a nonprofit organization, Find Your Fabulosity became official. As word spread of the lipstick initiative, sororities, businesses, women’s clubs and conferences offered to donate lipsticks and host lipstick drives and even fundraisers.

With the help of volunteers, Sheryl began packaging all the lipsticks she had

into bags with a kind note, and sending them out to shelters across America. Before long, scores of messages arrived to Sheryl’s inbox, telling her how much she was changing lives with her little gift.

As one shelter manager shared, *I cannot count the times I have seen tears from the women over this small act. It’s wonderful to see them wearing the lipstick—and a smile.*

It’s not just makeup, another recipient wrote. It’s the support. In the midst of the ugly, this makes me feel like there is still beauty in me!

Today, Find Your Fabulosity (FindYourFabulosity.org) has donated more than 70,000 lipsticks to over 200 shelters, and as more open their doors to receive these little packages, Sheryl’s heart is filled with joy that more survivors have rebuilt their self-esteem on the loving foundation of a single tube.

“It gets me so choked up every time I think of these women,” Sheryl says with tears in her eyes and a wide smile. “To be able to make a change in them with something as small as a lipstick is just unbelievable. Each tube is a miracle of love for these women, and I feel so grateful for the opportunity to have helped them. It’s truly the little things that make the most difference!” —Maggie Dillard

“Each tube is a miracle, and it’s proof that the little things can make the most difference!”



3 expert ways to boost your self-confidence!

1 Say this ‘soul script!’
“When you’re feeling overlooked or down on yourself, recite ‘I’m exactly as I’m meant to be and no one can take my place,’” suggests Alison Cook, Ph.D., co-author of *Boundaries for Your Soul*. Small grounding phrases like this reinforce your sense of self through compassion—and are proven to send your confidence soaring.

2 Forgive like this!
The best way to raise self-esteem is to practice forgiveness, notes Robert Enright, Ph.D., of the International Forgiveness Institute. “Pick someone who has let you down,” he says. “Then make an intention to forgive them.” Knowing what forgiving feels like gives you a road map to apply to yourself. “Just as they are much more than one misstep, so are you. This realization will help you accept yourself lovingly.”

3 Tap into gratitude!
When it comes to loving yourself, take time to celebrate your body’s function instead of criticizing its form. “You’re living and breathing every day, so ask yourself: *What is working?*” says body-image coach Laura Fenamore, author of *Skinny, Fat, Perfect*. “By stretching our mind in this way, we value our body more!”



Women of all ages volunteer to sort lipsticks



They package each tube with love

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