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We are each unique human beings ... our genetic make up, the way we think, our perspectives, our beliefs. So, why then is it that we try to be somebody other than who we are? We believe if we look a certain way, have the things that we think successful people have and do what they appear to have done to get there, then we will be happy and complete. Of the few that achieve that, many feel: "Is this all there is? There must be something more." There can be emptiness in 'having it all'.

Alternatively, when we explore and discover who we are as the unique individuals that we are, we can really get to the core of what we are passionate about and find purpose. When we are then courageous enough to show and be our true selves, it is then that we are attractive ... not only to others but also to ourselves.

There is the saying that we can only love another when we truly love ourselves. We are taught: 'love your neighbour as you love yourself'. When we can see and honour our uniqueness and own that uniqueness, we are then much freer and able to appreciate and honour others for who they are. This is attraction. From this place of authenticity and passion, we have so much more to offer and contribute.

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