



Treat Yourself With Respect

Source Unknown

- ✧ *Live your life* on the basis of what is possible, right and good for you instead of what you or others think you should do.
- ✧ *Find out what you want* and what you are good at, value those, and take actions designed to fulfill your potential.
- ✧ *Respect your own needs.* Identify what really fulfills you - not just immediate gratification. Respecting your deeper needs will increase your sense of worth and well-being.
- ✧ *Make decisions.* Practice making and implementing positive choices flexibly but firmly, and trust yourself to deal with the consequences.