

The Courage to Be Myself

I have the courage to...

Embrace my strengths ~ Get excited about life ~ Enjoy giving and receiving love ~ Face and transform my fears ~ Ask for help and support when I need it ~ Spring free of the Superwoman trap ~ Trust myself ~ Make my own decisions and choices ~ Befriend myself ~ Complete unfinished business ~ Realize that I have emotional and practical rights ~ Talk as nicely to myself as I do to my plants and pets ~ Communicate lovingly with understanding as my goal ~ Honor my own needs ~ Give myself credit for my accomplishments ~ Love the little girl within me ~ Overcome my addiction to approval ~ Grant myself permission to play ~ Quit being a Responsibility Sponge ~ Feel all of my feelings and act on them appropriately ~ Nurture others because I want to, not because I have to ~ Choose what is right for me ~ Insist on being paid fairly for what I do ~ Set limits and boundaries and stick by them ~ Say 'yes' only when I really mean it ~ Have realistic expectations ~ Take risks and accept change ~ Grow through challenges ~ Be totally honest with myself ~ Transform erroneous beliefs and assumptions ~ Respect my vulnerabilities ~ Heal old and current wounds ~ Savor the mystery of Spirit ~ Wave goodbye to guilt ~ Plant "flower" not "weed" thoughts in my mind ~ Treat myself with respect and teach others to do the same ~ Fill my own cup first, then nourish others from the overflow ~ Own my own excellence ~ Plan for the future but live in the present ~ Value my intuition and wisdom ~ Know I am lovable ~ Celebrate the differences between men and women ~ Develop healthy, supportive relationships ~ Make forgiveness a priority ~ Accept myself as I am now.

—Sue Patton Thoele, adapted from her book,
The Courage to Be Yourself