

What to do all the time from now on:

APPRECIATE YOURSELF—*out loud, without any reservations*

...Appreciate yourself with appreciative, positive words

...Appreciate yourself with a proud, exultant posture

...Appreciate yourself with a pleased, happy expression on your face

...Appreciate yourself in a happy, pleased (“foolishly smug”) tone of voice

Tell whoever or whatever is with you of the elegant, exquisite nature of the *real you!*

...Tell your Co-Counseling group

...Tell your Co-Counselor

...Tell your friend or friends

...Tell your spouse, children, and parents

...Tell the casual passerby

...Tell God

...Tell the mirror, tell the steering wheel, tell the fence post

WHY :

You will discharge

You will act rationally

You will hold to a good direction

You will emerge from old dependencies

You will take charge of your life