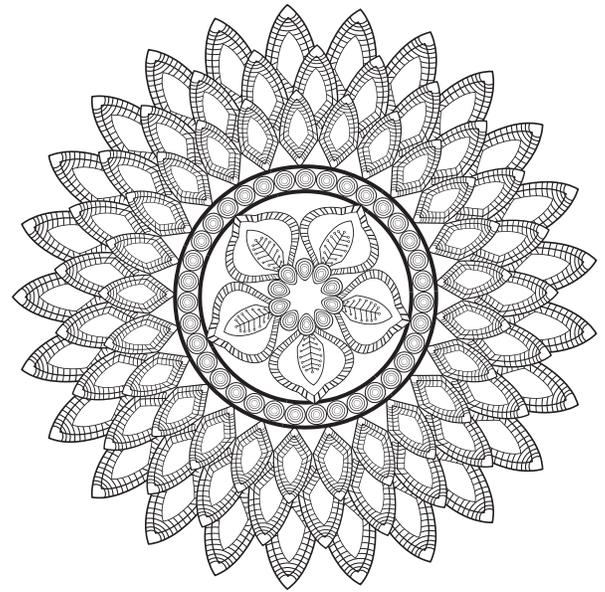
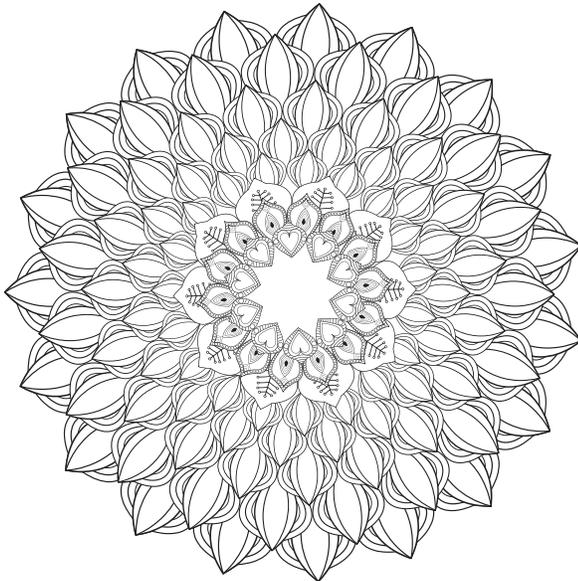


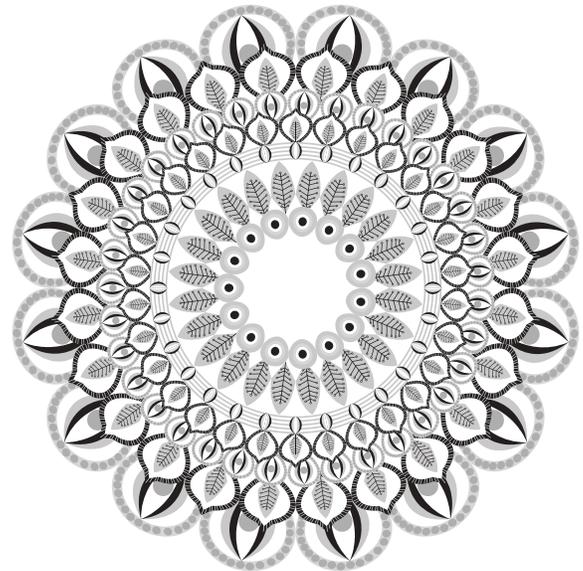
Be open to friendship. Approach people in stages and begin creating connections. Express my need for esteem and encouragement.



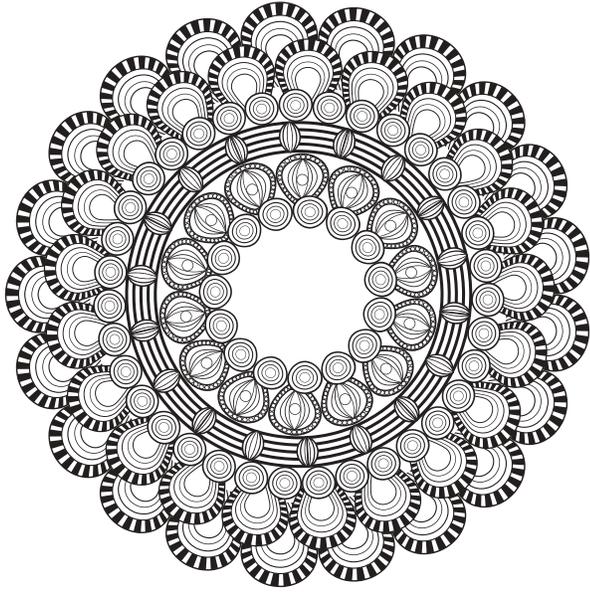
Adapt to change by taking risks and exploring new possibilities. Try new ways of doing things. See change as a positive that opens new doors.



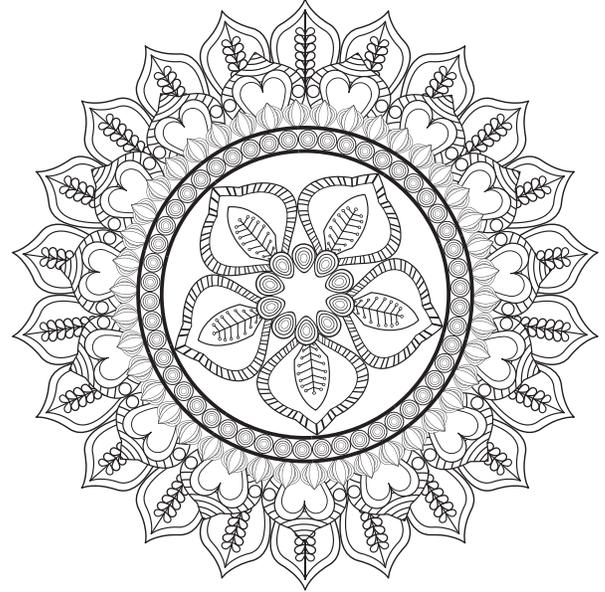
Learn to manage my stress by being physically active. Plan times for myself when I do nothing. Learn a relaxation technique. Make peace with my past.



Listen to my emotions and treat them as useful messages. Express my feelings and listen to those of others. Take part in activities that help me release my emotions.



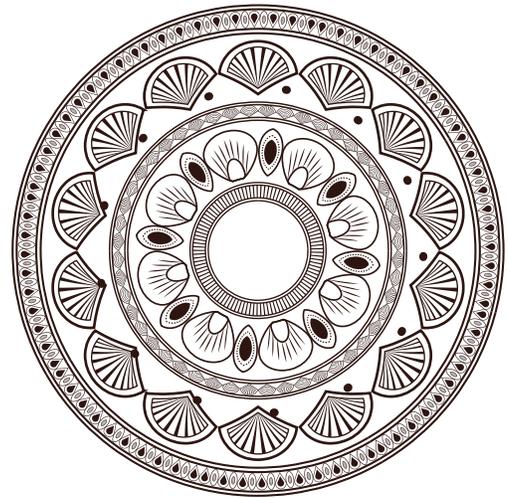
Make decisions and assert myself. Improve and use my skills. Know my rights. Be true to myself and others. Resolve to get the best out of life. Ask for what I want.



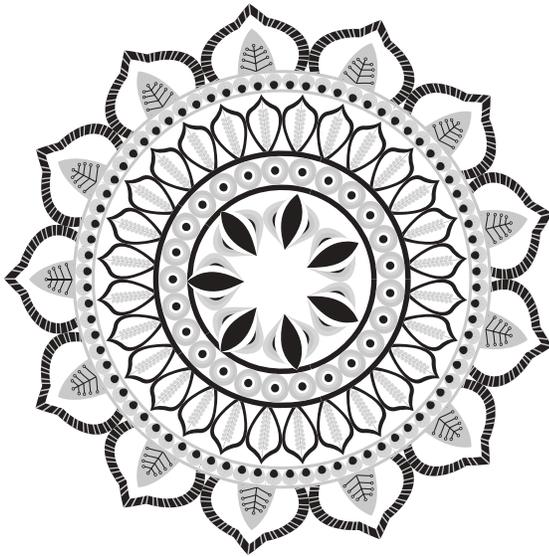
Maintain a good relationship with my family and friends. Take responsibility for my mistakes. Celebrate my close friendships. Express my love and affection for my family.



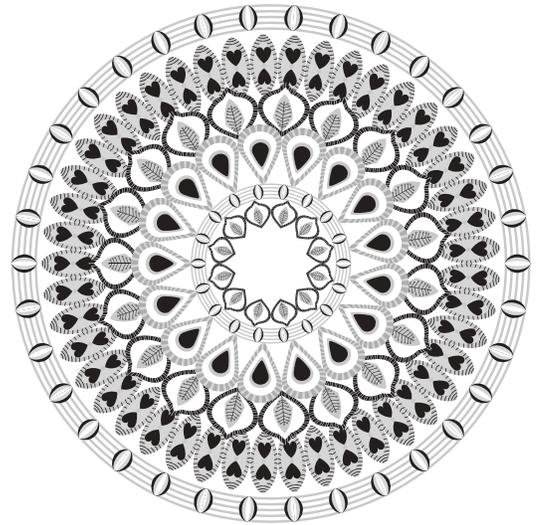
Take the risk to love and loved. Express my needs and help my partner express theirs. Accept emotional help and support. Foster open and equal discussion with my partner.



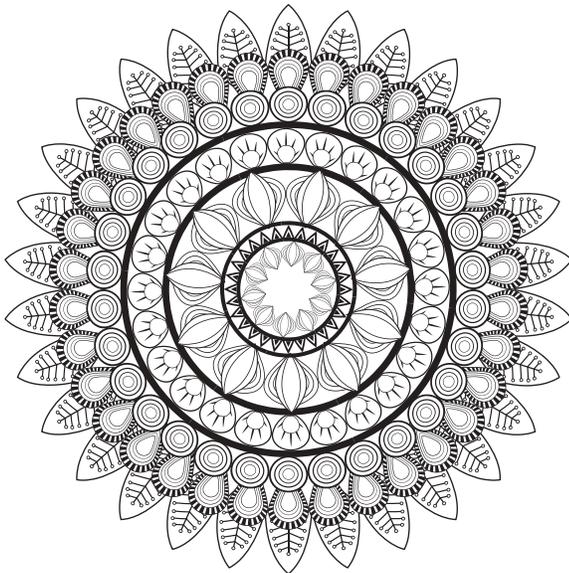
Contribute and take part in my community. Acknowledge my limits. Carve a place for myself. Exercise a positive influence. Appreciate those individuals in my group or community.



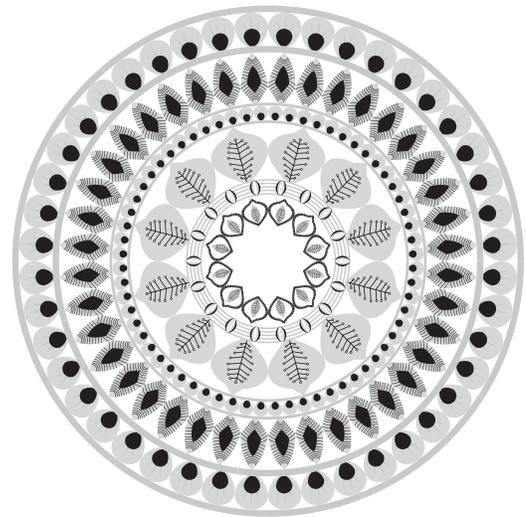
Be good to myself. Do my best, learn and adapt to change. Learn to love and care for myself. Nourish the person I am. Respect and value myself.



Discover my worth and cultivate healthy self-esteem. Recognize and accept my qualities. Recognize that I am a good person and deserve respect.



Make time for reflection and solitude. Create a pleasant place to retreat to that is comforting. Respect your need for time alone.



Have a dream or plan. Act on my beliefs. Identify what brings value to my life. Be good to myself. Take care of my spiritual health.