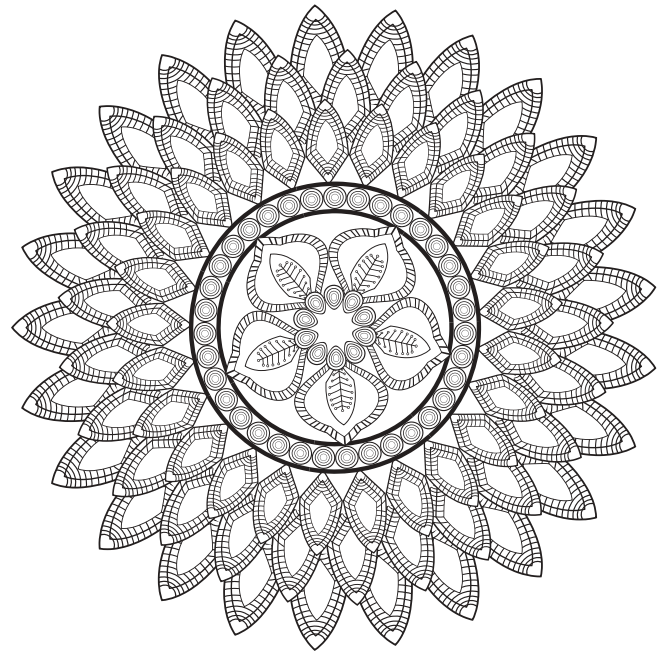
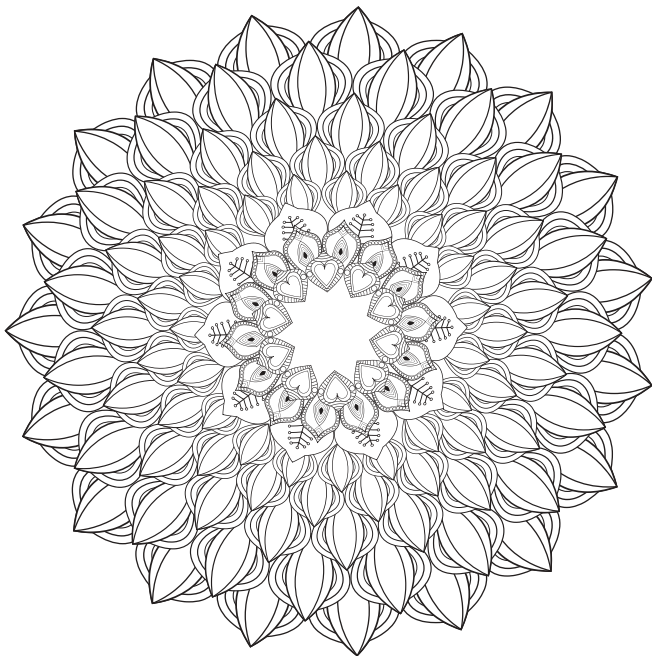


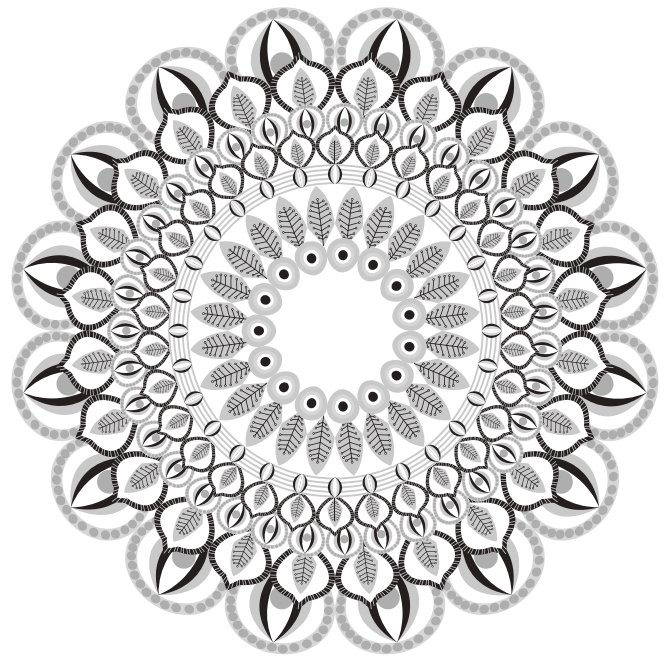
Be open to friendship. Approach people in stages and begin creating connections.



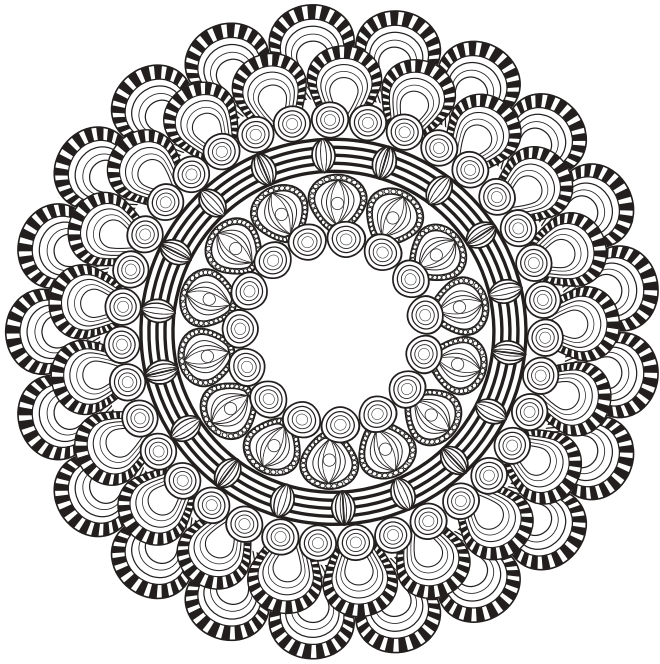
Adapt to change by taking risks and exploring new possibilities. See change as a positive that opens new doors.



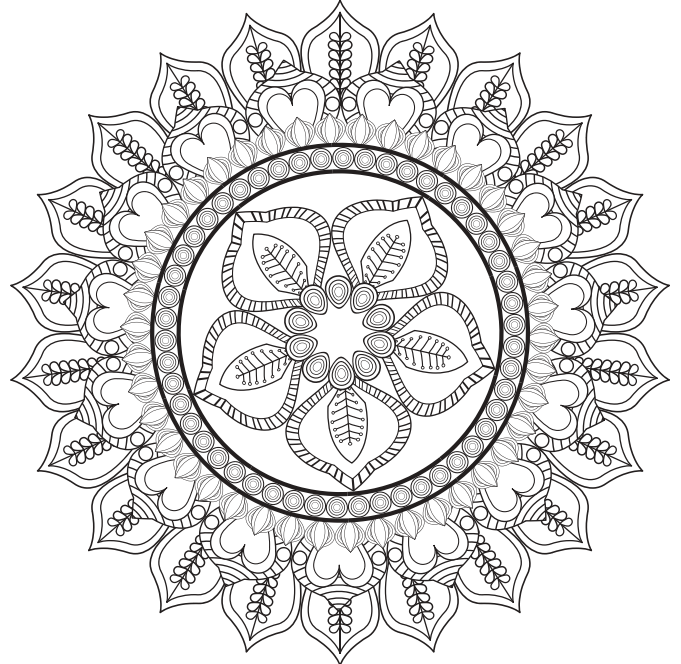
Learn to manage my stress by being physically active.



Listen to my emotions and treat them as messages. Express my feelings and listen to those of others.



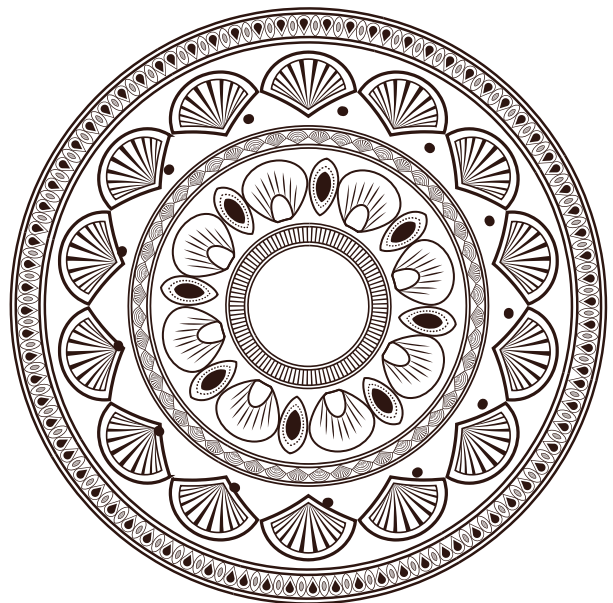
**Make decisions and assert myself.
Know my rights. Ask for what I want.**



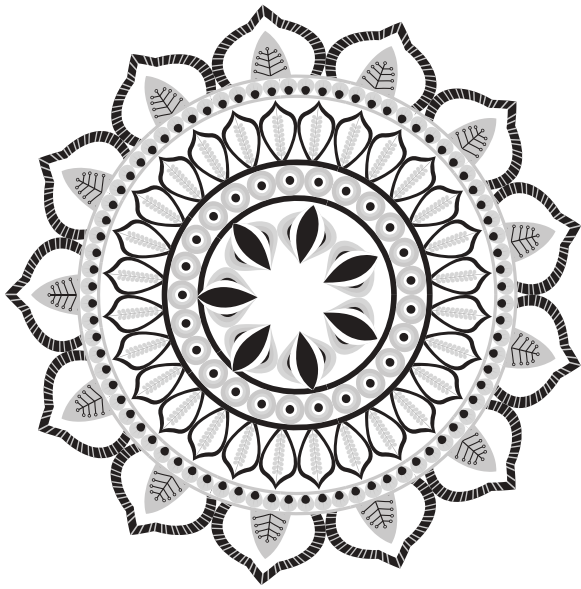
**Maintain a good relationship with my
family and friends. Express my love and
affection for my family.**



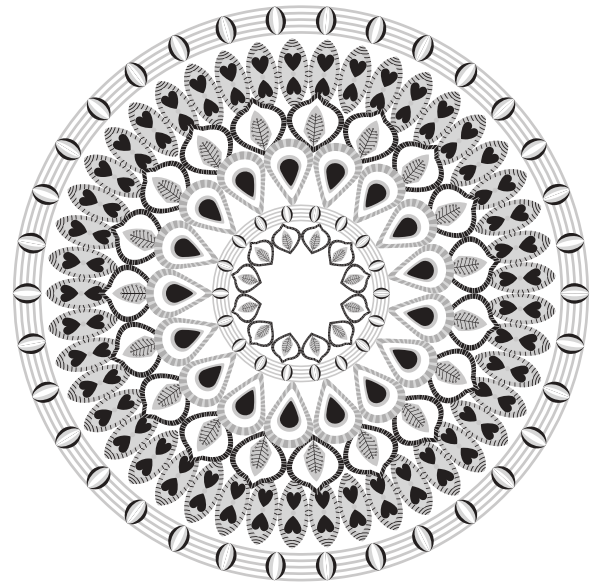
**Take the risk to love and be loved.
Express my needs and help my partner
express theirs. Foster open and equal
discussion with my partner.**



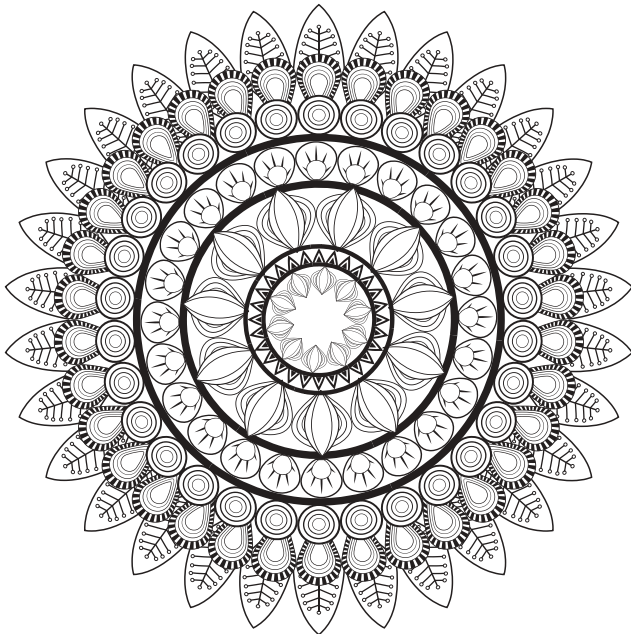
**Contribute and take part in my
community. Exercise a positive
influence.**



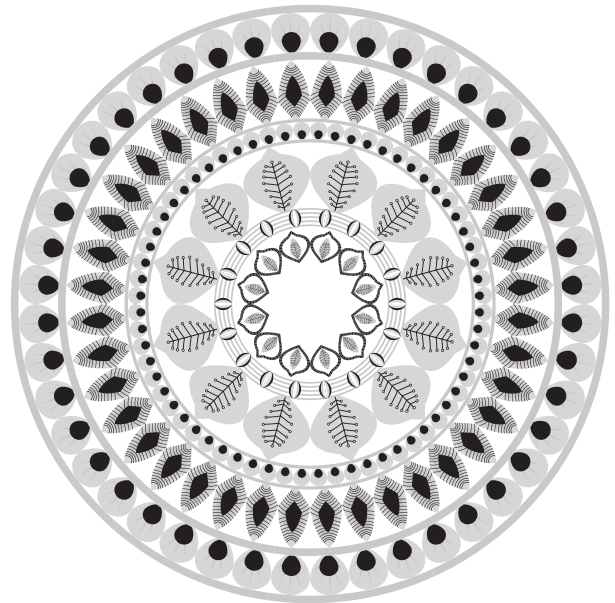
Be good to myself. Nourish the person I am. Respect and value myself.



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.



Have a dream or plan. Identify what brings value to my life.