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.