

**I am not responsible for my childhood
I can not tell the future
I cannot read minds
I am Loved and accepted as I am
I Love and accept others as they are
I am allowed to be human
I am allowed to show fear
I am allowed to let fear stop me
I am allowed to slow down and take care of me
I am allowed to enjoy the journey of life in process
I have nothing to lose
I embrace life's surprises
At my core: I am Loving, Gentle and Sensitive
I choose Peace and Serenity over confrontation
No perceived slight is worth risking my personal safety or happiness
I fully and completely Love and accept myself including:
My defects, My limitations and My strengths**

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