

**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**

**RAD I**