

DON'T LOOK TO OTHERS; LOOK TO YOURSELF



Accept sole responsibility for your choices rather than relinquishing that responsibility to others. Determine who you want to be; set the direction you wish to take; and focus your efforts on your goals. When you own your life, you choose to:

Accept yourself and your circumstances rather than feeling powerless and helpless, unable to affect the outcome.

Abide by your beliefs and values rather than allowing yourself to be bullied by peer pressure and persuaded to follow the pack.

Pursue your inner peace rather than seeking acceptance from others.

Face challenges with courage and conviction rather than surrendering your dreams to fear.

Openly acknowledge mistakes rather than finding a scapegoat.

Control your thoughts and emotions rather than allowing anger, fear, guilt, or envy to get the better of you.

Live every day to the fullest rather than becoming trapped by reliving disappointments of the past.

Accept ownership of your health and emotional well-being rather than submitting to self-defeating behavior.

Follow your conscience rather than selling your soul to the highest bidder.

Believe in yourself rather than measuring your self-worth based on what others think of you.