BELIEVE IN YOURSELF

7 Basic Principles

+ I am responsible for creating my own happiness in life.

+ I know and follow my values and principles on a daily basis.

+ I'm learning and improving with every new experience.

+ I am capable of overcoming obstacles in my life.

+ My attitude can permeate all external conditions.

+ I am willing to make short-term sacrifices for long-term gratification.

+ Others respect me, and see me as a source of insight and motivation.
If you give a part of yourself to life, 
the part you receive back will be so much greater.

Never regret the past, but learn by it.

Never lose sight of your dreams; 
a person who can dream will always have hope.

Believe in yourself; 
if you do, everyone else will.

You have the ability to accomplish anything, 
but never do it at someone else's expense.

If you can go through life loving others, 
you will have achieved the greatest success of all.
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