

# Healthy Relationship With Yourself

- \* Understand that you matter
- \* Know that you are worth protecting
- \* Forgive yourself for your mistakes
- \* Live your life with passion, vision, and confidence.
- \* Maintain your self-respect
- \* Decide your own priorities
- \* Set and keep boundaries
- \* Take extra good care of your health
- \* Approach life strategically
- \* Remember that you have inherent worth and value in God's eyes
- \* Share your gifts, skills, and talents with the world - we need you!