

Lesson 15. Additional Resources.

The person I am is just enough for me.

Life is wonderful when I stay true to who I am. It gives me a sense of identity to commit to my morals and beliefs. ***I am proud of the person I am now and the one I am growing into.***

My peers have various accolades and achievements under their belts. I am happy for them. I have only positive thoughts to share because I enjoy seeing others do well.

Even when pressures to fit into a particular group surround me, I stay sincere to myself. I am committed to my character and refuse to contradict my beliefs for popularity. I know that there are many positive things in store for me along my own path.

I avoid feeling frustrated or embarrassed by my financial limitations. I accept that each thing that is due to me has its time to present itself. I make financial commitments that I know that I can comfortably afford.

The opinions of onlookers regarding my choices have very little impact on me.

My beauty shines from the inside out and creates a glow. That is enough to keep me happy with the person I am. Each day is dedicated to refining my character.

Today, I wholeheartedly celebrate myself. I am my biggest advocate. What I have to offer the world is more than what money is able to buy. My commitment is to becoming the best possible version of myself that I can.

Self-Reflection Questions:

1. How much influence do friends and loved ones have on my behaviors?
2. What exercises can I participate in to build my self-confidence?
3. How do I go about selecting the company I keep?