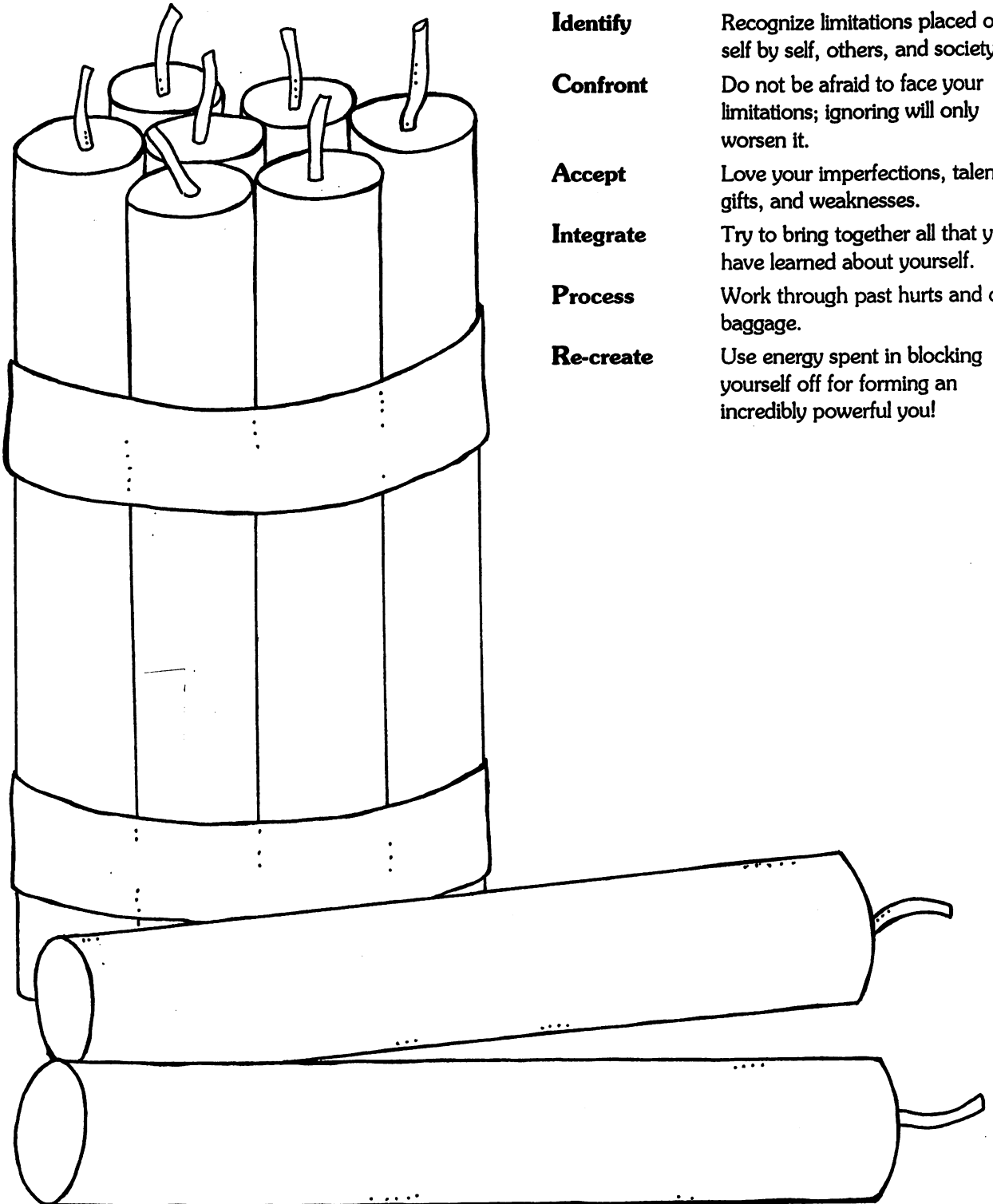


Dynamite for Breaking Down Barriers to Self-Esteem

**Identify**

Recognize limitations placed on self by self, others, and society.

Confront

Do not be afraid to face your limitations; ignoring will only worsen it.

Accept

Love your imperfections, talents, gifts, and weaknesses.

Integrate

Try to bring together all that you have learned about yourself.

Process

Work through past hurts and old baggage.

Re-create

Use energy spent in blocking yourself off for forming an incredibly powerful you!