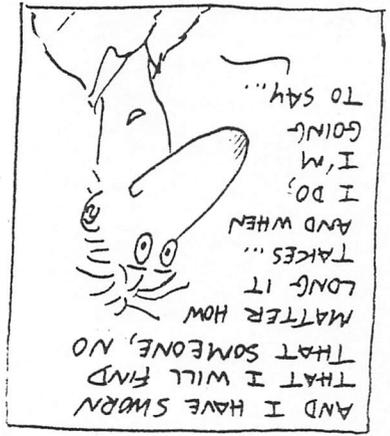


# NOSE

HOLLY K. LUTTRE © 81



## The Self-Esteem Creed

God made me—I was no accident.  
 I was in God's plan  
 And He doesn't make junk, ever.  
 I was born to be  
 A successful human being,  
 I am somebody special, unique,  
 Definitely one of a kind,  
 And I love me.  
 That is essential so that  
 I might love you, too.  
 I have talents, potentials, yes,  
 There is greatness in me, and  
 If I harness that specialness,  
 Then I will write my name  
 with my deeds. . . .  
 I was born in God's image  
 And likeness  
 And I will strive to do  
 God's will.

## Improving Your Self-Esteem

The eight ways to improve your self-esteem are:

1. It's important to like yourself.
2. Communicate your feelings with respect.
3. Accept yourself as you are.
4. Enjoy people's difference.
5. Caterpillars become butterflies - you can improve yourself.
6. Accept all sides of people.
7. Set goals for yourself.
8. Become an expert at something - master your universe.

God  
 Doesn't  
 Make  
 Junk