

V. WRAP-UP Talk about the fact that as soon as you are born one of the first things that is done to you is that your footprints are taken because each person in the world has their own unique prints just as that list are your unique combination of characteristics.

Then read the following or any reading you may feel seems appropriate:

I am me.

I was uniquely created by God.

There's not another human being in the whole world like me

I have my very own fingerprints and I have my very own thoughts.

I was not stamped out of a mold like a Coca-Cola top to be the duplicate of another.

I own all of me--my body, and I can do with it what I choose: my mind, and all of its thoughts and ideas: my feelings, whether joyful or painful.

I own my ideals, dreams, my hopes, my fantasies, my fears.

I reserve the right to think and feel differently from others and will grant to others their right to thoughts and feelings not identical with my own.

I own all my triumphs and successes. I own also all my failures and mistakes.

I am the cause of what I do and am responsible for my own behavior.

I will permit myself to be imperfect. When I make mistakes or fail, I will know that I am not the failure--I am still O.K. and I will discard some parts of me that were unfitting and will try new ways.

I will laugh freely and loudly at myself--a healthy self-affirmation.

I will have fun living inside my skin.

*I will remember that the door to everybody's life needs this sign: **HONOR THYSELF***

I have value and worth.

I am me, and I am O.K.

(follow-up Wrap Up if necessary:) It is important to begin the process of identifying your self concept and that it is yours alone. You have the ability to enhance it, change it, expand it, surprise it.