

## **I will believe the truth about myself**

**I will believe the truth about myself no matter how beautiful it is:**

**I believe in my power to transform indifference into love.**

**I believe I have an amazing gift to keep hope alive in the face of despair.**

**I believe I have the remarkable skill of deleting bitterness from my life.**

**I believe in my budding potential to live with a nonviolent heart.**

**I believe in my passion to speak the truth even when it isn't popular.**

**I believe I have the strength of will to be peace in a world of violence.**

**I believe in my miraculous capacity for unconditional love.**

**I will believe the truth about myself no matter how beautiful it is.**