

Prescription for Value Formation

1. Believe in yourself.

You were born good and are loved by God. If God believes in you, why can't you accept and believe in yourself?

2. Recognize your innate goodness.

God created a beautiful you. You were born into the world with innate goodness and worth. Do not turn your back on God, who fills you with unconditional love and self-empowerment.

3. Look lovingly at your limitations.

Focus on what you can do and accomplish. Do not trap yourself in a bottomless pit of "I can't." Love yourself unconditionally as God does.

4. Let go of the past and take control of the present.

You cannot change what has been done in the past. Stop hurting and limiting yourself over things which can be transformed into strengths. Recognize the present and try not to repeat mistakes you have made.

5. Seize the moment.

Today is the day you can make the difference. Live life one day at a time and take in all of its beauty and worth. Set yourself free by living for yourself, not culture, peers, or society.

6. Transform and empower.

Take the special gift of love of self and turn it into a power you have never experienced before. Fill others with your genuine and simple love of self. Lead others to inner freedom and they will be empowered as never before.