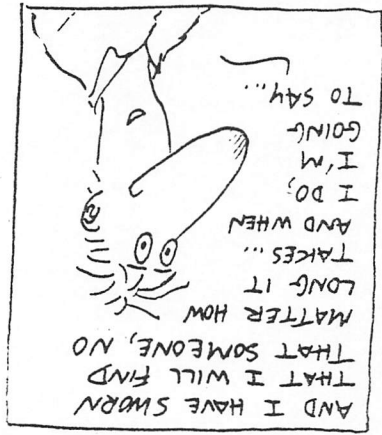
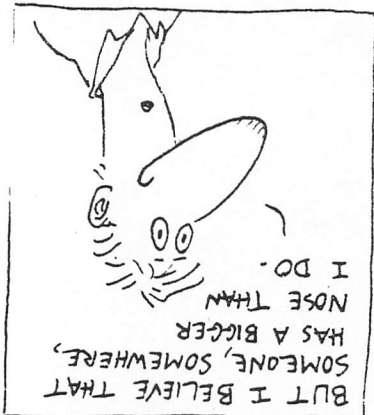


NOSE

HOLLY K. TUTTLE © 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