



Breaking The Chain

In order to break the chain, I will;

1. Endeavour to LOVE MYSELF
2. To FACE my fear
3. To treat others with respect
4. Never to judge their faults
5. To accept my faults
6. To accept compliments, when given by others
7. To regain my self-esteem
8. To have pride in what I have achieved
9. To encourage others to believe in themselves

For if I can break this chain that holds me back,
I then know I have WON . . .

THIS IS MY GOAL

MJ

