



# Sue's MuseLetter

January 2012

Dear Friends,

Faced with a brand spanking new year, we often think about ways to improve our attitudes, actions, and relationships. As we know, any change begins inside our own minds and hearts. Increased compassion, kindness, and respect for others, and our world, also begins within; in the beliefs we hold about, and the way we treat, ourselves.

Twenty years ago I created a poster that encouraged self-love, respect, and gentle kindness toward ourselves. It was entitled *The Courage To Be Myself* and was adapted from my first book *The Courage To Be Yourself*. Although the poster has been out of print for many years, last month I received two queries from readers about where to find it. One woman saw it hanging in the chemo room at a cancer center and the other saw it in a doctor's office. Unfortunately, my only copy was lost in a move six years ago. The last time I caught a glimpse of the poster it was hanging on Daphne's bedroom wall in a rerun of the sitcom *Frasier*. In honor of times past, Gene and I thought it would be fun to print the text of the original poster in this first MuseLetter of 2012.

I hope you enjoy it.

\*\*\*\*\*

## *The Courage to Be Myself*

*I have the courage to...*

*Embrace my strengths ~ Get excited about life ~ Enjoy giving and receiving love ~ Face and transform my fears ~ Ask for help and support when I need it ~ Spring free of the Superwoman trap ~ Trust myself ~ Make my own decisions and choices ~ Befriend myself ~ Complete unfinished business ~ Realize that I have emotional and practical rights ~ Talk as nicely to myself as I do to my plants and pets ~ Communicate lovingly with understanding as my goal ~ Honor my own needs ~ Give myself credit for my accomplishments ~ Love the little girl within me ~ Overcome my addiction to approval ~ Grant myself permission to play ~ Quit being a responsibility sponge ~ Feel all of my feelings and act on them appropriately ~ Nurture others because I want to, not because I have to ~ Choose what is right for me ~ Insist on being paid fairly for what I do ~ Set limits and boundaries and stick by them ~ Say 'yes' only when I really mean it ~ Have realistic expectations ~ Take risks and accept change ~ Grow through challenges ~ Be totally honest with myself ~ Transform erroneous beliefs and assumptions ~ Respect my vulnerabilities ~ Heal old and current wounds ~ Savor the mystery of Spirit ~ Wave goodbye to guilt ~ Plant "flower" not "weed" thoughts in my mind ~ Treat myself with respect and teach others to do the same ~ Fill my own cup first, then nourish others from the overflow ~ Own my own excellence ~ Plan for the future but live in the present ~ Value my intuition and wisdom ~ Know I am lovable ~ Celebrate the differences between men and women ~ Develop healthy, supportive relationships ~ Make forgiveness a priority ~ Accept myself as I am now.*

\*\*\*\*\*

I hope your new year is filled with all your heart needs and desires!

*God meets us by the Gates of Gratitude.*

Love and blessings,



A handwritten signature in black ink that reads "Sue". The signature is fluid and cursive.