

Who I Am

Who I Am	is not	What I Do.
Who I Am	is not	How I think, Feel, Decide, Act, Produce, Perform, Achieve.
Who I Am	is not	Another's Appraisal Opinion, Approval of Me.
Who I Am	is not	What Happened.
Who I Am	is not	How I Look.
Who I Am	is not	What I Have.

Resource: Rosa Mazone - 'Invitation to Self-Esteem' class



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