



Just Look at  
Yourself

*I can learn  
from any  
experience,  
good or bad.*

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Just Look at  
Yourself

*Today I won't  
put down  
anyone—  
including me!*

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Just Look at  
Yourself

*I honor  
myself  
when I  
make smart  
decisions.*

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Just Look at  
Yourself

*I am not  
afraid  
to ask  
questions.*

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Just Look at  
Yourself

*I will not  
be defined  
by society.  
I will be  
myself!*

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Just Look at  
Yourself

*I have  
the right  
to say,  
"No!"*

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