

# Building My Best Life

I will...

- ~ Overcome Self-Doubt
- ~ Reject Judgement
- ~ Conquer Fear
- ~ Grow Beyond Attachment to Material Possessions
- ~ Treat Everyone with Kindness
- ~ understand That I Am Valuable Simply By Being ME
- ~ Never Count On Others To Provide My Sense Of Self-worth
- ~ Realize That It's Okay To Not Follow The Crowd As Long As I Cause No Harm
- ~ Always Learn New Things
- ~ Think For Myself
- ~ Ask The Hard Questions, And Allow Myself To Find The Answers
- ~ Remember That The Things I've Always Known May Not Always Be True
- ~ Keep An Open Mind
- ~ Do The Scary Things
- ~ Educate Myself... And Take Action

"Building a Life - A Manifesto"  
Julie Hage - [fillingthejars.com](http://fillingthejars.com)