

My Declaration of Self Esteem

I AM ME

IN ALL THE WORLD, THERE IS NO ONE ELSE EXACTLY LIKE ME
EVERYTHING THAT COMES OUT OF ME IS AUTHENTICALLY MINE
BECAUSE I ALONE CHOSE IT — I OWN EVERYTHING ABOUT ME MY
BODY, MY FEELINGS, MY MOUTH, MY VOICE, ALL MY ACTIONS,
WHETHER THEY BE TO MYSELF OR TO OTHERS -
I OWN MY FANTASIES, MY DREAMS, MY HOPES, MY FEARS —
I OWN ALL MY TRIUMPHS, SUCCESSES, ALL MY FAILURES AND
MISTAKES. BECAUSE I OWN ALL OF ME, I CAN BECOME
INTIMATELY ACQUAINTED WITH ME — BY SO DOING I CAN LOVE
ME AND BE FRIENDLY WITH ME IN ALL MY PARTS — I KNOW
THERE ARE ASPECTS ABOUT MYSELF THAT PUZZLE ME, AND
OTHER ASPECTS I DO NOT KNOW — BUT AS LONG AS I AM
FRIENDLY AND LOVING TO MYSELF, I CAN COURAGEOUSLY AND
HOPEFULLY LOOK FOR SOLUTIONS TO THE PUZZLES AND FOR
WAYS TO FIND OUT MORE ABOUT ME — TO SORT AND PUT
MYSELF TOGETHER.

HOWEVER I LOOK AND SOUND, WHATEVER I SAY AND DO,
AND WHATEVER I THINK AND FEEL AT A GIVEN MOMENT IN TIME
IS AUTHENTICALLY ME — IF LATER SOME PARTS OF HOW I
LOOKED, SOUNDED, THOUGHT AND FELT TURN OUT TO BE
UNFITTING, I CAN DISCARD THAT WHICH IS UNFITTING, KEEP THE
REST, AND CREATE SOMETHING NEW FOR THAT WHICH I
DISCARDED —

I CAN SEE, HEAR, FEEL, THINK, SAY, AND DO.
I HAVE THE TOOLS TO SURVIVE, TO BE CLOSE TO OTHERS, TO BE
PRODUCTIVE, AND TO MAKE SENSE AND ORDER OUT OF THE
WORLD OF PEOPLE AND THINGS AND ENERGIES AROUND ME —
I OWN ME, AND THEREFORE I CAN ENGINEER ME — I AM ME

I AM OKAY

Adapted from Virginia Satir