

ABOUT ME

"I like myself. I'm glad I'm me. There's no one else I'd rather be."
I Like Myself
By Karen Beaumont

Before we begin, is that statement true for you? Is it true that there is no one else you'd rather be? Let's think about that important question before we go any further because liking yourself is the first step to Essential Leadership.

1. Is there anyone else you would rather be? If so, whom?

2. If you answered no to Question 1 skip this question. If you answered yes, why would you rather be someone else?

3. What do you like most about yourself?

4. What 3 changes would make you happier?

5. What is one thing you can do today to take a step toward making one of those changes happen?

6. How can you do share what you like most about yourself to make a difference in the world?

