GO FOR IT!

You have the right to be you, the way you are, the way you want to be.

You have the right to grow, to change, to become, to reach for any goal.

You have the right to self-respect, to do what is needed to increase your self-esteem as long as you do not hurt another in doing so.

You have the right to be happy, to do that which is meaningful and rewarding to you and gives you a sense of completeness.

You have the right to win, to succeed, to make plans, to see those plans fulfilled and to become the best that you can possibly be.