

I Am Me

My Declaration of Self-Esteem and Self Acceptance

In all the world there is not one exactly like me. Everything that comes out of me is authentically mine because I choose it...I own everything about me, my body, my feelings, my mouth, my voice, all my actions whether they be to others or to myself...I own my fantasies, my dreams, my hopes, my fears...I own all of my triumphs and successes, all of my failures and mistakes...because I own all of me. I 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...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 turned out to be unfitting, I can discard that which is unfitting and keep the rest and invest something new for that which is I discard...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 outside of me...I own me and therefore I can engineer me...I am me and I AM OKAY.

by Virginia Satir