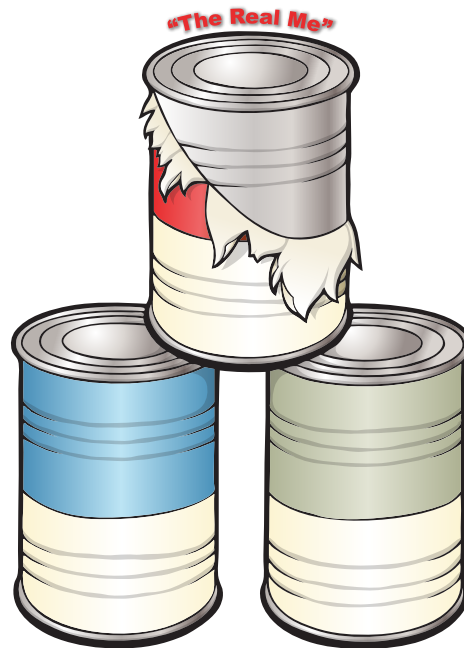


Tearing Off Your Label



How can I show others "The Real Me"?

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Tearing Off Your Label

Human beings can't help labeling things. No matter who you are, or what you do, you will get labeled. Sometimes these labels are negative and they can hold you back. If you are stuck with a negative label, you need to tear the old label off and get a new one. You can choose your new label with your behavior. If you just imagine the label on the ideal you, and then act as if that label belongs to you, it will stick.

Introductory Activity