

ATTITUDES FOR SUCCESS

ATTITUDE	LOVING MESSAGES TO MYSELF
<p>Optimism – What loving messages can I give to myself that help me stay optimistic about my recovery?</p>	
<p>Let Go of Perfectionism – What can I say to myself to let go of perfectionism about the tools and techniques?</p>	
<p>Being Flexible – When have I been flexible in life before?</p>	
<p>Floating Through Dips – What loving messages can I say to myself when I'm going through a dip, that help me stay positive and focused on my recovery?</p>	
<p>Letting Go of Your Doubts & Just Trusting – What helps me let go of my doubts and trust in the Program?</p>	
<p>Commitment – What can I say to myself to make a commitment to a minimum of 6 months of the Gupta Program? What will help me maintain that commitment?</p>	
<p>Self-Love – Am I often hard on myself? How can I talk to myself differently that is more loving and kinder to myself?</p>	