

I thought you might enjoy reading the poem that formed the basis for Sue's book, [\*The Courage to Be Yourself: A Woman's Guide to Emotional Strength and Self-Esteem\*](#). I hope you like it as much I do. You might even want to print it off and tape it to your refrigerator!

***"The Courage to Be Myself"***  
*by Sue Patton Thoele*

I have the courage to . . .  
Embrace my strengths—  
Get excited about life—Enjoy giving  
and receiving love —Face and transform  
my fears— Ask for help and support  
when I need it—  
Spring free of the Superwoman Trap—  
Trust myself— Make my own decisions  
and choices— Befriend myself—Complete  
unfinished business—Realize that I have  
emotional and practical rights—  
Talk as nicely to myself  
as I do to my plants— Communicate  
lovingly with understanding as my goal—  
Honor my own needs—  
Give myself credit for my accomplishments—  
Love the little girl within me—  
Overcome my addiction to approval—  
Grant myself permission to play—  
Quit being a Responsibility Sponge—  
Feel all of my feelings and act on them  
appropriately—Nurture others because  
I want to, not because I have to—  
Choose what is right for me—Insist on being  
paid fairly for what I do—  
Set limits and boundaries and stick by them—  
Say "yes" only when I really mean it—  
Have realistic expectations—Take risks and  
accept change—Grow through challenges—  
Be totally honest with myself—  
Correct erroneous beliefs and assumptions—  
Respect my vulnerabilities—  
Heal old and current wounds—  
Favor the mystery of Spirit—  
Wave goodbye to guilt—plant "flower"  
not "weed" thoughts in my mind—

Treat myself with respect and teach others  
to do the same—  
Fill my own cup first, then nourish  
others from the overflow—  
Own my own excellence— Plan for the future  
but live in the present— Value my  
intuition and wisdom— Know that I am  
lovable— Celebrate the differences between  
men and women— Develop healthy, supportive  
relationships— Make forgiveness a priority—  
Accept myself as I am now--

\*\*An interesting bit of trivia about this poem. It was originally published as a poster. Sue told me that it had its own brief claim to fame when Daphne, a main character on the television sitcom *Frasier*, had it hanging in her bedroom. LOL.