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—
Grand 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.