

GO YOUR OWN WAY

Game changing Acceptance

Acceptance ♥

means that *you...*



KNOW YOURSELF

Understand who you are and the values you choose to live by.



EXPECT IMPERFECT PEOPLE

Recognise that relationships and social dynamics are complex.



REMEMBER YOUR INFLUENCE

Stay aware that you are never powerless in how you respond.



CHOOSE UNDERSTANDING

Accept that everyone is doing the best they can with what they know and have.



ACCEPT YOU

Be comfortable being yourself and don't be afraid to let others see it.