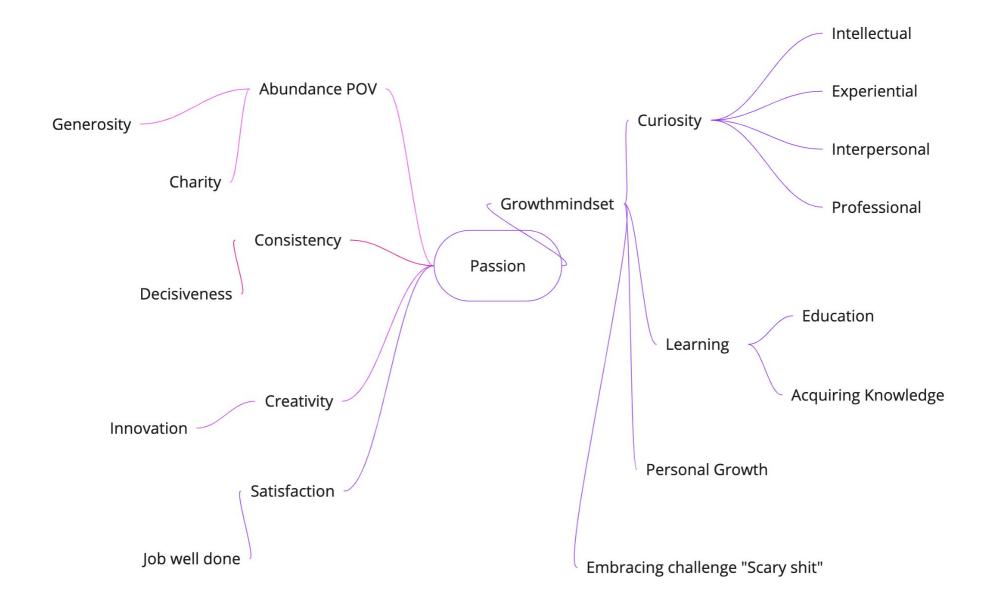
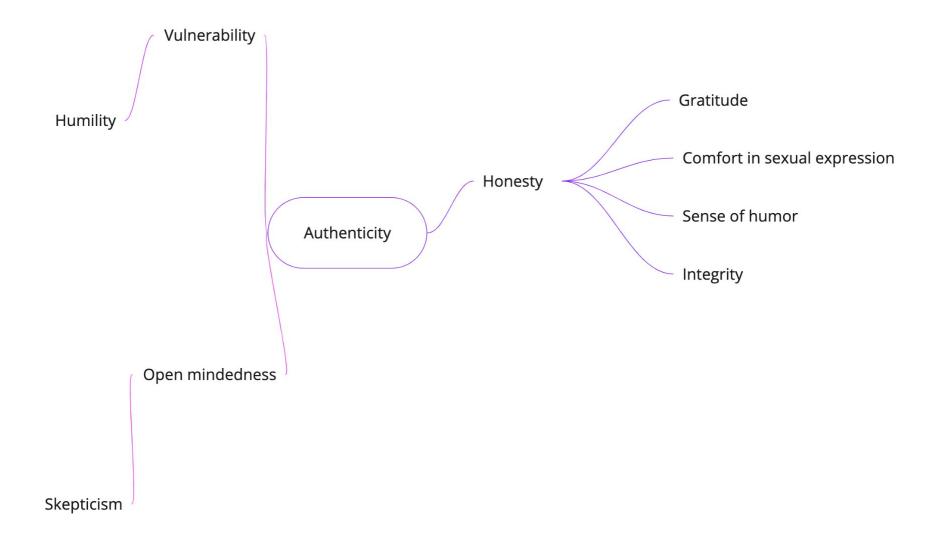
Interesting Internal Values:

Respect, Authenticity, and Passion (PAR)





Internal Values: "PAR" Personal responsibility Self Respect Standing up for others Independence Standing up for oneself Respecting others Respect Grace for others Understanding self talk Self Grace Listening to others Compassion Interdependence Caring for others Exercise Sleep Saying "No" to others Self Care Diet/eating habits Grooming Self perception

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