

## Believe in Yourself: Embracing Self-Acceptance

If you answer NO to 1 or more of these questions, then <a href="#">The Training AdvantEdge</a> highly recommends this course.		YES	NO
1.	Do you like and accept the person you are?		
2.	Do you set goals to help you get what you want in life?		
3.	Do you give yourself positive messages and self-talk?		
4.	Do you choose to be assertive more often than you choose to be passive or aggressive?		
5.	Do you say "No" to requests and activities when it is appropriate to do so?		