

Certificate of Understanding

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Commitment must be made to myself first.

I am very important.

I am what I believe I am and I can choose what I believe.

To try is to fail, to do is to succeed.

The only stress level I am responsible for is my own.

I cannot take for granted that my perception is always the same as that of another.

If I make a decision above a "5", I'm setting myself up for disappointment and failure.

For positive growth, there is no room to give or to receive guilt.

I must not ignore my body's messages.

I must consciously get involved with my subconscious.

*Thanks for taking a
Stress Break with me.
Murray*



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