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1. It's OK to be human, imperfect and make mistakes.
 2. I shall question the validity of limiting beliefs. If invalid, I vow to discard.
 3. I am not fearless. But I vow to fear less.
 4. Doing nothing is risk-free. Doing something is freeing,
 5. I have something to say - and some people might like to read what I have to say.
 6. I vow to overcome failures rather than let my failures overcome me.
 7. See the humour, and stop taking yourself so seriously!
 8. Show the same tolerance and forgiveness towards yourself as you show to others.
 9. Don't wait until you have the perfect sentence.
 10. Remember to breathe!
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