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“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

— Marianne Williamson, A Return to Love: Reflections on the Principles of "A Course in Miracles"

### YOU SEE IT – YOU BE IT

#### Own Your Gifts and Increase Your Self Esteem

1. Spend one minute thinking of a person or situation you admire or feel inspired by.
2. Describe the situation or the person. What is happening? What is it about the person or the situation that inspires or uplifts you?
3. Pick one of the qualities you named and show how today you are willing to take 100% responsibility for this positive quality within you.
4. What are your thoughts about how you feel? Are you willing to move into a loving place of acceptance in your heart and see how the qualities you identified actually reside within you?

A psychological projection is an ego strategy in which one attributes qualities (both positive and negative) to someone or something outside ourselves because they are in denial or unwilling to take ownership of that quality within themselves. Projections are rooted in our subconscious, which is why we often don't identify them as projections.

Consciousness  Rising

**Donna Bond Professional Coaching & Consulting**

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Honest	Broad-Minded	Efficient	Neat	Diligent
Understanding	Gentle	Good-Tempered	Punctual	Realist
Loyal	Well-Spoken	Grateful	Logical	Eager
Truthful	Educated	Conscientious	Prompt	Poised
Trustworthy	Reasonable	Resourceful	Accurate	Competent
Intelligent	Respectful	Alert	Sensible	Realistic
Dependable	Likable	Sincere	Creative	Amiable
Open-Minded	Trusting	Witty	Self-Reliant	Optimistic
Thoughtful	Clever	Clear-Headed	Tolerant	Vigorous
Wise	Pleasant	Kindly	Amusing	Entertaining
Considerate	Courteous	Admirable	Clean-Cut	Adventurous
Good-Natured	Quick-Witted	Patient	Generous	Vivacious
Reliable	Tactful	Talented	Sympathetic	Composed
Mature	Helpful	Perceptive	Energetic	Relaxed
Warm	Appreciative	Spirited	High-Spirited	Romantic
Earnest	Imaginative	Sportsmanlike	Self-Controlled	Proficient
Kind	Outstanding	Well-Mannered	Tender	Rational
Friendly	Self-Disciplined	Cooperative	Active	Skillful
Kind-Hearted	Brilliant	Ethical	Independent	Enterprising
Happy	Enthusiastic	Intellectual	Respectable	Gracious
Clean	Level-Headed	Versatile	Inventive	Positive
Interesting	Polite	Capable	Wholesome	Nice
Generous	Original	Courageous	Congenial	Agreeable
Good-Humored	Smart	Constructive	Cordial	Skilled
Honorable	Forgiving	Productive	Experienced	Curious
Humorous	Progressive	Decisive	Attentive	Modern
Responsible	Well-Read	Individualistic	Cultured	Charming
Cheerful	Ambitious	Observant	Frank	Sociable
Trustful	Bright	Ingenious	Purposeful	Modest
Humble	Confident	Cool-Headed	Lively	Moral
Tidy	Artistic	Studious	Warm-Hearted	Self-Assured
Popular	Precise	Adventuresome	Fashionable	Untiring
Upright	Scientific	Discreet	Religious	Hopeful
Literary	Orderly	Informal	Soft-Hearted	Calm
Practical	Social	Thorough	Dignified	Strong-Minded
Light-Hearted	Direct	Exuberant	Philosophical	Persuasive
Well-Bred	Careful	Inquisitive	Idealistic	Obedient
Refined	Candid	Easygoing	Soft-Spoken	Quick
Self-Confident	Comical	Outgoing	Disciplined	Sophisticated
Consistent	Convincing	Self-Sufficient	Serious	Thrifty

