



How's Your Relationship With Yourself?

By Robert Burns, Motivational Speaker, NLP Trainer

May I ask: how well do you get along with the most important person in your life? That person is you.

I have heard so many people *talking* to themselves, and, when I do, I often say that the reason is they like talking to intelligent people. In addition, they enjoy *listening* to intelligent people.

What do you seriously think of yourself? Whether you feel positively or negatively, the real question is: What are you going to do about it? Imagine how different your life would be if you just took the time to sit down and realize how powerful you truly are in terms of the inner emotional strength that we all possess.

I suggest that the next time you look in the mirror, you give yourself a thumbs up and a wink and tell yourself to have a great day. You will be amazed how great you feel after 4 or 5 days of doing that. Bless all of you.



Robert Burns

MOTIVATIONAL SPEAKER
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