

The Rule for Change:

Don't try to change what can't be changed!

So what can be changed???

We can change lots of things. Most parts of our personalities can be changed, and we can definitely change the way we behave. We can change our habits too if we have enough will power and are determined to keep on practicing.

Once we change some of the ways we behave and some of our attitudes we actually start to feel much better about ourselves and about everyone else around us.



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