



GIVING UP GRUDGES
IN ORDER TO GET THE BEST OUT OF ANY SITUATION
YOU MUST LEARN TO LET GO OF YOUR GRUDGES
AND FORGIVE THE PEOPLE WHO HAVE HURT YOU

TRASH THE OLD CD AND BUY A NEW ONE
If you have a CD that is old and worn out
and you don't listen to it anymore
then it is time to trash it and buy a new one
because you deserve the best!

CONTRACT for CHANGE

GIVING YOURSELF THE POWER
If you are a person who is always
feeling like you are not in control
of your own life then it is time
to give yourself the power
and take control of your own destiny

WASTE NO MORE TIME
If you are a person who is always
wasting your time on things that
do not matter then it is time
to stop wasting your time
and start focusing on the things
that are important to you

HAVE THE POWER to DELETE
If you are a person who is always
feeling like you are not in control
of your own life then it is time
to give yourself the power
and take control of your own destiny

Making Anger Work for You
If you are a person who is always
feeling angry then it is time
to learn how to use your anger
in a positive way and make it
work for you

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I CAN'T CHANGE
I can't change
I can't change
I can't change