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### SIX RULES FOR BEING GENUINE

1. Don't be afraid to be different. Obey your internal impulses.
2. Don't be afraid of the "perfect people" who seem to have it all together.  
There's no such thing as perfect people; there aren't any!
3. Allow yourself to be more spontaneous. Most people go backwards through life!
4. Rely a little more on yourself. Allow yourself to feel good with and by yourself.
5. Squelch your self-critical thoughts. Get rid of labels you put on yourself.
6. Let go of your mantle of dignity. Let yourself "be!" Have some love, enthusiasm and even some indignation, and allow your feelings to express themselves.

From: The Magical Power of  
Self-Image Psychology

By: Maxwell Maltz

Read by Ken Haystead  
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