



Top Ten Ways to Quit Hiding from Life Just Because You're Fat

1. Deservedness happens because you are alive, not because of how your body looks. You deserve to have all you want to enjoy. Don't let your doubtful Self keep you from your own enjoyment.
2. Groom yourself in a modern style and dress to match. If you don't think your talents lie there, get the help of a good friend who does have them. You deserve to look as good as you possibly can.
3. Walk tall. Hold your shoulders back and look people in the eye. The I of You is exactly the same as the I of Them. It's too damn bad they don't know it, but **You Do**.
4. Show off your talents. If you're an organizer, organize where it can be applauded. If you're a trainer, train where you can be seen. Don't hold yourself back publicly due to the size of your body.
5. Require respect. Get out of your house and enter into the fullness of your being. Expect to be treated as well as any other gets treated. Don't hold yourself back. Your goodness is identical to their goodness. Focus on that and not on your body.
6. Make a list of the things you're afraid to do because you're obese. Promise yourself that you'll do them one at a time until the whole list is completed. Your inner sense of conviction will get stronger with each one you get done.
7. If you are accepting jobs that are beneath your talents and your abilities, get coaching or counseling to help you get past that. It's not about your size: it's about the way you feel about yourself – it's about the way you see your Self.
8. In your relationships with men, don't permit demeaning behavior. You deserve to be treated well and nothing less than this will do.
9. If you have one dream that is banging at you from the inside, sit down quietly and let it come out. Put it into words or pictures. Figure out what you'd need to do to make that dream a reality. Begin to take the first small steps. You only need to see one next step. Take it. The next one step can then show itself to you. Your dream is not too big for you.
10. Give up whining about being fat! Get on with your life while fat!