

You can't be all things to all people
You can't do all things at once
You can't do all things equally well
You can't do all things better than everyone else
Your humanity is showing just like everyone else's

So:

You have to find out who you are, and be that
You have to decide what comes first, and do that
You have to discover your strengths, and use them
You have to learn not to compete with others
Because no one else is in the contest of *being you*

Then:

You will have learned to accept your own uniqueness
You will have learned to set priorities and make decisions
You will have learned to live with your limitations
You will have learned to give yourself the respect that is due
And you'll be a most vital human

Dare to Believe:

That you are a wonderful, unique person
That you are a once-in-all-history event
That it's more than a right, it's your duty, to be who you are
That life is not a problem to solve, but a gift to cherish
And you'll be able to stay one up on what used to get you down.
-author unknown