



Girls for the Cure
Un pas vers la guérison

A Girl's Proclamation by Tina Charamis

I did not make myself, but I can make choices that will shape who I become.

I will respect my body. I will take care of it, give it proper nutrition and exercise. I will perfect its abilities and accept its limitations.

I will measure myself by my own standards.

I will learn. I choose to be smart. I choose to expand my knowledge.

I will learn from and rise above my mistakes.

I will learn from the mistakes of others. I will respect the advice offered by those who are older and wiser than me. Their experiences and the lessons they've learned will be invaluable.

I will see each challenge as an opportunity to test myself and to strengthen my abilities.

I will focus on celebrating my successes and achievements, and not dwell on my errors or failures.

I will be assertive and confident instead of being aggressive and full of self-doubt.

I accept that there are things beyond my control.

I will count my blessings, not my sorrows.

I will treat others with kindness and compassion.

I will surround myself with people who share my values and ethics.

I accept that my body will age and deteriorate as I get older, but my soul will grow stronger and become more beautiful if I follow my own words.

The colour pink

Tina Charamis, Special to The Gazette

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