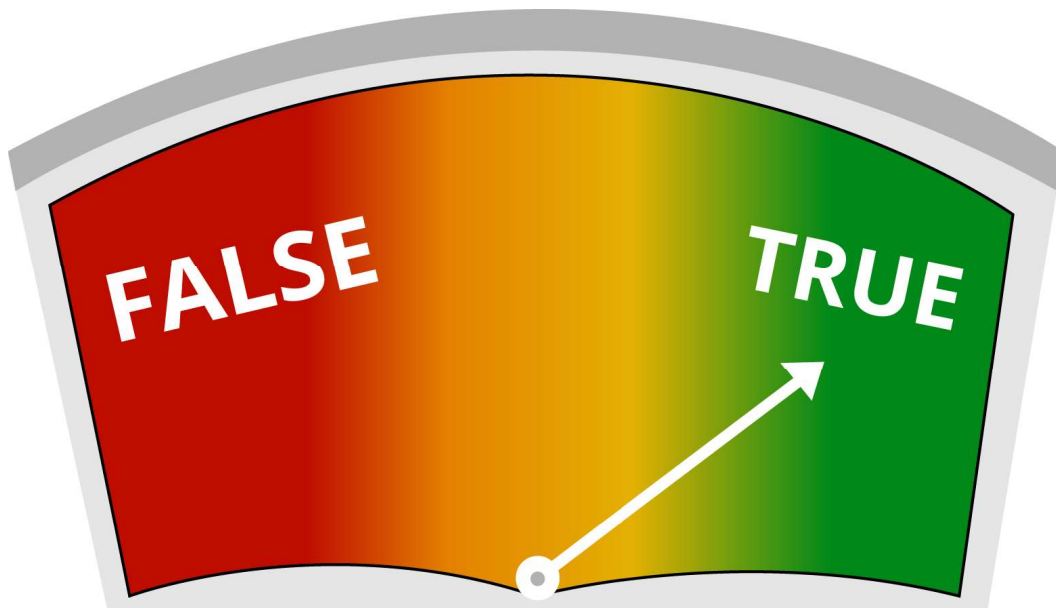


True



- New Year is often about making resolutions, trying to become a better version of ourselves. Are we staying true to ourselves, or trying to become someone different?
- Pause and think about whether you accept yourself for who you are, or if you're comparing yourself with others or trying to live up to someone else's expectations?
- Perhaps our New Year's resolutions should be about discovering our real selves and learning to express our uniqueness, maybe in the way we dress, the opinions we share, how we use our spare time, or who we choose to share our lives with.

"Today you are you, that is truer than true. There is no one alive who is you-er than you."

Dr Seuss