



"Learning to Live, Learning to Love"

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Ten Reasons why you SHOULD NOT take Life Skills.

- 1. Liking yourself just the way you are is something you've adjusted to!** - Others see your faults but you just don't seem to see what they see. You can't understand everyone's complaint. You are the way you are and you see no reason to change.
- 2. It's easier to be critical of everyone else than to focus on yourself!** - You see nothing unusual about judging everyone else. After all, everyone does it. Don't they? There are some real wacky people walking around - I'm not like them.
- 3. Fear of change is a big one for you!** - You've never been a big fan of making a change. The most you'll do is rearrange your furniture or get a different car. You don't like new things, new jobs, new ideas, new friends, new foods, new places, etc. What's wrong with leaving well enough alone?
- 4. Everyone's been telling you, "You need Life Skills!"** - "What's the big deal?" you say. "Why don't people mind their own business?" When others try to tell you what to do, it's aggravating and so you dig your heels in even harder. Isn't that knowing what you want and being assertive?
- 5. Self-medication is a skill you've learned and accepted!** - Alcohol, drugs, work, TV, Prozac, caffeine, etc., is all you need to keep going. When the going gets tough, taking another drink, another pill, working a little longer, is what numbs the pain. "Just hand me the remote, will ya?"
- 6. Keeping and enduring the pain every day is easier than getting to the core of the issue and going through the pain once and for all!** - You have a row of self-help books on the shelf, you've gone through counseling, you've talked to your pastor, you've taken a course on this before, etc. Your dad did it this way; your grandfather did it this way, why should you be any different? Anyway, you can read the Bible all on your own and get whatever information you need to help.
- 7. It's too much money and takes too much time!** - It can't be as valuable as all that ... can it?
- 8. Living in the town of "Denial" is where you've lived all your life!** - "What's so special about Life Skills anyway? It's not the end-all, cure-all, silver bullet remedy to everything, you know. I don't have any problems. I'll get through this on my own."
- 9. Letting go of the old and grabbing onto the new might cause your friends and family to reject the new you!** - If you imagine yourself different or try to change in any way, your family doesn't seem to take it well. You've tried to change before and got no help and no support.
- 10. Sure, you might be a new person in six months, but what if you're not?** - You think, "What if I end up wasting my time and money and have nothing to show for it? What if the claims Life Skills makes about doing the homework and implementing the steps to change work for everyone else but ME?"

Ten Reasons Why You SHOULD Take Life Skills

- 1. Trying something new may just be the answer you've been looking for.**
- 2. Relying on greater than 30-years of Life Skills' success is a pretty good bet.**
- 3. Average has been the story your whole life. You're ready to flourish and be happy!**
- 4. Now's the time - you can't wait until the "perfect" time. You know you need change NOW.**
- 5. Someone keeps telling you, "You need Life Skills!" You've decided to take the hint.**

6. For once in your life, you want to do something for yourself and for your betterment.
7. Only you know what you've put up with all your life. You can't take it anymore!
8. Reality has finally sunk in; you're depressed and/or you've "flat-lined." You need help!
9. Money is not going to stop you from getting the answers you need and the life you desire.
10. Sure - absolutely - you just might be a new person in six months! That's what Life Skills claims!

Life Skills TRANSFORMS!

Everything you do comes from inside of you - from your methods of thought processing. Your creativity comes from inside of you. Your ideas about how you want to live your life were formed more from your childhood than you know. Your ideas and your opinions all come from what you've experienced, right? Think on that for a minute and see if you can't see how it's true. At this juncture may we quote the adage, "You don't know what you don't know!" Enter the Life Skills curriculum.

If you have low self-esteem; if you often feel rejected; if you can't take criticism; if you can't forgive those who have hurt you; if you flit from relationship to relationship like an unsettled butterfly ... Life Skills can help you. If you have an over-abundance of self-esteem, Life Skills will bring humility within view on your thinking screen; that is, if you'll raise your humility enough to submit to the program laid out for you! You will find your compassion for others will increase and thankfulness for all the good things in your life will appear.

Your problem is not your husband/wife; it is not your boss, your kids, your parents, your governmental authorities, or your age, race, or sex. Your problem is your thinking. Nothing will change in your life or your situation until your thinking changes. Life Skills doesn't tell you WHAT to think; it tells you HOW to think. It informs you of how your brain and body function best. IF you apply yourself to the material and diligently do your own personal work like a college student seeking a degree, your entire approach to life and all its problems will shift. It's truly amazing.

You must understand that to effect change in your life, it WILL take sacrifice - time and money. If we offered Life Skills classes for free, it wouldn't be in your best interest. Adversity, in whatever form, builds character. You must realize that the amount you pay for a Life Skills class has a priceless value and effect on your future! Don't wait to invest in yourself! Take a Life Skills class and learn how to Take Control of Your Life!

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