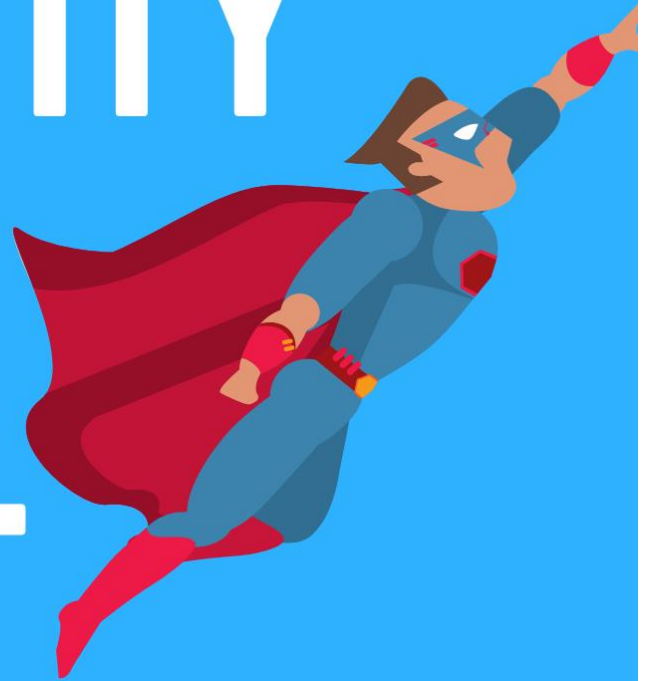




BUILDING BLOCKS OF IDENTITY AND SELF- LOVE



ARIAN MIRZARAFIE AHI



Contents

Introduction.....	2
-------------------	---

Block #1

<i>Always introduce yourself by your name.....</i>	<i>6</i>
--	----------

Block #2

<i>You don't exist unless you make a point of letting others know that you do.....</i>	<i>10</i>
--	-----------

Block #3

<i>Nothing you do, say or create has any significance if you don't.....</i>	<i>14</i>
---	-----------

Block #4

<i>You'll be mad that people treat you superficially and you'll be mad they don't. It's your job to open up your whole world to them.....</i>	<i>18</i>
---	-----------

Block #5

<i>Don't spend a lifetime hiding behind a wall that can be knocked down in one sentence. Just use the sentence and move past.....</i>	<i>21</i>
---	-----------