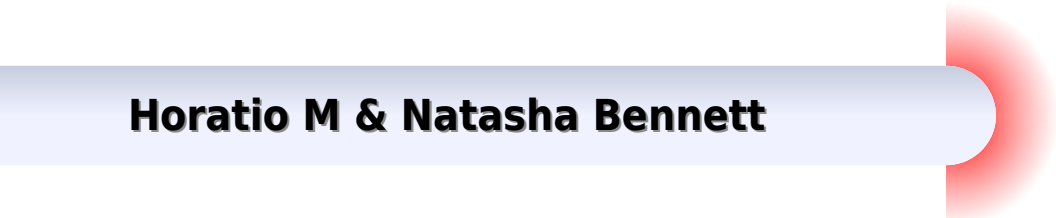


12 STEPS TO A BETTER YOU

1. Be open to change
2. Practice gratitude
3. Let go anger
4. Forgive
5. Stop blaming others
6. Be approachable
7. Choose a good role model
8. Help others
9. Be honest
10. Know the impact you have on others
11. Say nice things to yourself
12. Take better care of yourself

How To Be A Better Person English Edition

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