

Create your own self-directed journey

Create a definition of yourself that's as wonderful as you can imagine. Say "I am...," and then name your definition of yourself. Then change your definition of yourself whenever you come up with a better definition. Then use the communication skills in this course to help you constantly be who you say you are.

Self-Creation – the most important reason to use communication skills

Using skills like these will help you feel better. When you feel better you will more effortlessly attract into your life what you want. Your journey can be constantly easier, more productive, stable, relaxing, and fun. And, stated again, your vibration will contribute to a more advanced civilization. You'll be doing your part for yourself and for others.