



## **I KNOW YOU**

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**I know you**

- You procrastinate**
- You lack motivation**
- You doubt your own choices**
- You've completely given up hope**

**I know you**

- You want to change**
- You need something new in your life**
- You ask yourself too many questions**
- You bend over backwards to please others**

**I know you**

- You're unhappy**
- You don't accept yourself as you are**
- You're seeking answers to your problems**
- You need to overcome your fears**

**I know you**

- You feel guilty**
- You feel stuck**
- You feel like you're up against a brick wall**
- You feel different to everyone else**

**I know you**

- You don't dare take the first step**
- You're afraid that people find you uninteresting**
- You're afraid of being rejected or judged**
- I know you... because I was you**