

LIGHT SIDE

I love • I accept • I thank • I smile
I care • I praise • I forgive • I succeed
I look up • I befriend • I listen • I apologize
I let go • I err • I look forward • I empathize
I respect • I choose • I respond • I ask



DARK SIDE

I hate • I reject • I refuse • I frown
I ignore • I criticize • I blame • I cheat
I look down • I use • I interrupt • I complain
I hold onto • I covet • I look back • I care-less
I gossip • I force • I react • I demand