



Commitment to Self-Love

Regardless of what others might think, say, or do, and no matter what, I _____, make a most ardent vow to myself to practice:

- ♥ Being kind and gentle with myself.
- ♥ Having my back and staying with myself—at ALL times, NO MATTER WHAT.
- ♥ Fully accepting, appreciating, valuing, and respecting myself and my body exactly (as it is).
- ♥ Having boundless compassion and understanding for myself and my body.
- ♥ Knowing that I am innately good, enough, worthy, and deserving. Just as I am. In every moment. No matter what. Period.
- ♥ Knowing that I have nothing to earn, prove or improve, justify or explain regarding who I am and where I am on my path because I am inherently good, enough, worthy, and deserving.
- ♥ Knowing that I am Love in human form (i.e. I am far more than my body, and my thoughts and feelings). I vow I will align with this Love again and again and again.... and let it guide my thoughts, my voice, and my actions.



With unspeakable Love and appreciation for me,

