From this day forward, I promise to:

1. Love, cherish and value myself, unconditionally. ______

2. Take good care of me by making healthy choices. ______

3. Speak kindly and considerately to myself. ______

4. Trust my inner voice (intuition). ______

5. Believe in myself and follow my dreams. ______

6. Cheer myself on and pick myself up. ______

7. Forgive myself. ______

8. Be patient with myself. ______

9. Learn from my mistakes. ______

10. Appreciate my own company. ______

11. Celebrate my uniqueness. ______

Signed_______________________________ Date________________

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