

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* _____