

My Promise To MySelf



I promise to tell myself the truth.
I promise to treat myself lovingly,
gently, and with respect
in my thoughts, words, and actions.



I promise to remember that being connected to Love
and being my own best friend are most important!
I promise to reconnect to Love
if I'm not feeling loving toward myself,
I promise to be open and gentle as I become
aware of any unloving feelings and I forgive them.



I promise myself that I will be responsible for my
realities and heal any unloving behaviors.
I promise to choose humility by seeing the highest and best in
me as I commit to creating a Loving friendship with myself.
I always keep these promises!

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