


# My Promises and Commitments To Myself

adaptation by Magdalena Preston



I show my LOVE by supporting myself kindly, gently, and respectfully in my thoughts, words, and actions - all the time.


I am reliable and trustworthy and can always count on myself. Therefore, I willingly listen to and speak my truth.



In every interaction I look for and acknowledge the highest and best in myself ~ fully realizing that LOVE is my true nature and essence.

I constantly nurture my connection and relationship with Source, which is more important than any issue or any other relationship.

When anything unlike LOVE is triggered in me, I go to that quiet place within where LOVE dwells and I invite, listen to, and accept the guidance of Source, Love.



I am teachable as I ask to be inclined toward feeling and healing, and shown how to keep communication open in all relationships, especially with myself. I willingly speak, experience, and am RESPONSE-ABLE for my own realities and I keep LOVE conscious, active, and present as I heal and celebrate BEING, here and now.

These are my commitments to myself.  
And so it is!

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