

Self-love Pledge



From today forward, I take complete responsibility for my health, happiness, success, and life.

I will not blame others for my problems or predicaments.

I defend my boundaries and make myself feel safe.

I ensure that each day I do something I enjoy.

I practice gratitude for all things, great and small.

I reward myself regularly for attaining my goals.

I eat nutritious foods to fuel my body, mind, and soul.

I move my body daily.

I speak my Truth...Always and with kindness.

I speak to myself with only loving, kind words.

Signature: _____