



4 Powerful Life Altering Vows

Reprogram Your Mindset & Claim Your Power!

Dear ...(your name)

- 1. I am proud of you for/because...**
- 2. I forgive you for...**
- 3. I commit to you to...**
- 4. I love you because...**

*Say this everyday while looking in the mirror, in your
eyes*

Book Your Complimentary Session at:
<https://calendly.com/victoria-fy4>

