

SAVE IT FOR
THERAPY



I pledge to choose myself even when it feels uncomfortable or unfamiliar. I will honor my needs, respect my limits, and rest without guilt. I commit to caring for my mental, emotional, and physical wellbeing with intention. I will speak to myself with kindness, give myself grace in the process, and love myself fully not just for who I am becoming, but for who I am right now.

NAME: _____

DATE: _____