

The Vow

The Vow to...

1. Take responsibility for my life I will own up to my role in my unhappiness and no longer blame others for my circumstances.
2. Let go I will no longer waste my energy trying to control what other people think of me or trying to influence them to live their lives my way. I will be willing to open my heart to forgive myself and others for the past.
3. Be kinder to myself I will choose to see things differently when the voice in my head tries to put me down.
 - 3b. Expect miracles I will no longer expect bad things to happen to me. Instead, I choose to be open to unbelievable surprises.
4. Understand my needs I will take time to define my values and set boundaries so I can stay true to myself and what matters to me.
5. Live life out loud I will voice my opinion, stick up for myself and ask for what I want, remembering that we only have 2 ears and 1 mouth for a reason.
6. Respect my body I will prioritize exercise, eating healthy and attending to my spiritual needs in whatever way feels best to me.
7. Grow I will choose to learn lessons from anxiety and moments of discomfort or weakness, viewing them as exciting opportunities for self-growth and understanding.
8. Create a stronger support system I will spend more time with people who encourage me to be great and less time with people who keep me down and drain my energy.
9. Make time for fun I will carve out time in my schedule to do more of what I love and make time for whatever creative outlet gets me excited.
10. Accept me for me I will open my arms to accept myself for who I am -- flaws, quirks and all. I will celebrate my uniqueness and begin to truly grasp my own worth.



Sign _____

Date _____