

self love is free.

THE SELF LOVE PLEDGE

I _____ ,

PLEDGE COMMITMENT TO THE WHOLEHEARTED PURSUIT
OF SELF LOVE AND ACCEPTANCE

THIS MEANS:

**THAT I AM WILLING TO NOTICE MY SELF CRITICAL THOUGHTS
& BELIEFS AS THEY ARISE & CHALLENGE THEIR ACCURACY**

THIS ALSO MEANS:

**THAT I AM WILLING TO BEGIN PRACTICING A NEW HABIT OF
OFFERING LOVE, POSITIVE ATTENTION
& COMPASSION TO ALL THE PARTS OF ME
THAT I HAVE PREVIOUSLY REJECTED OR DISOWNED IN THE PAST**

THIS ALSO MEANS:

**THAT I WILL DO MY BEST TO LIVE COURAGEOUSLY & EMBRACE
THE FEARS THAT WILL INEVITABLY ARISE WHEN I BEGIN TO
LIVE MY TRUTH, RESPECT MYSELF & HONOR MY NEEDS**

THIS ALSO MEANS:

**THAT I WILL MAKE A CONSCIOUS EFFORT TO GRACIOUSLY ACCEPT
COMPLIMENTS AND TO EVEN PRACTICE GIVING THEM TO MYSELF**

**I PLEDGE ALL OF THIS BECAUSE I DESERVE TO LIVE
WITH A DEEP UNSHAKABLE BOND TO MY TRUE,
AUTHENTIC AND MOST AWESOME SELF**