

**THIS WORK IS GOING TO CHANGE YOUR  
LIFE – FOREVER – FOR FREE!  
USE THIS CARD TO START THE PROCESS**

## My Commitment



I promise to TRUST you enough to tell you the Truth and be true to you. I commit to always be sweetness in your life, to nurture you daily and treat you LOVINGLY, Gently and with Respect in my thoughts, words and actions, whether in your presence or not.



In every interaction I commit to affection for you, to look for and acknowledge the highest and best in you and surrender to LOVE, our true nature. My connection to my Source, my relationship with you and our Serenity will always be more important than any issue.

I open my heart to embrace you in my Love,  
I open my heart to be embraced in your Love.



If anything unlike LOVE comes up, I will hold us in my heart and listen as I learn to speak, experience and be RESPONSE-ABLE for my own realities. I am here for and with you. I promise to keep communication open and keep LOVE conscious, active and present AS WE HEAL, CELEBRATE LIFE and GROW TOGETHER!

™1986, 1994, 1998, 2007 dr. michael ryce, Rt 3 Box 3280, Theodosia, MO 65761

**FREE BOOK/COMMITMENT DOWNLOAD**

**[www.whyagain.com](http://www.whyagain.com)**

## WHO AM I?

I am somebody!

I am bright, capable, and lovable.

I am teachable and learn easily.

I tell the Truth and am a gentle listener.

I respect myself and others.

I am cooperative and responsible  
for my feelings and choices.

I see the highest and best in myself

and others and support that  
with my thoughts, words and actions.

I use time wisely because it is valuable.

I am the best me I can be each day.

I am somebody!

I AM LOVE!



From the book *Healing Children - Loving Children* by Julie Haverstick

™ 1993, 2004, 2008

Based on My commitment, dr. michael ryce, [www.whyagain.com](http://www.whyagain.com)