

My Promise To MySelf



I promise to tell myself the truth.



I promise to treat myself lovingly, gently, and with respect in my thoughts, words, and actions.



I promise to remember that being connected to Love and being my own best friend are most important!



I promise to reconnect to Love if I'm not feeling loving toward myself.



I promise myself that I will be responsible for my realities and heal any unloving behaviors.



I promise to choose humility by seeing the highest and best in me as I commit to creating a Loving friendship with myself.



I always keep these promises!

*PLEASE LIVE, SHARE, TEACH AND SUPPORT THIS WORK FREELY.
COPY ONLY IF THIS NOTICE IS INCLUDED ON ALL COPIES AND ADAPTATIONS
From the book Healing Children - Loving Children by Julie Haverstick
Based on My Commitment, dr. michael ryce TM1986, 1994, 1998, 1999, 2007, 2013, 2017
To contact Julie Haverstick (417) 273-4060 113 Pacific Drive, Theodosia, MO. 65761*

Daily radio support (563) 999-3581 1-2 PM Eastern Time
Free book download www.whyagain.org