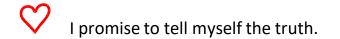
## My Promise To MySelf



- 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!

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From the book, Healing Children, Loving Children by:

Julie Haverstick 113 Pacific Drive, Theodosia, MO., 65761, 417-273-4060

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