

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!

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Based on My Commitment, dr. michael ryce ® 1986, 1994, 1998, 1999, 2007, 2011, 2013, 2017, 2022

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