

A DECLARATION OF LOVE

A Love Affair With The Self

I _____,
joyfully declare that I take exquisite and beautiful care of myself
on a daily basis, as an expression of love for myself.

I give myself _____ hours of sleep each night.

From _____ pm on, I do only loving, relaxing and enjoyable actions for myself.

I eat a healthy breakfast every day.

I eat a healthy lunch, a lighter dinner and nutritious snacks in between.

I limit _____ and increase _____.

I eat _____ servings of vegetables and _____ servings of fruit a day.

I drink _____ glasses of water a day.

I exercise and move _____ times a week, choosing activities that I enjoy and do Kegals.

I give myself at least _____ body care sessions a month.

I pamper my own body _____ times a week.

I listen and consciously balance the masculine, feminine and child aspects of myself.
If I am in reaction to one or all of these aspects, I soften and pay attention. I acknowledge
the situation without judgment and tenderly choose to act in a way which is appropriate.

I breathe and track how much money I spend each month and earn more than I spend.

I live in gratitude for the wealth of love and abundance I already have in my life.

I vehemently, courageously and lovingly choose to speak my truth
and say NO when appropriate.

I acknowledge all the healing, learning and transformation I have accomplished in my life
and deeply thank myself for my continual commitment and acts of love.

Signed with a deep love and respect,

Signature _____