



To Whom It May Concern:

I, _____ am officially giving myself permission to make and take whatever time I need to pursue my own happiness and embrace my inherent sovereignty.

I commit to myself to me and my own joyful creativity as I participate in "The Divine Gift of You" workshop and look forward to:

- ◆ *silencing the voices that try to sabotage my efforts with "I can't...." or "I don't have..." or "I don't deserve..."*
- ◆ *letting go of any old beliefs about myself that no longer serve or honor me*
- ◆ *re-examining what I may have been taught or told about my inherent beauty and worthiness in the past*
- ◆ *treating myself tenderly and with compassion at all times*
- ◆ *letting go of residual shame, blame or guilt*
- ◆ *asking for help, nurturing and/or support when I need it*
- ◆ *stopping the cycle of comparing myself or my creativity with others and critically judging myself in any way "not good enough"*
- ◆ *building the courage within myself to "talk back" to the voices that tell me I am less than what I am, and being able to say "that's a lie" when it is.*

I acknowledge that the only person who can hold me back from progressing forward is me, and that by signing this commitment agreement, I am giving myself full permission and encouragement to move forward into being the person I want to be and living the life I want to live with no limitations, codicils or exclusions.

Signed: _____ Dated: _____