

# *A Necessary Life Curriculum*

## A STEP INTO THE GRANDEUR-OF-YOU

### *Self Commitment*

IN SERVICE TO MY CONTINUING TO EXCAVATE, EXAMINE, AND RELEASE  
FAMILIAL AND SOCIETAL CONDITIONING THAT NO LONGER SERVES ME,  
I COMMIT TO....

1) *Listening to my Inner Guidance Every step of the way*

---

---

2) *Giving my needs, wants, and desires my attention and priority*

---

---

3) *Sharing my Real Truth in every conversation*

---

---

4) *Loving and taking care of my body*

---

---

5) *Showing all my emotions authentically as they happen*

---

---

6) *Expressing how I truly feel in every moment*

---

---

7) *Taking time for me and self-care*

---

---

