

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*

