

# *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) \_\_\_\_\_  
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2) \_\_\_\_\_  
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3) \_\_\_\_\_  
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4) \_\_\_\_\_  
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5) \_\_\_\_\_  
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6) \_\_\_\_\_  
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7) \_\_\_\_\_  
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