



Personal Pledge

~a personal promise of love, dignity and self-respect

TTrue beauty is my birth-right, it is intrinsic in me, it is part of my being.

I will recognize it, appreciate it, and honour it.

I will practice kindness, towards myself and towards others.

I will practice tolerance, compassion, mindfulness and gratitude, towards myself and towards others.

I will love and respect my body, my mind, my creativity, my abilities.

I will be patient with myself, I will be patient with others.

I will not judge, criticize or ridicule myself, or others.

I will invalidate and refute any harmful or limiting emotional and physical impositions on my body, on my soul, on my mind, on who I am.

With love, I reaffirm my faith in myself, in the benevolent beauty that resides within me, and in the potential of both to heal the world.

