

'DAMMIT!' DECLARATION

a manifesto pledge

I, _____, promise I will be gentle with myself through this process. If I fail (which is 100% okay), I will return to self care by _____, _____, and _____.

The person/people I will console is _____.

I hereby commit to simultaneously apologising to my body and forgiving my choices whenever I feel blanketed by regret.

In times of doubt, I will remind myself why I'm on this journey by spending time with _____.

I'll read books like _____ and listen to music like _____.

I'll eat _____, _____ and drink _____, _____.

The Chakra Cleanse Meditation is my greatest healing ally.

I promise my body herbal tea, a warm shower, and a few extra hours sleep if I need it.

I promise, that when Life gets crazy, I'll breathe.

Signed,
