



i commit to me, myself, today.  
i vow to listen to and follow and believe in  
my goodness,  
to recognize my strength and wield it  
with the added power of compassion.  
to know my heart and trust it and not  
turn to outside expectations to feed it,  
but rather turn to my own inner  
guidance to lead me.  
to know that i am the person i want  
to be and to work to uncover more  
of my beauty daily.  
and to be gentle with myself when  
i slip — loving myself even in  
the darkness,  
to me, myself, i give my love —  
and it is from me, myself, my  
love is returned.

