

The Self-Love Movement™  
**My Covenant with ME**

*Today, I enter into a committed, loyal and devoted relationship with ME!*

ALL references to 'I' or 'Me' imply 'Me and God within Me'.

**I Believe...**

- ⌘ that I am worthy, deserving and able to live a balanced life filled with love, peace, purpose and whole-life prosperity.
- ⌘ that there may be areas of my life where my level of love for me can be improved.
- ⌘ that my understanding of self-love principles is vital to my ability to fully experience loving intimate relationships.
- ⌘ that I have the ability to develop and maintain a loving, giving relationship with Me.
- ⌘ that my life is designed to serve a purpose.

**I Accept...**

- ⌘ Responsibility for the completion of my life's assignment.
- ⌘ Responsibility for meeting my needs (spirit, soul and body).
- ⌘ Responsibility for the development of my natural talents, abilities, gifts and skills.
- ⌘ Responsibility for my attitude towards my own growth and experiencing true love.
- ⌘ Responsibility for the protection of my 'intimate' personal assets (above).

**I Surrender...**

- ⌘ any parts of me that stand in the way of the completion of my life's assignment.
- ⌘ my desire to be right.
- ⌘ my negative judgments of me/ beliefs about me.
- ⌘ the notion that my value is determined by the roles that I play in my life.
- ⌘ my desire to experience any negative emotions including (guilt, fear, resentment, frustration, anger, self-hatred, etc.).

**I Recognize...**

- ⌘ that I am solely responsible for understanding my needs and ensuring that my needs are met.
- ⌘ that my willingness to receive love is directly reflected in my relationship with me.
- ⌘ that nurturing my relationship with me will directly and positively impact my relationships with others.
- ⌘ that my life's assignment requires my deliberate attention.
- ⌘ that my life's assignment may be larger/broader than I currently realize.

**I Commit...**

- ⌘ to living a balanced life filled with love, peace, purpose and whole-life prosperity.
- ⌘ to the continual pursuit of an intimate relationship with ME.
- ⌘ to the continual pursuit of the completion of my life's assignment.
- ⌘ to the continual pursuit of understanding and applying Self-Love Principles.
- ⌘ to ensuring that Self-Love Principles are passed on to future generations.

**I Celebrate...**

- ⌘ my decision to join The Self-Love Movement.
- ⌘ my commitment to Me!
- ⌘ my growth and development until today.
- ⌘ my decision to learn more about the "ME in my life".
- ⌘ MY LOVE FOR MYSELF!

***I believe, recognize, accept, commit, surrender and celebrate the previous statements as an affirmation and confession of this covenant.***

*Agreed and Signed:* \_\_\_\_\_ *Date:* \_\_\_\_/\_\_\_\_/\_\_\_\_

*Proverbs 31:17A (AMP) She girds herself with strength (Spiritual, mental and physical fitness for her God-given task)...*