



MY FOUR COMMITMENTS FOR 2019

1. What is your top goal to improve your mind in 2019? I am constantly reading and watching videos to improve my mind. I have also improved my mind through meditation and good nutrition. Write down your commitment in the space below to improve your mind:

2. What is your commitment to improve your body in 2019? I just started drinking celery juice. I am also going to join a yoga studio in January, and I am committed to running more regularly. What is your commitment for your body?

3. What is your commitment to your SOUL? We are spiritual beings and it is important to honor our souls. I am committed to deepening my meditation practice in order to increase my connection with my higher self (you may call this intuition). I am also committed to honoring my soul by living a life of integrity that aligns with my calling.

4. What is your commitment to cultivating more LOVE in your life? Many have told me that they do not love themselves, or they do not understand the meaning of self love because they confuse it with narcissism. In 2019 I commit to self love and to setting better boundaries when it comes to love. When you are a giving person it is not uncommon to give more love than you receive. In the healthiest relationships there is an even give and take that creates balance. Sometimes loving yourself means putting yourself first when your relationship is no longer reciprocal. Never make another person a priority when they treat you as an option. Another way to improve the love in your life is to commit to self healing. By letting go of the past and by healing old wounds you create space for more love to come into your life. What is your commitment to love?