

Self-Kindness Contract

This is a contract between Me, Myself, and I. I'm committed to giving the best of ME to ME first. I understand that this is a new decision and that it is a journey, not a destination. Today, I begin the steps of keeping the promises that I make to ME!

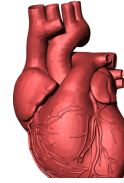
Choose one item from each box that you will commit to cultivating into your life and circle it.

Sign

Date

Follow, Upload and Tag me on Instagram, or Social Media @TajuanaHill / #BKind2U

Feelings



- I will be generous with patience and compassion as I learn to be Kind to myself!
- I will honor (not Judge) how I feel!
- I will do things that make me feel Inspired, Happy and Courageous!

Sacred Silence



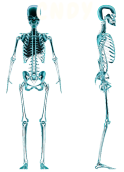
- I will begin each morning with an Affirmation and end each day with Gratitude!
- I will journal on a regular basis to reflect on my thoughts and feelings!
- I will regularly sit in silence, breath and relax in order to receive guidance!

Thoughts



- I will think about how I want my life to be in the future.
- Before I make a decision, I will think about how I want the outcome to be.
- When something happens that is a challenge, I will think about the lessons of the challenge and what it is teaching ME about ME!

Body



- I commit to giving my body the water, sleep and nutrients that it craves and deserves each day.
- I will move my body with steps, exercise, or dance each day!
- When I look into a mirror, I will only notice my beauty because my body is the place I live!