

BRAVER BUT WISER PLEDGE

In the spirit of my happiness, my success, and my most important relationships, I commit to seeing myself clearly.

...To devote time and energy to my self-awareness journey.

...To discover who I am, what I want, and what matters most to me.

...To have the courage to seek feedback on my own terms.

...To free myself from the limitations of the past and act on what I learn.

...To take changes one step at a time and celebrate my successes.

...To appreciate that there will always be more to learn.

...To show myself patience, compassion, and acceptance along the way.

Adeline G

TO TAKE THE PLEDGE, GO TO WWW.INSIGHT-PLEDGE.COM