

SAMPLE VOWS

I PROMISE TO:

	Forgive Myself
	Never deceive myself
	Not wallow in the past
	Release old images of myself that make me feel unattractive
	Accept that I can make serious mistakes and be downright human
	Listen better
	To remember I'll be heard by the right ears when it's time to speak
	Slaughter cynicism and doubt when I need to push forth
	Never Cast A Curse on Myself (Even in those little moments when I call myself "stupid" or "clumsy")
	Love Myself like the people I treasure
	Accept that I am a magical creature who makes unlikely things possible
	Know My Specific Genius and Do Things Often to Remind Myself of It
	Cherish My Strange Wonder
	Find Myself Gorgeous and Mysterious When I Need That Boost and Nobody is Responding
	Obey My Small Voice That Knows The Truth and What's Right
	Do the Right Thing so I can live with myself in peace, even if it's inconvenient at the moment
	Avoid assumptions and Be Open to Learning Something New
	Kick my own ass when I need it and not expect others to do it for me
	Expect the best from myself - in spite of any voices that haunt me (parents/teachers/friends/demons, etc)
	Be generous, even when I'm feeling broke.
	Understand my own signals for when I need help - and get the help I need
	Fix imbalances before flipping out
	Be Regal and Bestow Kindness (because kindness comes from strength and power)
	Make harmony when times are stressful
	Change my situation if I have to fake too much too often (ex: values, work, home, relationships, etc)
	Release my pain on a regular basis through _____ (example: writing, crying)
	Evaluate what is important, take action and embrace the outcome. (Life is short even at any age.)
	Find the humor in any situation
	I will be patient with myself when I'm mid project, and it's taking too long in my mind
	I will leave enough time to arrive early
	I will think before speaking. Silence is more ok than I think.
	I will finish the jobs I start
	Accept that I am totally responsible for my own happiness.
	Bring sweetness into my life even when it seems difficult

-Add your own, continue on back of page and/or on separate page.

Sample vows from the performance art piece "Til Death Do You Part - MARRY YOURSELF!"

Also offered as part of the webinar - ALTAR EGO - The Magic of Self Marriage

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