



## Declaration of Self-Love (the most important contract ever!)

I, \_\_\_\_\_,  
hereby commit to nourishing and expanding the Infinite Love that shines inside my Heart. I approach every situation as a unique opportunity to share my true essence with those around me. I honour my Self and therefore choose love as a natural, spontaneous and joyful state of Being.

To support the above, I commit to developing and sustaining a daily meditation practice that grounds me in deep inner peace, mental clarity and loving kindness. I also choose to be playful, grateful and, above all, to be gentle with myself as I step into the unknown.

May I remember, today and every day, what truly matters. **Love is the purpose of my life.**

I know this is not a momentary impulse but a life-long commitment. I am ready to attract and receive the overflowing blessings that come with this new beginning.

- Today I celebrate my Body, Mind and Soul
- Today I share my unique gifts beyond old fears of failure or rejection
- Today I choose to flow with ease and joy throughout my daily interactions
- Today I expand my creativity and inspire others to do the same
- Today I have fun, feel good and enjoy all the things that make me happy
- Today I declare my pure love and light to all that I am -and so be it...

**¡I AM LOVE!**

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_