

## 100 Wholehearted Promises to Make to Yourself Today

- I promise to never abandon myself.
- I promise to love both my darkness and my light.
- I promise to honor my inner knowing, even when I'm afraid.
- I promise to show myself the same love I so willingly show others.
- I promise to always come back to myself, no matter how far I stray.
- I promise to find beauty in the small wonders of my daily life.
- I promise to never dim my light to make others comfortable.
- I promise to say yes to new opportunities that align with my vision of the most beautiful life I can imagine for myself.
- I promise to release what no longer serves me to make more space for new beginnings.
- I promise to remain open to new possibilities that go far beyond anything I could ever dream of for myself.
- I promise to stand in my power.
- I promise to stand in my worthiness.
- I promise to separate my worthiness from my achievements.
- I promise to step back for a few quiet moments each day to pause, close my eyes, and just listen.
- I promise to speak to myself with kindness in the privacy of my own mind.
- I promise to be mindful and deliberate of my thoughts and actions.
- And when I recognize I haven't been mindful or deliberate, I promise to recognize without judgment and realign with my true self.
- I promise to listen to what others say but always seek my own truth.
- I promise to serve myself before I try to serve others.
- I promise to trust that everything will work out for my highest good.
- I promise that whatever I'm seeking, I'll look for it within first.
- I promise to step outside my comfort zone, even if that first step is timid and uncertain.
- I promise to not let fear of the unknown stop me from stepping forward on my rightful path.

## 100 Wholehearted Promises to Make to Yourself Today

- I promise to lean into all of my emotions, the good and the heavy.
- I promise to lean into joy daily.
- I promise to lean into grief when it comes instead of hiding from it.
- I promise to spread beauty wherever I go.
- I promise to be a friend to my body.
- I promise to listen to my body's needs.
- I promise to feed my body and my soul with unconditional love.
- I promise to do what feels right, even if it isn't popular.
- I promise to love myself without conditions.
- I promise to seek connection over validation.
- I promise to choose faith over fear.
- I promise to view life through a lens of gratitude.
- I promise to love and honor my shadows as much as I love and honor my light.
- I promise to take deep breaths and ground myself in this present moment.
- I promise to take time to celebrate myself for all that I am and how far I've come.
- I promise to allow myself to be celebrated by others.
- I promise to make space each day to focus solely on my mind, body, and soul.
- I promise to accept help and kindness from others.
- I promise to find peace in solitude.
- I promise to make space for play.
- I promise to remain open to new connections.
- I promise to let myself feel all of my emotions.
- I promise to choose pain over numbness.
- I promise to forgive myself. There may be times when I forget to be the highest version of myself. When I forget to choose faith over fear. And sometimes, I may lose myself to the external stresses of daily life. That's okay. I am still worthy. I am always worthy.

## 100 Wholehearted Promises to Make to Yourself Today

- I promise that even when the world is cloaked in darkness, I will always look for the light.
- And I promise that when I don't see the light outside of myself, I'll look for it within.
- I promise to seek connection, not validation, from others.
- I promise to validate myself and own my worthiness every single day.
- I promise to love myself wholly, even the parts of me that I've tried to suppress and hide, because every single part of me is worthy of love and compassion.
- I promise not to settle for less than I deserve.
- I promise to forgive myself for the times in my life when I numbed myself and chose to hide.
- I promise to have love and compassion for all of my past experiences.
- I promise to remember that the broken pieces inside of me are not empty; they are filled with solid gold.
- I promise to walk away from situations that do not serve my growth, help me to heal, lift me up, bring me joy, or contribute to my total well-being.
- I promise to be a friend to the beautiful human being I see every time I look in the mirror.
- I promise to release doing every once in a while and open myself up to just being.
- I promise to always choose hope, trust, faith, and belief.
- I promise to lean into the messiness of healing—to let this path be jagged, irregular, twisting, bumpy, lopsided, and off-center. To remember that sometimes I may take a step back but ultimately I'm always moving forward.
- I promise to let myself heal from the same pain more than once if I need to.
- I promise I will not chastise myself if my wounds reopen, but instead, I will give them the tender care they deserve.
- I promise to stay true to my authentic self.
- I promise to never let any external forces discredit my feelings and opinions.

## 100 Wholehearted Promises to Make to Yourself Today

- And I promise not to allow myself to discredit my own feelings and opinions, either.
- I promise to stay open to falling more in love with myself every day.
- I promise to love myself fully as I continue to grow.
- I promise to hold myself with integrity.
- I promise to allow myself to be praised, adored, treasured, and cherished.
- And I promise to praise, adore, treasure, and cherish myself.
- I promise to walk through the open door of opportunity in front of me with courage and faith.
- I promise to show myself kindness when I make a mistake.
- I promise to always remember that whatever I do today is enough.
- I promise to hold space for myself and honor my needs.
- I promise to breathe into the stillness of this moment.
- I promise to walk amongst the wildflowers and let the sunshine spread its warmth across my skin.
- I promise to love fully and deeply and to allow my whole heart to be seen.
- I promise to walk with my bare feet touching the earth and to let myself feel *everything*.
- I promise to choose hope, even when the future is uncertain.
- I promise to live and love boldly.
- I promise to be a gentle voice of love and compassion for all.
- I promise not to be afraid of my own darkness.
- I promise to decorate my life with beauty, connection, and enriching experiences.
- I promise to release self-criticism and choose self-love.
- I promise to say no to anything that doesn't serve the highest good for all.
- I promise to cultivate a life where my soul feels safe in my body.
- I promise to let myself take up space.
- I promise to seek growth through adversity.

## 100 Wholehearted Promises to Make to Yourself Today

- I promise to learn to love myself fully, even as I continue to evolve, transform, and grow.
- I promise to always remember that I am worthy of beautiful friendships and lasting relationships.
- I promise to believe in my own undeniable strength.
- I promise to allow all experiences I encounter to shape me to be the highest, most authentic version of myself.
- I promise to let every part of me be seen, known, and loved.
- I promise to use my energy to create, trust, give, grow, and heal.
- I promise never to lessen or shrink myself for anything or anyone.
- I promise to lean into gratitude, even during the hard moments.
- I promise to trust my body's wisdom and listen when it speaks to me.
- I promise to fearlessly allow myself to shine, even in the darkest of moments.
- I promise that when I get caught in a rainstorm, I will not wither; I will *bloom*.