

BE MY BEST LOVER PLEDGE

I hereby pledge to commit to do my utmost best to be my best lover today in order to accomplish my task for Self Compassion 7 Days Challenge.

I understand that the collective power in my little successes in demonstrating love and compassion to myself moment by moment will have a transformational impact on my soul elevation.

I stay un-wavered and accountable to my task no matter what happens during the day.

Name –

Signature –

