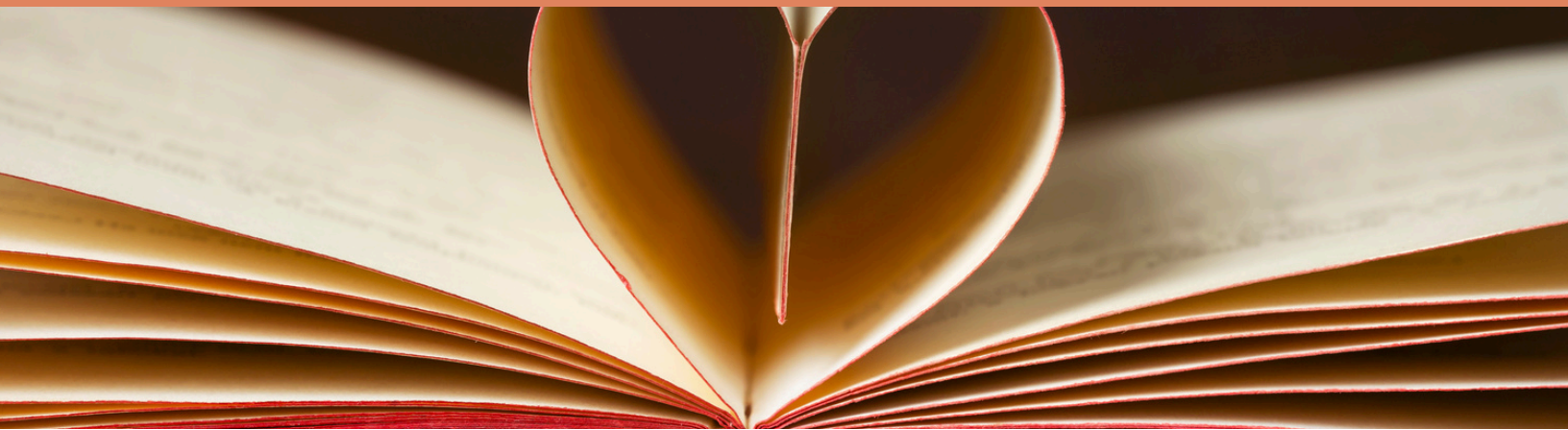


# PERSONAL VOWS: RECLAIMING YOUR SELF-CONNECTION



***“To love oneself is the beginning of a lifelong romance.”***  
**— Oscar Wilde**

## WHY PERSONAL VOWS MATTER

In a world that often teaches us to earn love by overgiving and overachieving, writing personal vows is a radical, restorative act. It is a declaration that your worth is inherent—not something to hustle for.

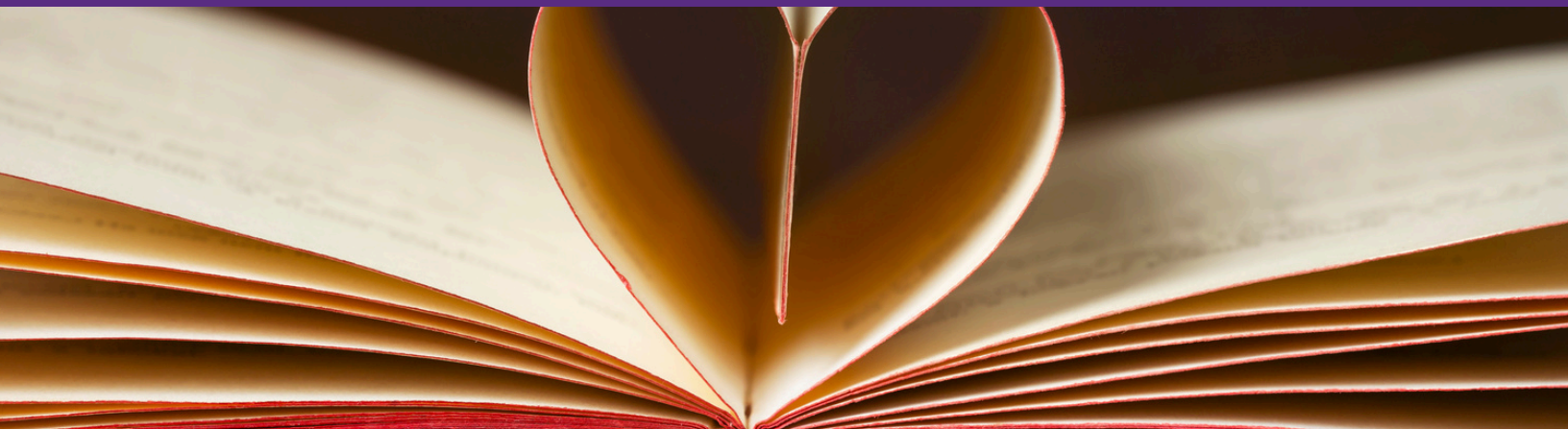
## PERSONAL VOWS ARE...

- A way to return home to yourself.
- A reminder of who you are when the noise quiets.
- A reclaiming of your own clarity, needs, and truth.

Let this practice anchor you in personal love, reignite your sense of self-worth, and empower your next steps in this journey.



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## REFLECT & WRITE

### 1. Pause & Connect:

Take a deep breath. Close your eyes. Picture yourself at 6 or 7 years old—full of aliveness, curiosity, and wonder. What does that little one need to hear from you now?

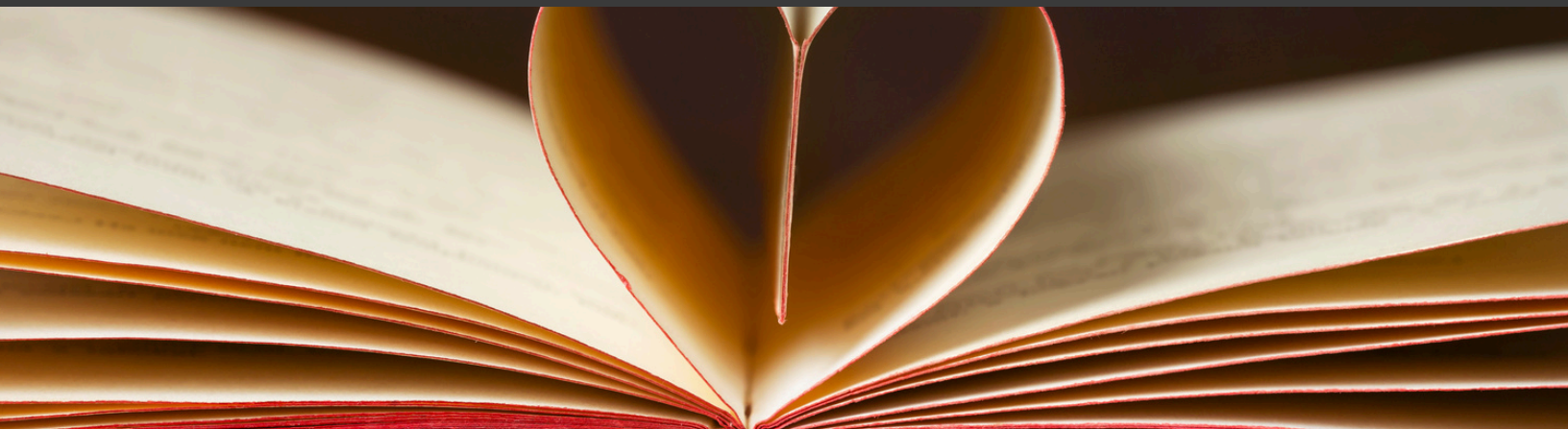
### 2. Reflect:

Before writing your vows, answer the following in your journal or the space below:

- What parts of yourself have you abandoned in the name of achievement, service, or perfection?
- What would it feel like to truly commit to yourself—not just in productivity, but in presence, rest, values, and joy?
- What do you yearn to believe about your worth?



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## 3. Write Your Vows:

Now, complete this prompt: **"Today, I vow to myself..."**

**I vow to honor...**

**I vow to protect...**

**I vow to celebrate...**

**I vow to return to myself when...**

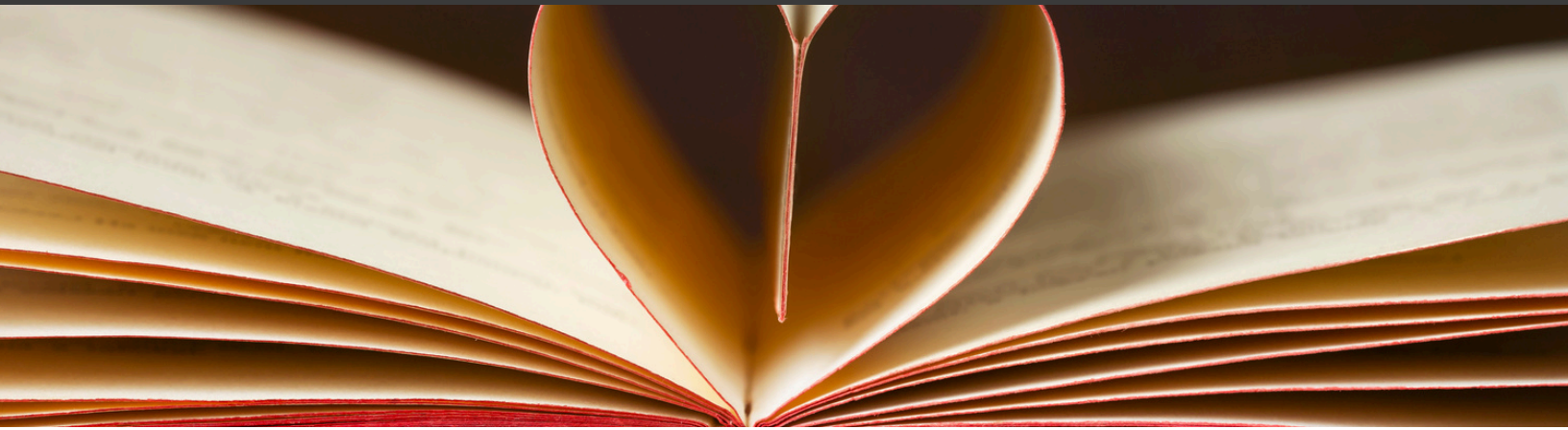
**I vow to stop apologizing for...**

**I vow to remember that I am..."**





# PERSONAL VOWS: RECLAIMING YOUR SELF-CONNECTION



These words are your compass back to YOU. Read them often. Speak them aloud. Post them somewhere visible. Let your vows be your breakthrough from self-abandonment into self-connection.

***“You don’t have to earn your worth. You are the light. You are the love.  
And this is your return.”***

— Clara Lucia, Your Coach and Guide

## ★ My self-vows:

- I vow to be tender to myself.**
- I vow to be sweet to myself.**
- I vow to be loving to myself.**
- I vow to choose rest.**
- I vow to choose slowness.**
- I vow to ask for support and what I need.**
- I vow to ask for kisses on my forehead.**
- I vow to ask for affirmation.**
- I vow to let my heart guide me.**
- I vow to let my body be my teacher.**
- I vow to let my emotions flow.**
- I vow to hold my name as my purpose.**
- I vow to hold myself in high regard.**
- I vow to hold my light and let it shine into the world.**

♥ These are not just words — they’re an act of falling in love with myself.

