

LETTER OF COMMITMENT TO SELF

I recognise this as the start of something profound, powerful and life changing - a personal commitment to my healing, growth, and future.

I'm not here to become someone else.

I'm here to come back to who I was before the world told me who to be.

I commit to this journey with honesty and intention.

To showing up, even when it's uncomfortable.

To staying open, even when it feels unfamiliar.

I'm willing to get raw.

I'm willing to get messy.

Because I know that true healing doesn't happen when things stay neat and controlled - it happens when I meet myself fully.

I won't chase perfection.

I'll bring all of my willingness, effort, and truth.

I'll try everything with curiosity.

Not everything will resonate, and that's okay.

But I'll give each part of this process a fair chance, because I know real change only happens when I fully show up.

I release the pressure to get it right.

I trust that growth is nonlinear, uncomfortable, and entirely worth it.

I choose to believe in the possibility of change - and in my ability to create it from the inside out.

I deserve this.

And I'm ready.



(sign here)

Date: