

Your Conscious Commitment

Print this out and post it somewhere you will see it every day.

As a Participant of the Conscious Cleanse I Promise:

- To make healthy decisions to the best of my ability
- To know when to be fierce with myself and when to be gentle
- To celebrate my successes as well as my challenges
- To be curious and to listen to my body
- To recognize my journey as unique to me
- To remember to laugh and trust that my best is good enough
- To allow myself to heal physically, emotionally and mentally
- To love, honor and appreciate myself just for showing up

With Love and Acceptance,

Your Signature

Date

My intention for the Conscious Cleanse is:

