



*The Sprinkle of Love*

Let's do this...

**The Vow**



# The Vow

I, \_\_\_\_\_ do hereby promise myself to listen to my mind and spirit, as it relates to my wholehearted desire to be kept in my body.

I promise to be strong in mind, with a high level of self-discipline, even when I think no one else is watching.

I will talk to supportive friends, refrain from engaging in tempting behaviors, and love myself enough to say no.

I promise to be gentle with myself and my process, as my journey is my own.

Lastly, I acknowledge that I am not only responsible for myself but, for others. All of my decisions, positive and negative, physically, have a direct impact on another person. I will respect myself enough to Say No. I will love them enough to Say No to anyone I have not said "I do" to. I owe it to my spouse and our future children, to protect what should be shared only between a husband and wife.

This I vow to do.

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Name

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Date

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