

Marry Yourself and Commit to Loving you Vows

Under the witness of God/The Universe/Source Energy, I _____
take me _____, to be my partner in life, to have and to hold exactly
as I am, from this day forward and not waiting for the best of me, for better,
for worse no matter how I'm feeling or what I've done, for richer, for poorer
whether I've reached my pinnacle of success or not, in sickness and in
health being there for me no matter what, to love and to cherish exactly as I
am, for all eternity. This is my solemn vow and commitment to myself.

Set the scene:

Find a place you love to be. Either inside or out.

Dress in a way that makes you feel good.

Use your self-talk to feel confident.

Make a recording to share if you like.

Keep these vows handy and remind yourself when you are particularly hard
on yourself or having a bad day.