

SELF-DISCOVERY AGREEMENT



- ✦ I, _____, do hereby declare my willingness to participate in the experience of healing.
- ✦ I understand that I am worthy of the shifts, awareness, and upliftment available to me through the practices within this book, and I choose to embody compassion for myself as I begin this journey.
- ✦ I permit myself to see myself in all my light, without judgment, comparison, or the pressure to change any part of myself.
- ✦ I give myself permission to receive what I need from this book and to burn bright.
- ✦ I choose to give myself the time, space, and love I require to discover my deepest truths.
- ✦ I vow to allow change into my life where I most need it and desire it.
- ✦ I agree that I can fully acknowledge and accept my deepest desires.
- ✦ I promise myself that I am worthy of taking up space in this world and living a life I love.

- ✦ I swear to myself that I deserve to be the best version of myself without apology for the bigness of my energy, potential, and beauty.
- ✦ I grant myself full and unlimited permission to go through this book with love, compassion, and patience with myself.
- ✦ I admit that I possess profound inner wisdom that can lead me to the answers I seek.
- ✦ I accept that this book is a resource and an aid, filled with energy and light coming through it to allow me to see myself better.
- ✦ I acknowledge that what I need to burn bright is already within me.
- ✦ I acknowledge that all the things I seek are also seeking me.
- ✦ To these vows, I now commit my energy and will, with infinite compassion for myself, and for my highest good and the good of all beings.

SIGNATURE: _____

DATE: _____