

My Personal Self-Love Contract

Date: _____

I, _____, recognize that the relationship I have with myself is the foundation for all other relationships in my life. I acknowledge that I am worthy of the same kindness, patience, and effort that I so freely give to others.

By signing this document, I commit to the following promises to myself—not just for today, but as an ongoing practice of self-respect.

I. The Promise of Compassion

I will speak to myself with the same kindness I would offer a dear friend.

I will forgive myself for past mistakes, understanding that I was doing the best I could with the tools I had at the time.

I will replace "I should" with "I choose to," honoring my own pace.

II. The Promise of Boundaries

I give myself permission to say "no" to things that drain my energy or compromise my peace.

I will protect my time and recognize that "rest" is not a reward to be earned, but a requirement for my health.

I will unfollow or mute digital spaces that trigger feelings of inadequacy or "less-than."

III. The Promise of Nourishment

I will feed my body foods that make me feel strong and energized.

I will move my body in ways that feel joyful, not as a punishment for what I ate.

I will prioritize my sleep, recognizing it as a vital act of self-care.

IV. The Promise of Presence

I will make time each day to check in with my emotions without judgment.

I will celebrate my small wins and acknowledge my growth, even when it feels slow.

I will seek professional support when the weight of my journey feels too heavy to carry alone.

V. My Personal Addition

(Write one promise specific to your needs today—e.g., "I promise to stop comparing my progress to others" or "I promise to take myself on one solo date per month.")

Signed: _____

Witnessed by: _____