

Peace Agreement

In order to live life in the zone, I am making this peace agreement with myself – including my heart, my inner critic, my lizard brain, my body, my mind, and all the other pieces that make me the unique and wonderful me.

I will embrace my imperfection.

I will not judge or criticize my ideas or dreams. AND. I will regularly recommit to my dreams and goals.

I will not beat myself up for getting off course.

I will observe myself with compassion. AND I will be curious about actions I take that don't align with my goals.

I will make time for rest and for play, because my body and soul deserves both.

I will allow myself to feel – I will laugh and I will cry. I am human and am allowed to feel.

I will honor myself by saying “no” to things that don't align with who I want to be and saying yes to those things that do.

I will _____ without guilt.

I will not wait to _____.

(suggestion: don't wait for a special occasion to wear or use your nicest things, such as good perfume)

I will _____.

I will _____.

I will love myself completely.

Signed: _____ **Date:** _____

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