



Date:

My Peace Agreement

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 _____.

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 _____.

I will _____.

I will _____.

I will not _____.

As far as my partner is concerned, I _____.

I will love myself completely.

Signed: _____ **Date:** _____

Ideas for Your Peace Agreement

- ♥ I will not beat myself up for getting off course.
- ♥ I will not beat myself up for having a bad day. Each day I get to begin fresh.
- ♥ I will not beat myself up for feeling my feelings.
- ♥ I will not judge or criticize my ideas or dreams.
- ♥ I will not wait to wear my good perfume, my nice underwear or use my good linens.
- ♥ I will not wait to use my beautiful china and crystal.
- ♥ I will eat without guilt.
- ♥ I will get enough sleep without guilt.
- ♥ I will observe myself with compassion.
- ♥ I will be curious about actions I take that don't align with my goals.
- ♥ I will recommit regularly to my dreams.
- ♥ 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 love myself completely.