



A Confident Woman's Pledge

- 1. I'm ready and willing to get to know myself better.*
- 2. I am prepared to be delighted by what I find!*
- 3. There's so much more of me than I know and I am open to discovering just how truly amazing I am!*
- 4. I will celebrate my gifts and be gentle with the parts of me that need more care and attention.*
- 5. I refuse to allow others to define me, for I am the only one that has the right to determine who I am.*
- 6. I promise to practice patience with myself as I continue on my unique path of transformation.*
- 7. I am exact where I'm meant to be in this moment and I'm determined to embrace all of me!*
- 8. I will try my best to do what I can. Then I'll kick back, relax and welcome fun into my life!*
- 9. I'm determined to expand my comfort zone and learn how take up more space in the world.*
- 10. I open to receive all the guidance and inspiration I need and so richly deserve on My Amazing Journey!*



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This inspirational poster is an original design by Joan Stenzler, LCSW