

# self-love VOW

I, \_\_\_\_\_, **choose to love and honor myself with intention.**

“Me Over Everything” is not about neglecting others.

It is about ending the habit of neglecting myself.

It is a commitment to include my well-being in the decisions I make about my life.

I commit to caring for my emotional, mental, spiritual, and physical health.

I will listen to my needs instead of minimizing them.

I will respect my limits instead of pushing past them to please others.

I will use my voice when something is not right.

I release what does not honor me.

I will no longer remain in patterns, relationships, or environments  
that consistently compromise my well-being.

I commit to routines of care that support my healing and growth.

I will make room for rest without guilt.

I will take responsibility for creating a life that supports my health.

When I fall short, I will not abandon myself.

I will return to myself with honesty and compassion.

I will remember that healing is not about perfection, but about presence and consistency.

**This vow is my reminder that I am worthy of care,  
worthy of boundaries, and worthy of a life that supports my well-being.**

**I choose to show up for myself with intention, integrity, and grace.**

**This commitment to myself is lifelong, and I am allowed to grow into it.**

With Love,

---

**SIGNATURE**

---

**TODAY'S DATE**



dear self,

---

I choose you.

Not just when it's convenient,  
but when it requires me to change how I show up for myself.

I commit to caring for you with honesty.

That means honoring your limits,

listening to your needs,

and no longer ignoring what your body and heart are asking for.

I will practice using my voice when something is not okay.

Not to explain myself into exhaustion,

but to speak with clarity and respect.

I will protect your peace with boundaries.

I will make room for rest without guilt.

I will allow your healing to take the time it needs.

I release the belief that self-love is something I get to later.

I stop postponing care for you until everyone else is settled.

You are not behind.

You are becoming.

And I am committed to showing up for you,  
with care, consistency, and compassion.

With Love,

Me