



I put Love first.

I honor my inner guidance.

I embrace that which supports me in feeling authentic joy.

I let go of habits and traditions that no longer serve me in feeling and expressing Love.

I drop all allegiance to shoulds and oughts.

I respect my own preferences.

I trust that making choices that are right for me will also be right for everyone else involved.

I allow others to respond to my choices in whatever way they choose.

I invite others to be true to themselves by being true to myself.

I am clear and loving in all my interactions.

I maintain my radiance and provide a beacon of Love and peace for all.

—Julia Rogers Hamrick

