



*I am not a mess*™

EMBRACE • EMPOWER • EVOLVE

### My Growth Worksheet #3 – EVOLVE

Before you begin, please find a quiet place and take a few deep healing breaths. Your mind may but pay attention to how you feel. Over time notice the shifts that take place. Repetition is how we learn and unlearn. Be kind to yourself honoring your own evolution knowing that you are letting go of what holds you back from your wholeness.

- I \_\_\_\_\_ promise to read these statements with enthusiasm, love, and joy. I willingly take action to support my journey of healing to become the best me today and everyday, for this I am grateful!
- I \_\_\_\_\_ promise to be patient with myself, allowing my process to unfold in its own unique way. I accept that my evolution is constant and will honor my effort as sacred as I surrender to the love of the universe.
- I \_\_\_\_\_ promise to celebrate with gratitude my growth including the smallest of shifts that I make towards becoming more of myself as I make my health and wellness a focal point in my life.
- I \_\_\_\_\_ promise to be kind to myself as there will be days I feel vulnerable. On these days I will remember I chose to heal and allow this time to reveal its beauty.
- I \_\_\_\_\_ promise to stay on my path and know that there will be days I want to quit but will always remember that I am not alone and matter in the world.
- I \_\_\_\_\_ promise to get out of the way and allow spirit to support my life and see that my personal state of health is my platform for transformation.
- I \_\_\_\_\_ offer my heart in gratitude knowing the gifts that are to be revealed will take me to new places of my own growth and souls evolution. All is well and I know this to be true now and always. And so it is.

**Note:** Please feel free to post this in your home, at your office, or even write on 3X5 cards and read them a few times a day. You can use the list or do one per week and keep a journal of your experience.