

Declaration of Worth

*From this day forward, I claim my worth.
I claim my full self, my beauty, my shadow,
my love, my anger and everything in between.
From this day forward, I cease agreement with
saying 'yes' to anything that I do not want.*

I reject the notion that...

*...my worth exists only when I do something for someone else.
...it is my job to be responsible for anyone else's happiness.
...I must agree with someone's opinion to keep the peace.
...I must cooperate or collaborate against my inner will.
...I must give up anything for another person
to have what they want.
...I must scrape bare the walls of my soul
for any reason, whatsoever.
...I am here to advance anyone else's agenda
at the expense of my own light.*

Rather, I embrace the truth that I have a special gift to share in this world.

*I might not be fully aware of what that is in this
moment, but I know it resides inside of me.
It resides inside EACH of us.
It is my mission to BE my most authentic, unique BEing.
If I neglect myself, this will not be possible.
If I say 'yes' when I mean 'no,' I am not authentic.
I embrace the truth that what is best for my highest self is
best for everyone, that truly helping myself helps everyone*

**Therefore, I only say 'yes' and choose things
that nurture me and stoke my internal flame.**

I am the only one who can make that choice.

*I understand that the divine speaks through my
curiosity, my yearnings and my excitement.*

*I embrace situations where I feel the energy of
satisfaction, fulfillment and pleasure.*

I embrace silence and nurturing time for myself.

I trust my inner guidance to show me the way.

I am worthy in each moment, simply because I exist.

I am valuable, simply because I exist.

I embrace and hold sacred my gift of life.

I embrace me FULLY.

I am enough and perfect, just as

I AM.

Signed

Date

My Sabbatical from "Yes" starts on: ____/____/____ and ends on ____/____/____ (30-Days later)

This declaration comes with an auto-renewal at expiration, until such time as you should choose to say yes to something different.

The initial term for your sabbatical will be 30 days, however, it might make more sense for you to take a longer break.

Trust your inner wisdom and make the choice that is right for you.

Sign your Declaration of Worth and insert today's date and the date for the end of your sabbatical.