



# MY COMMITMENTS TO LIVE AN INNER WISDOM-LED LIFE

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I choose to live an Inner Wisdom-led life.

I promise to connect with my  
Inner Wisdom daily.

I promise to keep my relationship with myself  
and my Inner Wisdom sacred.

I choose to listen to and act on my  
Inner Wisdom's guidance, always—

even when the direction is scary, different,  
and outside my comfort zone,

I choose to live an Inner Wisdom-led life,

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