

# 30-Day Self-Love Commitment Pledge



The Female Orgasm Training Institute presents this commitment pledge as part of our mission to help women cultivate deeper self-compassion and positive self-dialogue.

I, \_\_\_\_\_, commit to a 30-day journey of shifting my internal dialogue toward kindness, compassion, and self-respect.

For the next 30 days, I will follow a **Zero Negativity Policy** toward myself. That means:

- I will recognize negative thoughts when they arise – about my body, my image, my sexuality, my orgasm, or my relationships.
- I will **thank** those thoughts for showing up, then lovingly release them.
- I will choose **supportive, empowering** self-talk instead.
- I will speak to myself the way I'd speak to someone I love.

This is not about perfection. It's about conscious awareness. I give myself permission to learn, shift, and grow with grace.

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

"The way we speak to ourselves shapes the way we live our lives."

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by **Dr. Suzanne Mulvehill**