



## *A Pledge To*

# Attend To My Soul, My Fully Embodied Life

I, \_\_\_\_\_, pledge to notice, acknowledge, and nurture myself.

I understand that attending to my soul is about attending to all of me. This is an art form and a kind of activism that begins from an outgrowth of self-compassion and self-nurture.

I understand that this is not selfish, it is a responsible way to respond to grace.

I understand that I will flourish as I nourish myself in a creative, sustainable self-nurturing approach—individually and within community, in order to open myself up more to the awareness of Jesus' love and to go the distance in loving others and myself.

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**Date**

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**Signature**