The Real Woman Creed

I believe that within me lies an extraordinary radiance, and
I commit to letting my light loose in the world.

I believe that the source of my power and wisdom is in the center of my
Being, and I commit to acting from this place of strength.

I believe that I possess and abundance of passion and creative
Potential and I commit to the expression of these gifts.

I believe that negative thoughts and words compromise my
Well-being, and I commit to thinking and speaking
Positively about others and myself.

I believe that young women are in need of positive role models, and
I commit to being an example of authenticity and self-love.

I believe in the relationship between my well-being and
The well-being of the planet, and I commit to a life of mindfulness
That regards all living things as holy and worthy of my love.

I believe it is my spiritual responsibility to care for my body
With respect, kindness and compassion. I commit to balancing
My life in such a way that my physical being is
Fully expressed and nurtured.

I believe that joy is an essential part of wellness, and I commit to
Removing obstacles to joy and creating a life that is full of exuberance.

I believe that a woman who loves herself is a powerful, passionate,
Attractive force, and I commit, from this day forward, to loving myself
Deeply and Extravagantly!