



Dear Body,

Thank you.

Words cannot fully express my gratitude for the tolerance and endurance you have experienced over the years. You have faithfully served me and protected me, even when I did not always treat you kindly. It's time for an attitude reversal and an AMPed-up promise!

Starting TODAY, I vow to:

- ☉ Shower my body with *gratitude* for the amazing things it does for me each day.
- ☉ AMP up my exercise regime to build *strength* and *power*.
- ☉ Make sufficient time to rest my body and *recharge* my energy.
- ☉ *Restore* reserves with the best medicine of all – *laughter!*
- ☉ Fine tune my inner self talk to reflect *positivity* and *acceptance*.

Add three personal vows to enrich your life.

1. _____

2. _____

3. _____

With Love,
