

# Madly in Love with ME™



## The Manifesta

We believe that every woman has the right to fall madly in love with herself. To be so in love with who she is, to so deeply honor her body, mind and spirit that every choice she makes reflects that same deep honoring. That she is not only *entitled* to love herself, she is *empowered* to love herself simply because she is.

In this world, where a woman *KNOWS* how to fall madly in love with herself, there is no need for her to fit into someone else's image of what beauty, intelligence, and success is, there is only being the woman who she truly is inside of her soul. **She is free to be, fully.**

In this new world, where a woman is *ENCOURAGED* to fall madly in love with herself, there are no apologies for who she is (or is not), there is full acceptance and celebration of who she is, right now in this moment. **She is free to love, fully.**

In this world, where a woman *LIVES* a life where she falls more madly in love with herself everyday, there is no living for tomorrow or sacrificing and settling for today, there is only creating the world that her heart and spirit desire at the very core of her essence. **She is free to live, fully.**

## We Believe That...

1. Every woman desires to be loved, deeply, for herself.
2. Every woman desires to be free to fully express herself.
3. Self esteem is not enough. Lasting happiness demands self love.
4. The love, freedom and happiness every woman seeks can only come from inside of herself.
5. Finding that love, freedom and happiness within ourselves is a journey that deepens over a lifetime. Although we feel it more and more as time goes on, falling in love with ourselves is something we do forever.
6. All women deserve to love themselves... to have fun doing it... and to have the company of other women along the way.

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## the challenge

**we invite you to join women around the world as they make a commitment to loving the most important partner in their life, themselves. Here's the challenge... I say**

“**YES**, to be, love and live my most real, wise self for the rest of my life,” and say “**NO** to settling, to apologizing, to sacrificing, to playing small, and to participating in any relationship, thought, belief, or activity that doesn't fully 100% honor the beauty, power and sacredness of my soul.”

## my vows to ME

**YES! I do... fall madly in love with myself again and again for the rest of my life.**

I vow to know my truest self, deeply.

I vow to freely & fully express myself, never apologizing for or holding back from who I am.

I vow to always be completely honest with myself.

I vow to love myself for exactly who I am right now.

I vow to celebrate myself.

I vow to make my happiness a priority.

I vow to forgive myself when I'm not perfect.

I vow to see my beauty everyday.

I vow to find kindness and compassion instead of judgment and comparison for myself.

I vow to never settle for less than my heart and soul desire.