

ANTI-PERFECTION *plan*

WORKSHEET 2

YOUR SACRED VOW

You know that lasting relationships are a marathon, not a sprint! However, the diet culture, combined with past history of diet drama and trauma, makes it really hard to remember this. That's why I am asking you to take the **Sacred Vow** - It's a promise you make to fully commit to your new relationship with food and with yourself. To not cut and run back to your old habits or the newest fad diet. **Let's make this commitment today.**

The Sacred Vow is the most important commitment you can make in your relationship with food and with yourself. It goes something like this:

MY SACRED VOW

I commit to staying the course in my new relationship with myself and with food. In good times and bad, in sickness and in health, through overweight and goal weight, to the furthest extent. I will honor this relationship with integrity and I vow not to be swayed by the newest fad diet, or anything that may seem easier, softer or faster. I commit to staying the course even when it's tempting to run back into the arms of Sugar. And if I falter, I commit to coming back to this vow with renewed hope, strength, and courage.



With lots of love, _____

Date: _____

