

Statement of Acceptance

One of the greatest gifts you can give yourself is the gift of acceptance. We can be judgemental/critical/shameful about ourselves, our current situation, why we are in it, how long it's taking to change. Create a personal statement about your process of growth or use the following: *"I accept my current situation, completely as it is, in this moment. This doesn't always mean I am happy with it or that it isn't difficult at times, I simply accept it, releasing any judgement I had about it. I am currently taking steps to change my situation, so that my life is more aligned with my values and I can live/work/care in a sustainable way. Some days I may take more actions than others, and that's okay. I know accepting my situation, instead of triggering the stress response when I judge it, is actually a big step towards my value-based life and that a series of small changes will lead to significant results."*

Write out your personal statement of acceptance: