

Rockstar Manifesto

I Make a Commitment to Me

I recognize that my healing and honoring my personal journey is important. I make commitment to my own healing and self care. I make a commitment to nourish myself and my body.

I Give Myself Permission to Heal

I give myself permission to see the subtle changes within me as I move along in my healing journey. I promise to be gentle, caring, and kind to myself along the way.

I Celebrate Me

I recognize that I made it, I survived. I've made it through the tough part, now I am growing, healing, and working to recognize my own Rockstardom.

I am Determined

I recognize my strength and determination to heal. I make a commitment to make progress towards my goals with gentle loving kindness, one tiny step or giant leap at a time.

I Honor all Rockstars

I recognize that everyone has their own story, and I make a commitment to honoring each and every rockstar. I will recognize, encourage, and support the bravery and strength of all Rockstars everywhere.

