



# 1 Life Connected

## The 1 Life Connected Commitment

I commit to Be 1 Life Connected, by starting on my unique path toward Recognize, Embrace, Connect and away from Name, Blame, Judge.

In this journey I will honor both my sinkers and balloons in the ocean of life, by practicing the four following principles:

Being mindful of my response

Creating my environment

Embracing my emotions

Finding self forgiveness.

I recognize that we each deserve a space in the world for our own opinions and growth. To find our own authentic true selves, and this will not always be easy.

I will find my individualized path to stay connected to my joy and my pain, while also staying connected to myself and all of humanity.

I believe I am worthy. My life is deserving.

I commit to Be 1 Life Connected.

1LIFECC.COM

