

CONTRACT

The following contract is your choice, it isn't mandatory that you sign. Your signature is symbolic to emphasize your decision to love yourself first. This movement evolved from my W2 Women ship Program, but I believe that even though my message is greatly needed it is too strong to be delivered without a forerunner to pave its way. The Love Yourself First Letters will do just that, while priming you for a lifestyle change.

These letters are a way for me to connect with you, letting you determine how sincere I am about uplifting and empowering women of every race, nationality, cultural and ethnic background. This movement is about you and every other woman on the globe including me, being better tomorrow than what we are today. This contract is not between you and me. It is between you and the WOMAN you see in the mirror.

THE LOVE YOURSELF FIRST CONTRACT

This LOVE YOURSELF CONTRACT is made and entered into as of the _____ day of _____ 2018 by and between Me, Myself and I. I, _____ do solemnly swear and affirm that I shall put forth a 100% percent effort to be a better woman tomorrow than the me I am today. I will look forward to my own future while acquiring wisdom from my past mistakes and misfortunes. I must commit to healthy, positive, productive ways to elevate my lifestyle for ME first, then for my family and friends.

I will spend one hour everyday reflecting on yesterday with a singular purpose, which is how I can make tomorrow better. I will make better decisions for my well-being. I shall not tolerate- disrespect, verbal or physical abuse, or any defeating, degrading actions against my person.

Me, Myself and I are now a united front striving with purpose to keep negative people, places and things away from our life and out of our business, because right now we are in the SELF GROWTH business and it's about to be BOOMING.

I promise to go to sleep with one goal uppermost in my mind: LET ME BEGIN TO BE A BETTER ME IN THE MORNING. When I awake I must rise with purpose thankful for another chance to improve me. My days shall be positive and productive regardless of the naysayers or negativity which may be present. I will remain unaffected, because I know I am beautiful inside and out, worthy of being respected by all who cross my path, enter or exit my realm. What realm? The one where ME, MYSELF and I reign supreme.

SIGNATURE: _____

DATE: _____

Debra Antney