

THE 'I AM' PLEDGE

THIS CERTIFIES THAT

I am...Grateful for Everything I have in my life

I am...Making myself Priority #1

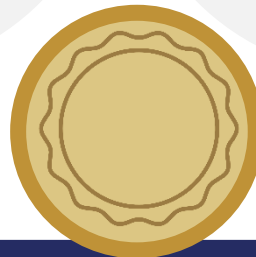
I am...Grounding myself in the NOW

I am...Finding my Support team

I am...Honest with myself 100%

DATE: _____

Jennifer Rose PF LLC



5 'Simple' Habits

