

Release the Layers of Pain, Shame and Self-Doubt Smothering Your Inner Light!



RECLAIM Your Life

WITH LIFE RECOVERY COACH MAL DUANE

[www.MalDuaneCoach.com](http://www.MalDuaneCoach.com)



## The Reclaim Your Life Mantra

Are you ready to reclaim your life and live with passion?

Then take the Reclaim your life pledge!

I do hereby declare that I am stronger than I know, more capable than I have ever dreamed, and more loved than I can possibly imagine.

I am a powerhouse of love, strength and resiliency

I am taking steps to move my life in the direction of my dreams

I have the power to change my world

I believe I can do everything I set my mind to

I am living my best life now - happy and free

I have everything I need within myself - love, validation, acceptance, happiness & peace

I am free to make my own choices

I free myself from anything or anyone who no longer serves me

I forgive myself and I forgive others

I treat myself with kindness and respect and expect that others do the same

I am safe. I am supported. I am protected

I am beautiful on the inside and out

I love and accept myself for who I am

I am worthy of joy, love, and happiness

I have confidence in my abilities

I take time for my spiritual connection, meditation, or prayer

I am living in the beauty of the present moment

I am grateful for the blessings in my life

I am proud of myself and celebrate who I am and my accomplishments

I let go of negative self-talk

I choose to be grateful for all that I have

I radiate love, peace and happiness

I attract wonderful people into my life

I practice self care so my heart, mind, and soul are full

I \_\_\_\_\_ declare that "I am in!" and I promise to show up and live in the fullness of who I am and live my best life now!