Re-Examining Your Commitment to Yourself

Inspirations from your post-process manual

“When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.”

~ Jean Shinoda Bolen

Graduates, in every moment we all have a unique chance to take stock of where we’re at, and to claim the changes we’d like to make. In support of yourself as a loving, authentic being, remember to honor yourself by engaging in practices that support your growth.

Where to begin? You might start by asking yourself questions that will help you gauge how fully committed you are to yourself. As you ask and answer the following questions, become aware of what you’re feeling and thinking, and make the decision to deepen your commitments to yourself, today:

- Am I committed to living in the present and acknowledging my current reality?
- Am I committed to experiencing my light and love within?
- How do I celebrate my wholeness?
- What is my commitment to continue to grow?

Following are several simple practices from your Path of Integration manual* that you can do right now to honor your growth and your commitment to your unique path:

- Self-Forgiveness/Self-Love Walk: Set aside 30 minutes to feel the power of connecting with the earth as you deepen your love for yourself.
- Appreciating others: That’s right – appreciating others helps us learn to appreciate ourselves. Set aside time to value the people in your life, including those of whom you may have forgotten or pushed aside.
- Continue to clear negative love patterns through continued Hoffman work: Immerse yourself in coaching with a Hoffman teacher, attend a Process graduate group near you, or sign-up for a Hoffman teleclass or Q2 Graduate Intensive.

*At the end of your Process, you received a Path of Integration manual, which provides a number of time-tested ways to integrate your Process into your life. The exercises and practices found there are designed to help you continue on your path of deepening into self-love. Remember that you can revisit them anytime you’d like!

All the best to you as you continue on your path!

For this and all graduate information, please go to www.hoffmaninstitute.org