



The Shibboleth Pledge 2020

I am my Heavenly Father's Child. I can do all things through Christ which strengthens me. I am letting go of the past and looking forward to an amazing and healthy future. I am calling forth and forward the things that are not as though they already are here now.

I am lean.
I am healthy.
I am intelligent.
I am self-disciplined.
I am beautiful.

My body is the temple of the Holy Spirit and I will not defile it.

I pledge to love myself by taking care of myself. I pledge to honor God by taking care of my body. I pledge to focus on what I enjoy and can have instead of those foods that I cannot have. I pledge to love myself as much as I want to be loved by others. I pledge to love God by loving others as much as I love myself.

I pledge to focus on what I can do instead of what I cannot do.

I will live a self-disciplined lifestyle as it relates to food and my food choices. I will do the right things more than the wrong things. If I make a mistake I will forgive myself quickly and move forward. I will also show others the same grace.

I pledge to educate myself on my body and understand how my body works.

I understand that the life and health of the flesh is in the blood.

I will eat nutritious foods, stay well hydrated, and get enough sleep in order to keep my blood healthy.

I will not have more than six holidays each month until I have reached my weight loss goal.

I will not have more than twelve holidays each month after I have reached my weight loss goal.

I pledge to attend online class as much as possible and I pledge that I will maintain a food journal as a lifestyle.

I pledge that I will exercise and/or walk as much as my physical ability will allow.

I pledge to define my own worth instead of allowing others to define my worth.

To my future self: Here I come and I am not going backwards