## JENNIFER ROSE'S SELF GAME '10 PROMISES' PLAN

## I AM MAKING THESE 10 PROMISES A PRIORITY

- 1. To Give Unconditional Love 2. To Listen 3. To See
- 4. To Be Honest/Truth 5. Show Respect/Trust
- 6. Self-Care not Optional 7. To Just Be There
- 8. To Be Authentic 9. To Have Fun/One-Life 10. Be Imperfectly Perfect Human

DATE:\_\_\_\_\_

