



"Take 50" Pledge

On _____, 20____, I _____

make a commitment to take at least 50 minutes:

- a day
- a week
- a month

to nurture and take care of myself.

I will take time for me and my well-being. By taking time for me, I am doing a service to the world. I know that I will be able to do more, provide more and be a better person if I am taking care of myself.

So this year is dedicated to my health and well-being...and taking 50.

Let's go get 'em, ladies!