

## *Certificate of Oath*

### **Before you sign:**

If you believe you are unable to take and sincerely uphold this **Certificate of Oath**, then you are not ready to take this journey at this time.

**An “OATH” is defined as:** a solemn formal calling upon to witness o the truth of what one says or to witness that one sincerely intends to do what one says.

**A “VOW” is defined as:** a solemn promise; specifically, one by which a person is bound to an act, service, or condition.

(as a verb): to bind or consecrate a vow

~**Merriam-Webster Online Dictionary**

**“SELF-LOVE”** is unconditional and non-judgmental; kindness, compassion, gentleness, cherishing, well-treated. You must BE & GIVE these for yourself FIRST.

Find someone, a witness, that you know, trust, is dependable and honest. This person must be someone who will truly hold you to your vow. Write your name in the space provided on all 3 vow statements. You will read each statement aloud to the person you select as your witness. Having someone bear witness to your oath ensures that you are more likely to honor and keep it. You are doing this for yourself. Can you keep a promise to yourself?



# *Certificate of Oath*

*I, \_\_\_\_\_, vow to take a solemn oath, promising to refrain from dating and having sex with any Engaged & Married Men.*

*I, \_\_\_\_\_, vow to refuse to engage in a relationship with a man who is unable to commit fully to me while he is promised/committed to another.*

*I, \_\_\_\_\_, vow to love myself more than I love a man.*

*I, \_\_\_\_\_, vow, above all else, to honor and keep this oath as witnessed.*

\_\_\_\_\_  
**Print your name**

\_\_\_\_\_  
**Witness name here**

\_\_\_\_\_  
**Sign here**

\_\_\_\_\_  
**Sign here**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Date**