Completed example:

**A Fat Girl’s Confidence Pledge**  
  
I pledge to be me. I love myself excessively. My family cares for me and I know this because they support me. I can call on God when I need help. I pledge to never let my negative thoughts get me down in my feelings. I will not continue to procrastinate through emotion. I have learned that keeping my feelings bottled-up is the old me and I no longer know that person. I am now a successful woman because I have started to love me. I pledge to love myself, boldly and unapologetically. I am confident that I can master all my short-term goals of building my self-esteem, self-image and inner beauty within five years. I will master my long-term goals within the next ten years.

Yours truly, Patrice Shavone Brown.  
  
A bold, beautiful, confident fat girl with a dream.  
  
Please come back and review this Pledge as the years go by. Keep it in a safe place. If your goals are to lose weight, come back and look at your Fat Girl’s Confidence Pledge as you compare and contrast your growth. We will all grow together.

Blank template example

**A Fat Girl’s Confidence Pledge**

I pledge to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I love myself\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. My \_\_\_\_\_\_\_\_\_\_\_\_\_\_ cares for me and I know this because \_\_\_\_\_\_\_\_\_\_\_\_\_\_. I can call \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when I need help. I pledge to never let my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ get me down in my feelings. I will not continue to \_\_\_\_\_\_\_\_\_\_\_\_\_. I have learned that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the old me and I no longer know that person. I am now a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I pledge to love myself, boldly and unapologetically. I am confident that I can master all my short-term goals of \_\_\_\_\_\_\_\_\_\_\_\_ within five years. I will master my long-term goals within the next ten years.

Yours truly, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A bold, beautiful, confident fat girl with a dream.

***Please come back and review this Pledge as the years go by. Keep it in a safe place. If your goals are to lose weight, come back and look at your Fat Girl’s Confidence Pledge as you compare and contrast your growth. We will all grow together.***