

YOUR 5 COMMITMENTS CONTRACT

This program is highly effective if you execute it carefully. I know how difficult it is to find the time on days with a busy agenda. To help you to rearrange your priorities accordingly, I invite you to internalize and sign this contract with yourself before you start with the course.

When you commit in writing what you want to accomplish, you increase the likelihood that you will take appropriate action. You also increase your receptiveness and your willingness to follow the course until the end. To make this commitment even more powerful, you can print it out and put it somewhere visible to remind yourself, or you can share it with people who are close to you.

MY 5 COMMITMENTS

- I, _____, hereby commit to reserve time for my self-development in my agenda and to stick to the timings that I plan in to follow the course.
- I commit to fully opening myself up to the processes of this course and to let my inner truths show up.
- I commit to having the courage to learn and grow by breaking through past patterns and redefining new ones.
- I commit to accepting my findings as there is no right or wrong, only my unique identity.
- I commit to refrain from judging myself and am ready to repeat exercises when I want to embed my findings even further.

Date:

Signature: