



Dear Subconscious Mind,

I _____ am ready to make a promise to myself that I can keep. I understand that Change is an inside job. I am responsible for my life. I am the creator of my life. I am willing to put in the work, to look at myself with fresh eyes, and to do so without judgment of myself or others. I promise to show compassion and patience with myself.

I am willing to carve out time to work on my life. In order to make time for myself I will do the following:

What I would most like to change in my life is _____

It is with integrity and intention that I enter into this contract with myself.

Love,