

I Pledge

PERSONAL CONTRACT WITH MYSELF

I, _____ hereby agree and commit to take full responsibility for my well-being and my actions and promise today, that my happiness, health and wellbeing as well as my personal growth are solely my own responsibility.

I pledge to give my very best towards everything I put my hands on. I will uplift and encourage everyone I encounter. My time will be spent wisely while directing all of my focus and energy on my most important life priorities.

1. _____
2. _____
3. _____
4. _____
5. _____

I will find positive ways to comfort and support myself when I'm having a hard time.

I agree that these conditions are important, worth doing and that this is a contract I am willing to make and keep.

I choose to be in charge of my own decisions and behaviour.

Signature: _____

Date: _____