

Contract

I, _____, understand that I am undertaking an intensive, focused encounter with my own will power and intuition. I commit myself during this coaching relationship to be honest and reflective.

I, _____, commit to weekly and daily activities that support my ability to observe and self correct and self generate.

I, _____, further understand that these activities will raise issues and emotions for me to deal with. I _____, commit myself to excellent self-care, adequate sleep, diet, exercise, and pampering for the duration of this contract.

(Signature)

(Date)