

# 'PROMISE TO ME' CONTRACT

If you choose to take this Program, read, and sign the 'Promise to Me' contract.

When you commit in writing what you want to accomplish, you increase the likelihood that you will act accordingly. Eliciting this type of personal commitment has been shown to be one of the most important aspects of behavior change, especially when you share this self-contract with others close to you.

You can print it out, sign, and put it somewhere visible to remind yourself throughout the Program.

I, \_\_\_\_\_, hereby commit to the full challenge of taking this Program towards the unfoldment of highest potential:

1. I commit to showing up and playing full out in this "Design Your Dream Career" Program.
2. I commit to opening to ways in which I might change and evolve.
3. I commit to having the courage to uncover, to break through my past patterns, and to redefine new ones.
4. I commit to joining my fellow Tribe members in this process, to open and share my vulnerabilities, because I understand these are pivotal to learning.
5. I commit to refrain from judgment of myself and of others.
6. I commit to being respectful with all communication, to always speak with full honesty and humility.
7. I commit to being respectful to my own boundaries and those of others.
8. I take full responsibility for my participation and I know I am not coerced in any way into any activity or belief system.
9. I understand that every moment matters. I commit to take on my truest nature.

Signed:

Dated:

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