



Commitment To Change

I, _____, no longer wish to live trapped by the control of _____. I hereby commit to positively reframe my mindset, and replace the associated stress and anxiety with habits and mindset for my wellbeing instead.

I commit to forgive myself for past mistakes.

I commit to intervene and break the negative mindset and external control cycle.

I commit to move forward with a positive mindset of life and relationships.

I commit to prepare my body with its physical needs every day.

I commit to listen to my body and trust its cues and signals.

I commit to manage my stress in ways other than _____.

Signed _____

Date _____

