



*I commit to*  
BECOMING A BADASS  
*Contract*

I \_\_\_\_\_ understand I am undertaking an intensive guided encounter with my authentic self and the mother I want to be. I commit myself for the next five weeks, the duration of the course, to weekly reading, daily journaling, weekly video chats, and daily practices for my growth and wellness. I commit myself to excellent self care for the duration of the course, including adequate sleep, a healthy diet, movement, and respecting my own personal boundaries. I further understand this course will raise issues & emotions for me to deal with & further process.

I understand I am committing to change and transformation, including the transformation of how I view myself, how I view motherhood, and how I show up for myself in my life. I am committed to opening myself to and exploring the practices and information offered in this course in order to step into the most aligned version of myself.

X \_\_\_\_\_