

# CONTRACT WITH MYSELF

I, \_\_\_\_\_, am making this contract with myself for the duration of this Program.

I agree to (check all that you are ready to commit to!):

1. Express gratitude for the intricacy, intelligence and beauty of my body and for its continual work with one and only goal in place: to keep me alive, to perform all my functions, to provide all that is needed for me.
2. Provide my body and mind with nourishing foods and thoughts no matter what because I deserve it.
3. Forgive myself instantly each time I do not follow the Program to the dot.
4. Press the “delete” button in my mind any time I think a thought of guilt.
5. Honor the process I am going through without trying to make it perfect. I will allow myself to be imperfect and will simply support my body in doing its work.
6. Breathe deeply through difficult times and situations as well as painful memories that will surface.
7. Allow old emotions to surface without judgment, fear or disappointment. I will acknowledge them, breathe through the old pain and hurt and allow them to be released because they no longer serve me. I may journal through this process.
8. Stop before taking on too much. I will delegate what I can. This is the time I am creating for myself to heal, release the old, allow the new, repair and restore. I will find space and time for myself and will say no sometimes.
9. Allow myself 15-minute beauty naps during the day or over weekends (aka powder naps).
10. Listen to music I love or look at arts I love once a day except heavy metal music or German Expressionism of the beginning of 20th century!
11. Allow myself to do nothing and be still.
12. Reach out to trusted friends, to the group or to Kasia for needed support.
13. Allow myself to make mistakes during the Programs. Tomorrow is another day.
14. Take pleasure in eating. For that, I will seek the best quality foods I can find.
15. Be gentle with myself like I would be with my best friend!

Are there any other things that are important to you that I did not list? Write them below!

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SIGNED: \_\_\_\_\_

DATED: \_\_\_\_\_