

mindset makeover contract



I, _____, COMMIT to participate fully in the next 3 months of Mind Body Alchemy to CHANGE how I think about:

1. _____ Money _____

Write in how much you will make in the next 3 months _____.

2. _____ My Relationship with My Body _____ how, weight, confidence, activities _____.

3. _____ My Relationship with _____ my business, partner, family, team, the planet _____.

4. _____ Other _____

by _____ (signature) _____ (date)

I will do this by:

- Taking full responsibility for my thoughts and actions –no more blaming others.
- Letting go of anything that stands in the way of moving forward including things from my past and present
- Committing to and taking Consistent Action that propels me forward

From Deep Within Me, with my full heart and clear mind, with my deepest gratitude:

Signed: _____