

Client Accountability Agreement

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination." *-Jimmy Dean*

Dear Client,

This agreement is made to encourage your individual growth. This is a commitment to yourself. The time you take to commit is the time you take to invest in you overall wellbeing. It is the accountability to yourself that will offer you the greatest satisfaction throughout this journey.

Commitment to Myself

I commit to the challenge of change

I commit to facing my barriers

I commit to show up and be present

I commit to allow myself the ability to make mistakes

Commitment to My Wellness Coach

I commit to attending all my appointments with my wellness coach

I commit to being vulnerable and honest

I commit to putting forth the energy to make appropriate change

I commit to maintaining a professional relationship

It is in this contract that I commit to be accountable. This journey is a choice that I have made consciously and agree to put forth the effort and energy to make the changes I have determined to be appropriate for my own growth.

Signature _____



Answers Within PLLC

Important things to remember

1. Change is hard
2. You CAN do anything you set your mind to
3. You will only be the person you chose to be
4. Forgiveness promotes growth
5. If you dig down deep enough you will find the strength
6. This is your journey and you decide what path you will take

Date _____