

My Commitment to Myself

In taking on a 5 week life coaching session with Becoming Daffodils Life Coaching,

I pledge to myself that:

I commit to showing up every week to the best of my ability.

I commit to do the work -the personality tests, the homework, participate in class, and explore the tools and exercises.

I commit to the consistency of a daily practice knowing that it takes at least 18 days and up to 254 days to form a habit. (average 66 days)

I acknowledge that change and growth may be uncomfortable.

I acknowledge that tests and challenges may come my way to make sure these changes are what I truly desire for myself.

My time, money, energy and thoughts are valuable and i am learning to invest them wisely.

I will begin to center my life around my values, my aligned actions, words and thoughts including my work, friends and family.

I will make my emotional, physical and spiritual well-being a priority as my essential self is of tremendous value to all.

I will strive to live 75-80% of my essential self knowing that my ego is here to help me grow. I respect that each person's journey is their own.

I acknowledge that surrender, rest and faith are essential to becoming the best version of myself. I vow to be curious about letting go of good enough for great and that the outcome may be better than I ever dreamed. If something feels too much or too heavy that I will let go of the outcome with faith.

I acknowledge that life coaching is not a replacement for medical treatment or diagnosis, mental healthcare or therapy.

Name and date