

## My Commitment

I \_\_\_\_\_ give myself permission to be totally open and direct with me throughout this course.

I am open to doing what I need to do in order to allow myself to accept, let go and move on.

I understand that I will need to commit time and effort to this process.

I also accept that there are areas of my life that I have total control over and other areas that are outside of my control. I will not focus on those things that are out of my control.

I will take on board all that I learn and that is applicable to my circumstances.

I have the power within me to do this and to heal myself, the courage to face the tough challenges.

This is my journey to great sleep and I choose to take it.

I am ready to be stretched physically and emotionally.

I am ready to move on from where I am now and nothing is going to stop me - bring it on!

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

