



Self contract

When you commit in writing what you want to accomplish, you increase the likelihood that you will act accordingly within a certain period of time. Creating this type of personal commitment has been shown to be one of the most important aspects of health behavior change, especially if you share this self contract with others close to you.





Module 3 - EMPOWERMENT

This contract is my commitment to myself. It outlines the steps I will take to ensure that I remain consistent and accountable in my journey of personal growth and empowerment.

Guiding Principles:

I will embrace challenges as opportunities for growth.

I will be kind to myself and practice self-compassion, even when I stumble.

I will celebrate my successes, no matter how small, as steps toward my greater goals.

Commitment to Self-Care:

I agree to prioritize my physical and mental well-being by practicing daily self-care.

I will set aside at least 15 minutes each day for activities that nurture my body, mind, or soul (e.g., yoga, meditation, journaling).

Example Statement: "I will honor my body's needs by getting adequate rest and nourishment."

My statement for self care:

Daily Practices (example)

- Morning Reflection: I will start each day with 5-10 minutes of quiet reflection, focusing on gratitude and setting positive intentions for the day.
- Evening Journaling: I will end each day by journaling about my experiences, emotions, and what I have learned.

Weekly Commitments (example)

- **Self-Check-In:** Every Friday, I will spend 30 minutes reflecting on my week, assessing my progress, and identifying areas for improvement.
- Goal Review: I will review and adjust my goals for the following week, ensuring they align with my long-term vision.