

from Burnout to Bliss



Declaration of Commitment

I, _____, am ready and
able to commit to my 12-week transformation.

I am going to push through excuses,
reasons, and "life showing up," in order to
achieve the maximum benefits this program
has to offer.

I will be given the tools to transform and will
use them within the time frames allotted.

I will plan my schedule in advance, to
accommodate the action tasks in this
program, so I will achieve my desired
results.

sign

date