



If you had 5 minutes to plan your future what would you do?

What are my passions? _____,

When am I going to _____? ___ / ___

I know one day I will finally _____. ___ / ___

Where did I leave off?

If I only had to work 20 hours a week I could...

_____.

Was that really ALL of what I could have done?

Today, I _____, commit to a life of self-care. This is a contract between the trinity of myself in mind, body and spirit and allows me to live to my highest potential. I will honor the human nature to my form and nurture it to the best of my ability in a natural and sustainable way. I will commit to a daily practice of mindfulness to build a consciousness to my life and soul. I seek to be refreshed, balanced and renewed. I am FREE of my prior obligations made ignorant to my needs. I will find balance in my everyday life by implementing _____, _____ and _____.
Today I commit this for myself.
