***Contract with myself***

*I ……………………………………… commit to 30 days of a daily practice and meditation. I also commit to experimenting with the ‘Daily Pleasures’ and doing things from my ‘Favourites’ list.*

*I understand that, apart from the above, I can add as I please and set my own pace. I intend to have fun and apply an attitude of lightness whilst being unwavering to this commitment I have made to myself.*

*I have made my list of ‘Favourites’ and now commit with my signature to starting this course.*

*Date ………………………..*

*Signature ………………………………………………………*