

CONTRACT

I, _____ begin my writing quest for self-transformation and healing on Sunday 26th February 2017 on the night of the New Moon, a powerful time to pledge allegiance to myself, to commit to calling forth my inner warrior and facing my demons and dragons.

I shall be gentle, loving and kind with myself as I walk through murky terrains, confronting my obstacles and challenges, and if I get stuck, I shall ask for help from my inner and outer guides.

I fully commit to unfolding to my true self - to awaken to the Shero within, and I understand that this is an ongoing process.

I commit to scheduling a minimum of 15 minutes a day to attend to my writing practice during this sacred time.

My quest shall be contained on the eleventh day, on the 8th of March 2017.

Signature:

Date: