

THE HEALING COMMITTED CONTRACT

Iunderstand that am going on a

Guided healing journey to repair my broken heart.

I know I am going to go through self -cleansing and detoxing of all the unresolved pain/grief that have kept me stuck.

I promise to take the necessary time out of my week to go through each step and efficiently.

I also understand that this process will bring up all the hidden emotions. I promise to be kind to myself, be patient as I work through this.

I am allowed to take breaks to reset my mind and energy.

Name..... Date.....

“KEEP THIS WHERE YOU CAN SEE OT TO REMIND YOURSELF “