

your new year's contract

Whenever doing a business deal, a contract is put into place to outline the parameters of the relationship and to follow through with promised commitments. The same can be done with our commitment to ourselves and our health. It's one thing to have ideas in our head, it's another thing to actually put them into writing. The act of writing something down is symbolic in that it is the first step in manifesting your ideas into a physical reality.

To assist you in your commitment to yourself, here's a sample "self" contract to get your new year started off clearly!

Date: _____

I, _____, am making a commitment to honor and take care of myself, making my health – body, mind, & spirit – a priority in my life.

I understand and agree to the following:

1. To make the changes necessary to keep my commitment to living a healthy lifestyle.
2. To exercise a minimum of _____ days/week.
3. To take a few minutes of quiet time for myself everyday (i.e. deep breathing, meditation, being in nature, etc.)
4. To tune into my body's needs and rest when I feel fatigued.
6. To strive to eat the healthiest and freshest foods while keeping processed foods to a minimum.
7. To keep outside stimulants (i.e. alcohol) to a minimum.
8. To maintain a positive attitude and be forgiving to myself, knowing I will experience the ups and downs, but understanding that it takes much time and patience to establish a healthy, habitual lifestyle.
9. To seek outside support to help me on this journey, but also to recognize that I am ultimately responsible for my happiness, as well as my overall health and fitness.
10. To believe that I am not only worth the effort it will require to live a healthy lifestyle, but also that I am worthy of my own self love and approval.

My Goals:

Overall Life goal: _____

1 year goal: _____

6 month goal: _____

This month's goal: _____

I sign this contract as an indication of my personal commitment to myself and my overall health & well-being. I declare to myself that I am worth it!

Signature: _____