



My Commitment to Myself Contract

I, _____, have chosen to start the Nuleeu in 12 Lifestyle Change Program. I understand that this program will provide me a lot of information, guidance and practice to build lifestyle changes that last. I realize that to be successful I will need to complete daily assignments, worksheets, and watch the videos. I know it is also really important to participate in the group virtual sessions each week to get the most out of this course.

On this date _____

I am taking the first steps and making a commitment to myself.

I will commit to do my best

I will commit to be present for myself

I will commit to making changes that last

I also commit to _____

(write in a commitment to yourself related to this program)

I am ready to make lifestyle changes that last

(signature)