



*Sacred Commitment*  
**TO YOUR HIGHEST SELF**

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# *Sacred Commitment to Oneself*

*The Self that is Eternal, Changeless, & Ever Present*

To begin the journey of miraculous change, a recommitment to Your Self is essential.

Many times, if we step back, we can see that our commitments lie in anything but our Self. We commit to comfort, money, careers, to-do lists and so on. The truth is that when we commit to our Selves, all of the worldly concerns work out for the better.

**To commit to Your Self means to Commit to Living Your Own Life.**

## **To Live Your Own Life Means...**

*To be guided by your heart and soul*  
*To let go of the beliefs others, society, family, or anyone else gave you about yourself*  
*To make choices that foster deep peace*  
*To release concerns of the opinions of others*  
*To be the same person whether you're alone or with company*  
*To align your priorities, thoughts, aims, and actions*  
*To do what feels right*  
*To be clear about what matters to you*  
*To never compromise on what matters to you.*

Choosing to live your own life is the ultimate commitment you can make. Everything falls into place once you do this. Your choices become effortless, and your behavior starts to change. In fact, your entire world starts to change.

The following page offers an oath to signify this commitment, and make it official. Do not sign this oath until you feel completely ready for a major transformation in your life. Once this commitment is signed, you will experience life shifts, coincidences, changes of thoughts, actions, and more.

This contract is a powerful catalyst of change, and not to be taken lightly.

# *The Sacred Contract*

*A Binding, Non Negotiable, Commitment*

On this day of \_\_\_\_\_ my life has forever changed. On this day, I have made the ultimate choice to live from my highest aspects.

*I Have Chosen to Commit to...*

With this choice, I now direct my focus on what truly matters to me. It is with and through this focus that I bring my eternal aspects into this temporary world, and experience my soul's growth. With my focus, I actualize.

*What Matters to Me Is...*

When life, people, or circumstances provide me hurdles, I will remain steadfast in my knowing. My knowing that there is nothing that matters more than being connected with my heart, and listening to my highest aspects.

*No Matter What, I Know....*

I honor the journey of my life. To honor this journey, I show up. I make plans that stretch me. I listen to what my heart is telling me, and I write it down. I take tiny, guided steps each day, and give myself grace on the days when I don't.

*I Say Yes To...*

I commit to this connection with The Divine, with My Heart, & with My Highest Aspects. I open to receiving the miracles this connection will deliver into each moment of my life, without fail. And so it is!

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date