



## MY COMMITMENT LETTER

With this signed letter, I declare my intent and commitment to personal transformation over the course of my stay at Antonia Maria Foundation. I know with the practice of Self-Awareness, I can achieve major breakthroughs and miracles in my life. I understand transformation can be confrontational and I accept the challenge. Over the course of this program, I will read these COMMITMENTS daily.

I TAKE RESPONSIBILITY FOR MY THOUGHTS, FEELINGS, ACTIONS AND ATTITUDE

I WILL NOTICE WHEN I AM FOCUSING ON THE PAST OR DWELLING ON THE FUTURE

I WILL NOTICE WHEN I AM JUDGING MYSELF AND OTHERS

I WILL NOTICE WHEN I AM TRYING TO FIX, CHANGE OR CONTROL ANOTHER PERSON

I WILL NOTICE WHEN I AM CRITICIZING, COMPLAINING, OR GOSSIPING ABOUT OTHERS

I WILL NOTICE WHERE MY ENERGY GOES AND WHAT I GIVE MY ATTENTION TO

I WILL NOTICE WHEN I GET DEFENSIVE AND COMMIT TO SEEING THINGS DIFFERENTLY

I WILL EMBRACE THE VALUES OF COMPASSION, ACCEPTANCE, AND GRATITUDE

I CHOOSE TO LIVE IN FORGIVENESS, TRUST, AND SURRENDER

I COMMIT TO MY SELF-WORTH AND PROSPERITY IN ALL AREAS OF MY LIFE

I CHOOSE TO LIVE FREE

I CHOOSE TO BE HEALTHY

I CHOOSE THE END RESULT OF LIVING MY TRUE NATURE AND PURPOSE I CHOOSE TO BE THE PREDOMINANT CREATIVE FORCE IN MY LIFE

I ACKNOWLEDGE THE PRESENCE OF GOD (SPIRIT, UNIVERSE, HIGHER POWER) IN MY LIFE AND I  
COMMIT TO DEVELOPING A RELATIONSHIP WITH THIS PRESENCE DAILY  
I COMMIT TO SITTING IN STILLNESS FOR A MINIMUM OF 15 MINUTES DAILY WITH THE FOCUSED  
INTENTION OF KNOWING AND MEDITATING ON THE TRUTH OF MY BEING  
I WILL PRACTICE SELF-AWARENESS CONTINUOUSLY, ASK MYSELF WHAT I NEED OFTEN, AND  
PRACTICE SELF-LOVE.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_