



ANTONIA MARIA FOUNDATION

MY COMMITMENT LETTER

I COMMIT TO SITTING IN STILLNESS FOR AT LEAST 15 MINUTES DAILY WITH THE FOCUSED INTENTION OF ACCEPTING AND APPLYING THESE COMMITMENTS:

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

I WILL NOTICE WHEN I AM FOCUSING OR DWELLING IN THE PAST OR 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 AND BE HEALTHY IN MIND, BODY, AND SPIRIT

I WILL PRACTICE SELF-AWARENESS CONTINUOUSLY, ASK MYSELF WHAT I NEED OFTEN, AND PRACTICE SELF-LOVE

With this signed letter, I declare my intent and commitment to personal transformation over my stay at Gracie's House. 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.

Signature: _____ Date: _____