

MASTERING MINDSET CONTRACT

1. I will manage my mindset and foster positivity.
2. I will honor my night time rituals to provide restorative sleep.
3. I will lovingly prepare gorgeous plant-based meals and always add a scoop of self-love.
4. I will explore the edges of healthy boundaries to respect my self-worth.
5. I will practice healthy movement daily to rebalance and restore my nervous system.
6. I will drink more water.
7. I will luxuriate in blocking off 1 hour on Sundays to plan my meals for the following week.
8. I will continue to turn off my digital devices at 8:00 PM every night.
9. I will celebrate my accomplishments daily as a component of my night time ritual.
10. I will forgive and release any negative feelings and thoughts that sabotage my health and well-being.
11. I will support a non-profit of my choice.
12. I will reach out for help whenever I need it.

Your name _____

Date _____