

I COMMIT TO MY HEALING: AN AGREEMENT TO MYSELF

I _____ commit to my healing and well being.

I believe I am capable of getting past old beliefs, perspectives and wounds.

I believe I deserve to feel better and live my true purpose.

I will keep an open mind and be willing to try and explore new ways of thinking.

I will try new healing modalities and be open to trying new ways of healing.

I will show up for sessions on time ready and willing to do the work to feel better.

I will be present during my sessions with no distractions.

I will do my soul/homework to better be acquainted with myself.

I _____ am committed to the critical and confidential work I will be doing with my ETM Mentor, Jennifer Wilkinson for the duration of our sacred sessions.

Note: I am honored and grateful to work with you. I take your transformation and healing seriously, as I have done this work myself and have experienced its potency and ability to change old stories and create new beginnings.

I am here to support you on your journey with love and compassion.

Warmly,

Jennifer