

# The Hard Truth:

Personal responsibility is the only way to get past all the obstacles and BS excuses we litter our journeys with...you're better than that.

You are the maker of your decisions and make the choice to follow through or not.

Studies have shown that making a contract with yourself is an effective way to stop the excuse making and take your commitment to yourself seriously.

You ready to go for it?

HERE'S THE PRE-WORK:

You Have a Massive Excuse List--we all do.

So the first step to change is admitting things that it's time to let go of--like your excuses. If they fly as easily as the \*bleep\* you just let out when you burned your finger, it's time to saddle up and ride this horse.

They've just gotta go, time to be honest and eviscerate those bad boys, So make a list of every single excuse you've made on a piece of paper. Be brutal, be ruthless, let it FLY!

On the other side of the paper, solve your problem. remember what you focus on expands so, get granular with the solution--you know these are just dumb excuses you've conjured up to protect yourself from having to assume responsibility, so out with them and onto the solution!

You've got this.

Excuses run the gambit--they can be psychological (I don't want to, too hard, I can't say no to \_\_\_\_\_, I'm just not motivated...yada yada yada).

They can be head scratchers--you're a busy woman, where are you going to find the time?

REALLY?

I SEE YOU--YOU'VE GOT THIS.

# Full Bloom Commitment

I, \_\_\_\_\_, hereby agree and commit to take the following steps to improve my accountability to myself and to create a level of vibrancy in my life that I want by sticking with my plan, staying accountable:

1. I will not let one small slip-up to steal my worth. I will further respect myself by refusing to engage in any negative talk. I am committed to finding new outlets for comfort beyond the old ways of stuffing my feelings with food. I will look to all the possibilities and positive ways I can comfort and support myself when I'm having any difficulty. Specifically, I will... (refer back to the list of solutions & things that you will do instead of beating up on yourself or quitting on yourself).
2. I count and my needs are just as important as others. I will not sacrifice my own needs to make other people happy or worry about what they think of me. I won't do for them what they can and should be doing for themselves. When there is a conflict and I have to change things up, I will negotiate to find a reasonable solution that still includes me.
3. I have decided to be in charge of my own choices and behavior. I will not talk, think, or act as if my partner, child, spouse, parent, or cravings, or any situation "made me do it"; because I am powerful, not pathetic. I take on the role of victor, and shed the role of victim.

---

MY SIGNATURE

---

TODAY'S DATE