Recover Your Freedom™

WEEK 1 - Declare your desire for change & commit

COMMITTMENT CONTRACT

I, _____ commit to the next 6 weeks of watching the Recover Your Freedom™ video series and completing the assignments each week. I understand that change is about committment and making it a priority.

For the next 6 weeks I will commit to watching and completing the assignments on _____.

GET CLEAR

Make a list of every thing that is not working in your life (you can include anything ranging from health to finances, be specific)