

# 's PERSONAL CONTRACT

A few of my values and personal needs are...

What are my drivers?

What do I need from myself and others in order to be my best self?

Three to five self care and energy renewal routines are...

How do I take care of my body, heart, mind and spirit?

What helps me warm-up, cool-down, and transition between activities?

My personal decision-model is...

What two to five things are important to consider in most decisions I make?

Anything else that needs to be a part of my unique contract...

Accountability practice

Revision practice

An out

SIGNATURE

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