

# *Contract of Personal Responsibility*

I, \_\_\_\_\_ take full responsibility for my life, my health and all the consequences of my decisions, both conscious and unconscious.

## **From this moment I vow to:**

- Take responsibility for my own life and acknowledge that in every moment I may choose to continue in the same direction or to change course and that I will always reap the consequences of those decisions.
- Hold blameless all other parties including, but not limited to:
  - Parents, partners, children, family
  - Friends and acquaintances
  - Adversaries, opponents, oppositional forces
  - Physicians, accountants, lawyers or other consulting professionals
  - The economy
  - My boss, coworkers, employer, competing financial interests
  - Categories including Race, Culture, Belief, Gender, Sexual Orientation, etc...
  - Society, media, television, the internet and social beliefs
  - God, weather, the supernatural, luck, or any other outside force.
- Let go of the expectation that others will “help” me, even the professionals I have paid to do so and the people in helpful roles in my life. Those persons can and will advise me, but it must be me who helps myself.
- Allow others to take responsibility for their own lives, health and wellbeing and stop any attempt to fix, change, or take responsibility for them in any way with the exception of actual dependants, whom I will help to become autonomous and fully responsible for their own lives.
- Forgive myself for all past transgressions against my own health, my own quality of life, my financial health, my emotional well being and my immediate sphere of influence.
- Forgive myself for assigning any part of the responsibility for my life to anyone but myself, or using others as an excuse for not taking actions of my own.
- Understand that although random events and chaos have influenced my life, they have no power to influence my long-term joyfulness, health, or wholeness as a human.

*Signed:* \_\_\_\_\_ *Date:* \_\_\_\_\_

*Witnessed:* \_\_\_\_\_ *Date:* \_\_\_\_\_