

Finding light in the darker months

THE COMMITMENT CONTRACT

Summarise what a fulfilling autumn/ winter feels and looks like for you:

List some intentions for the next 4-6 months below. These could be daily, weekly or monthly commitments that will guide you through the darker months:

I, _____ understand that I am undertaking an intentional, guided encounter. I commit myself to my version of seeking out the goodness in the darker seasons.

(signature)

(date)