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Commitment to Grow Contract

I, _____, have made a commitment to grow. I have made a commitment to myself that I will attend all sessions of the Rewriting Your Story Course. I will follow through with all of the assigned work & homework. I will put in the effort needed to make significant change in my life. I will attend sessions with an open mind & ask questions when I am unsure of something. I am committed to making a change in my life by taking action towards my growth.

