



Your **VISION** Quest

A 3-DAY EXPERIENCE
FOR FINDING YOUR PURPOSE



PLEDGE

Feel free to sign this pledge if you want to boost your commitment to completing the quest!

1. I am willing to approach this quest with curiosity and an open mind.
2. I promise to be kind and loving towards myself as I explore the depths of my soul.
3. I will let go of the need to do this quest and its exercises "perfectly".
4. I promise to not beat myself up if I miss a day or an assignment. Instead, I will simply return the next day/as soon as I can and continue where I left off.
5. Over the next 3 days, I will sit down for 30-45 minutes per day, preferably at _____[enter time of day], to watch the video and complete the assignment of that day.
6. Furthermore, I'd like to pledge to myself...*[anything else?]*

Date:

Signature:

