

MY COMMITMENT to *Myself*...

I understand that this program is an advanced group coaching program. I am willing and ready to relate to myself in a new way. I will have the opportunity to receive coaching from Tara during the coaching calls and share my success and my growth with the group members.

By participating in the program I agree to keep any and all information about other participants and the program itself strictly confidential. I am free to share my own personal growth and accomplishments with anyone I choose. However, it is important to note that I should not look to others for self-worth and love. These traits come from within and I will learn more about this throughout the program.

As I embody more of the woman I am, I will begin to realize this journey, my journey only presents opportunities. There is nothing to “fix” in myself. I am a perfect being and my path is presented to me in order to grow.

SIGN