

Personal Intention and Commitment Statement

I understand that the Mindfulness practices are an essential aspect of cultivating my inner resources for health and well being and for working to reduce stress in all aspects of my life.

In order to gain the greatest benefit through this eight-week course, I am committing to the following:

1. I will commit to turning on the CD guided meditations each day as directed. If I am unable to complete the full meditation on any one day, I am willing to turn it on and do my best, recognizing that my intentions towards practice are more important than the number of minutes logged.
2. I am aware that I will get out of this program what I put into it. I also understand that there is no “thinking” about being mindful, only “being” mindful which requires daily intention, energy, commitment and follow-through for the full eight weeks and beyond.
3. I will be kind to myself and not expect myself to “get it right” as there is no such thing in mindfulness practice. I will do what I can and am willing to inquire, investigate, and stay with my experience as best I can.
4. I will suspend judgments and expectations about what I hope, expect or wish to get out of this program. I will continually recommit and intention myself to do the daily practices whether I like them or not and then evaluate the results at the end of the eight week program.
5. I will commit to keeping all shared information in the group, “in the group”.
6. I will ask for help as needed. I know that I am able to contact Diana to help with any problems, concerns or inquiries that I have.
7. I will do my best to see this experience as an adventure and opportunity beyond any I can imagine and HAVE FUN!

Participant's signature; _____

Date: _____

Diana Shimkus, Instructor: _____