



21 Days of Tapping into Your Creative Self - Creative Pact

Date: _____

I, _____, do solemnly commit to exploring, nurturing, honoring and expanding my own Creative Self.

Over the next 21 days I will dedicate _____ minutes daily to tap, journal, and reflect on my Creativity.

I recognize that I will probably experience resistance, uncomfortable emotions and limiting beliefs, so I commit to taking care of myself and taking full responsibility for my own well-being.

Signed: