


Personal Change Commitment Letter

I*RASHIDHAR NALWEYISO*..... declare that I must master my life in every area. I will no longer settle for a life that is less than what I know I deserve. I have had enough experience to know one side of life, and now it's my time to shine. I will commit myself to enrich the quality of my life from what it is now. In times when my life breaks; I will adopt and never react by taking time to acknowledge my emotions through a self-reflection/awareness. I will remain resilient and keep reminding myself of past similar situations that I was able to overcome. I will say statements like "I have been there, done that and I can do it again", "this isn't worth giving my time" ex carta. I will stay focused and balanced by sharing my message with the world. I will always embrace my vulnerability and practice mindfulness meditation to prepare my mind to deal with life unexpected events. Finally, I will strive to build social support and share my pain with people I can trust and can help me provide a space to help me clear my mind. I will persist under any circumstance to act upon the changes I want to see in my life, which are going to empower me forever. I will not give up but I will relentlessly work to empower my life, and push beyond my known limits. I AM responsible for shaping my destiny and entrust my ability to see new changes in my life. I understand that the only way to real success is by having a great State of Mind, and I'm willing to vigorously work to create and enhance it. I am ready to LIVE MY LIFE in the never-ending cycle of self-growth and use the unlimited power within my being. I am ready to attain a burning desire, compelling visions, and a passion for life that sits well above all else.

Sign:..........Date:24th/01/2023.....