

# BEING YOUR GRAND SELF ONLINE PROGRAM



Created by James A Sinclair

## Vision To Fulfillment Contract

I, \_\_\_\_\_, hereby commit myself to being the highest version of myself, my highest ideal, my Grand Self, and to fulfill my greatest vision.

I commit to reprogram myself from the limitations I innocently learned into the greatness that I truly am, from my small self to my True Self.

I have completed (or agree to complete) all the exercises, assignments, lessons, modules and meditations that dissolve the illusion of limitation, contained within Being Your Grand Self Online Program. I, therefore, agree to complete this program by doing the daily review for the final checklist from week #4 (included below) until my goals are realized.

I agree to stick with it until I see the results I want in my life.

By signing below, I understand I am committing to fulfill my highest vision and destiny.

X \_\_\_\_\_

(Signature)

\_\_\_\_\_

(Date)

- ✓ Did I do the meditation in morning?
- ✓ Did I do the meditation in the evening?
- ✓ Did I do the meditation mid day?
- ✓ Did I maintain the state of being and feeling that I felt in my Mental Rehearsal Meditation Method all day long, the best I could?
- ✓ Did I read my vision several times today?
- ✓ Did I think of my symbol and invoke the feeling of my vision fulfilled?
- ✓ Did I act as if I am already my highest ideal and my vision fulfilled?
- ✓ Was I consciously aware of what I was feeling and thinking today?
- ✓ Did I remind myself of the new reality that I know I will soon be seeing when I saw evidence of my old self and life?
- ✓ What could I have done better?
- ✓ How could I improve?
- ✓ Did I celebrate myself for my small and large successes?
- ✓ Did I prioritize well, thus building my life around my vision?
- ✓ Did I take steps today towards my vision, even baby steps?
- ✓ If obstacles and challenges come up did I use a technique from the transformational module?
- ✓ Did I become aware of at least one limiting belief I have, ideally three, and use the gamma technique to transform?
- ✓ Did I praise others by giving at least 3 compliments today?
- ✓ Did I take action to enrich at least one person's life today?
- ✓ Did I spend at least 5 minutes today reviewing the knowledge contained in one or more of the modules?
- ✓ Did I increase my bio-photons by sending love to someone for a minimum of 2 minutes?
- ✓ Did I laugh and play today?