

## MindCORE Writing Room Commitment Contract

I commit to attending the MindCORE Writing Room sessions from 9am-12pm for at least four days during the following sessions (check all that apply):

- SESSION 1 (June 5<sup>th</sup> – 28<sup>th</sup>)
- SESSION 2 (July 3<sup>rd</sup> – 27<sup>th</sup>)
- SESSION 3 (July 31<sup>st</sup> - August 23<sup>rd</sup>)

During Session 1, I commit to attending the following days:

- Wednesday June 5<sup>th</sup>
- Friday June 7<sup>th</sup>
- Wednesday June 12<sup>th</sup>
- Friday June 14<sup>th</sup>
- Wednesday June 19<sup>th</sup>
- Friday June 21<sup>st</sup>
- Wednesday June 26<sup>th</sup>
- Friday June 28<sup>th</sup>

I commit to respecting and abiding by the rules of the space.

OPTIONAL: I commit to using the following commitment devices:

- Goal formation and planning worksheet with reminders
- Money deposit to be returned on date of completion
- Partner check-ins at least twice a session

Project or goal to be accomplished: \_\_\_\_\_

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*