

My HOMEX Agreement

1. I will start my HOMEX training on _____
2. I will do my HOMEX training for _____ weeks until _____
3. At the end of each training week, I will reflect on what worked well, what worked less well, and I will consider the next steps.

4. For any "bad days" when I might feel weak, I have the following plan B ready:

5. My HOMEX training partner who will support me is:

6. One of my strengths that could help me to persevere on "bad days" is:

7. My main reason for training with HOMEX every day is:

Date

Signature

I recommend that you print out this personal and up-to-date agreement if possible or write it down on a piece of paper and put it in a place where you pass by every morning, e.g. in the bathroom.

I'll keep my fingers crossed for you!

Best regards,

Ramona Kunz, HOMEX Coach