



Intrinsic Practice Pledge

I hereby make a resolution to invest sufficient time, effort and persistence to learn the method and tools of the Intrinsic Practice. For the next ___ months, I will dedicate at least 10 minutes a day and an additional 30 minutes a week to the Intrinsic Practice. I will then re-evaluate the usefulness of the Intrinsic Practice and decide to renew or not renew my resolution to invest time, effort and persistence in it.

Date: _____

Signature: _____