

## # PEPPER TIME 22: WRITE YOUR CONTRACT

**Timing:** 10–20 minutes once, then revisit monthly or when the Judge gets loud.

**What you'll need:** Your journal, a pen, and a quiet moment.

**What it's about:** Your Judge thrives on vagueness. A written contract flips the script. By putting your commitment into words, you tell your brain: I choose clarity and courage over fear and paralysis.

**How to do it:**

1. Create space. Find a quiet spot where you won't be interrupted.
2. Write your contract. Copy the sample contract into your journal or craft your own version. Print it or write it by hand, then sign it.
3. Read it aloud. Speak the words slowly, and let them land in your body.
4. Keep it visible. Place it somewhere you'll see often— on your desk, mirror, or phone background—to remind yourself daily that you're in charge.

**What to expect:** At first, this may feel symbolic or cheesy. But contracts carry weight: They signal to your brain that a decision is made. Over time, you'll notice quicker recovery when the Judge attacks, more confidence to act, and less energy wasted on fear. Each time you read it, you reinforce your Power Brain circuits.

## # PEPPER TIME 22: WRITE YOUR CONTRACT

*Dear Brainy,*

*I know you mean well. You try to keep me safe from pain, rejection, and failure. But I'm no longer letting the Judge drive my life. From today, I choose to hear you—without obeying you.*

*I, \_\_\_\_\_, commit to noticing when my Judge hijacks my thoughts and to responding with clarity, compassion, and action.*

*If the Judge says: "You're not good enough," I will answer: "Thanks for your input, but I've got this covered."*

*If the Judge says: "You'll embarrass yourself," I will answer: "Embarrassment is a teacher, not a prison. I move anyway."*

*If the Judge says: "People will laugh at you," I will answer: "Then they're watching. Good. I'm visible."*

*If the Judge says: "Someone else has already done it better," I will answer: "No one can do it exactly as me. My voice matters."*

*If the Judge says: "You'll ruin your reputation if you fail," I will answer: "Failure is data, not destiny. My reputation is built on courage, not silence."*

*I will not sign false contracts of unhappiness. I choose thoughts that are useful: to experience, to solve, to flow, and to give.*

*Signed: \_\_\_\_\_*

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

.....

.....

.....

.....

.....

.....

.....