



PLEASE READ IN FULL BEFORE BEGINNING

Disclaimer and Waiver

Important terms to understand before starting The Drift Shift.

01

Not Therapy or Medical Treatment

The Drift Shift is an educational and personal development program. It is not therapy, counseling, psychoanalysis, mental health treatment, or medical care, and it is not designed to diagnose, treat, or cure any mental health condition, illness, or disorder. Completing this course does not create a therapeutic, clinical, or counseling relationship between you and The Drift Shift or its creator.

02

Not a Licensed Professional

I am not a licensed medical doctor, psychologist, therapist, or financial advisor. Nothing in this course should be interpreted as medical, psychological, legal, or financial advice, diagnosis, or treatment of any kind.

03

If You Are Currently in Treatment

If you are currently working with a therapist, psychiatrist, physician, or other licensed professional, please tell them you are participating in this course and ask whether these exercises are appropriate for your specific situation before beginning.

04 · IMPORTANT

If You Are in Crisis

This course is not equipped to respond to emergencies and should never be used as a substitute for emergency care. If you are experiencing a mental health crisis, thoughts of self-harm, or any emergency, please call or text 988 (Suicide & Crisis Lifeline) in the US, call 911, or go to your nearest emergency room immediately.

05

No Guarantee of Results

The Drift Shift makes no guarantees, promises, or warranties, express or implied, regarding any specific outcome, result, transformation, or level of success from participating in this course. Any results shared by past participants are individual experiences and are not a guarantee of what you will experience. Your results depend on your own effort, circumstances, and consistency, among other factors outside of my control.

06

Not Financial, Legal, or Medical Advice

Nothing in this course constitutes financial, legal, or medical advice. Please consult a qualified, licensed professional before making significant decisions in any of these areas.

07

Confidentiality Limitation

While I respect your privacy, this course is delivered in a digital, online format and may involve sharing personal reflections, commitments, or information with other participants, accountability partners, or third-party platforms as instructed in certain exercises (for example, Day 2 and Day 5). I cannot guarantee the confidentiality of information you choose to share with other individuals, and I am not responsible for how third parties you voluntarily disclose information to — friends, family, colleagues, or other participants — handle that information.

08

Personal Responsibility

You are solely responsible for the choices you make and the actions you take while completing this course, including any decisions related to your career, finances, relationships, or health. The Drift Shift and its creator are not liable for outcomes resulting from your participation.

09 · LEGAL

Release, Waiver, and Hold Harmless

By participating in The Drift Shift, you agree to release, indemnify, defend, and hold harmless The Drift Shift, its creator, employees, contractors, and affiliates from and against any and all claims, damages, losses, liabilities, costs, and expenses (including reasonable attorneys' fees) arising out of or related to your participation in this course, your use of its content, or any action you take or decision you make as a result of this course, whether based on contract, tort, negligence, strict liability, or any other legal theory.

10 · LEGAL

Indemnification

You further agree to indemnify and reimburse The Drift Shift and its creator for any legal fees, costs, or expenses incurred in defending against any claim or legal action you bring that is ultimately dismissed, decided in favor of The Drift Shift, or otherwise found to be without merit, to the fullest extent permitted by law.

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Your Pace, Your Choice

Some days in this course ask you to reflect on difficult patterns, take small actions, or have honest conversations with others. You are always free to slow down, skip an exercise, or stop at any time. This work is meant to support you — not to pressure you into anything that feels unsafe or beyond what you're ready for.

By enrolling in and participating in The Drift Shift, you acknowledge that you have read, understood, and voluntarily agree to the terms of this Disclaimer and Waiver.