

Commitment Contract

I, _____, am ready to free myself of my old habits. I am ready to be a new and better person!

On, _____ I am taking control of my life, and my
Date
goals and will complete my Master Goals Program and begin practicing activities every day that will reach my goals.

I'm making this commitment to improve or change myself in every area of my life that I want to change and know I will be successful.

Signature

Date

Witness