

Declaration of Commitment to *Myself*

I am committed to creating a fulfilling future for myself.
I hold myself capable and worthy of creating this future.

I will dedicate time to:

- develop the mindset that will help me reach my goals
- envision the future I want for myself and my family
- identify my core motivation for change
- instill the habits that will, day-by-day, move me closer to the life I desire

I am committed to doing these things because my future self deserves it.

Signature