

My Commitment Agreement, entered into on this date:

(Insert Date Here)

Without hesitation (that already occurred!) I willingly enter into this agreement of my commitment of the following:

I will establish reasonable and achievable goals

I will prioritize what is important and focus – focus – focus

I will organize my goals and break them down into workable parts

When faced with a challenge with my commitment, I commit to finding a solution, working it out and will not throw my hands up in frustration

I will lean on others for coaching, help and assistance – and not be too proud to ask.

I will reevaluate – I will rediscover – I will succeed.

I am special. I am good. I am proud of myself. I go forward without inhibiting fear.

Agreed before myself, those I love and who love me, and my God:

(Your Signature)