

LETTER OF COMMITMENT

By committing in writing what you have decided to accomplish within a predetermined period of time, you increase the likelihood that you will act accordingly. Signing a Letter of Commitment can have a real impact on the outcome of your goal, especially if you have someone close to you sign as a witness.

STEP 1: DECIDE

Week n° _____ Start Date: _____ Finish Date: _____

I, _____, have set out to accomplish
/

(your name)

Change _____

STEP 2: INPUT YOUR PLAN OF ACTION

To increase my chances of success, I agree to make time every single day to

and (input your plan of action): _____

STEP 3: LIST THE BENEFITS

I understand that this binding agreement I have with myself is geared towards helping me focus on **improving** _____ and I am confident of its positive outcome. In one week, I will feel **so much more comfortable and stronger in my own shoes** and _____

STEP 4: SIGN AND COMMIT

Rewrite the following "I have read and fully agree to this Letter of Commitment" below:

Signature _____ Date _____

Witness _____ Date _____