

MY PERSONAL CONTRACT

I am pledging to myself that I will change the way I have been running my life, as it is not as successful as I would like it to be.

I understand that it will not be without difficulties, but I will persist.

I agree that for change to happen and to get out from under, requires that I put into action the steps and techniques I have learned, such as 4 Small Words and The Golden Timer.

I will hold myself to a standard of action, not procrastination, in creating positive habits that lead to a simpler and more successful life.

I will celebrate the benefits of my efforts and take time each week to recharge my energies and to take stock of the improvements I have made to my life.

I pledge to keep this contract with myself so that I can live the life I have always wanted.

My signature: _____ www.GettingOutFromUnderBook.com