

Self-Commitment Contract

“There's no abiding success without commitment.”~Tony Robbins

“Commitment means staying loyal to what you said you were going to do long after the mood you said it in has left you.” ~Orebela Gbenga

“The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.” ~Vince Lombardi

This self-commitment contract is made and entered by ME and is valid from today until I have met my goal.

I hereby commit to (what you want, ie: your goal):

So that I can (why you want it):

Signed: _____ Date: _____