



I, _____, have set a goal to use the next year of my life to change my life and health.
I have big goals to achieve in this next year of change and I will have many small ones along the journey.
My Big Goals to accomplish this year in health and life
are: _____

I understand that to achieve any goal I must:

- Take Immediate and Massive action towards my own success
- Take responsibility for my actions and results
- Not quit or lay blame when things go wrong but find out the what, why and reason I struggled and learn from it to move forward
- Understand that there is never failure only lessons to bring me a better understanding to reaching my goals
- I will give 100% and GO ALL IN!
- I will give 100% into all lessons and sessions

I commit to myself that I will take ownership and responsibility for my health and lifestyle.

Signature: _____

Date: _____