

Date: _____

My Commitment to

21 Day Detox: Mind, Body & Spirit

By signing this agreement I recognize, accept and commit to the following:

- 1. Completing the Pre-work (writing exercise) for this program with enthusiasm [see Video #2]**
- 2. Engaging an accountability partner and committing to a pre-determined program (contacts per week, expectations, etc)**
- 3. DOING the challenges at my highest level possible**
- 4. Moving forward even and especially when I DON'T FEEL like it**

I, _____ do give my word that I will bring my highest and best effort to this 21-day Detox program. I will put aside any temporary desire to stop and keep going until the 21st day.

I am beginning this program on _____

It will end 21 days later on _____

My accountability partner is _____

Signature

Witness Signature