

On this date, \_\_\_\_\_, 20\_\_\_\_, I promise to take control of my health and happiness by starting and completing the 30-Second Body 6-Week Challenge. When I smile at myself in the mirror six weeks from now, on this date, \_\_\_\_\_, 20\_\_\_\_, I'll think back on this moment with pride. Starting right now, I pledge to:

CARE for my body and mind with great food, exercise, and sleep.

BELIEVE in my ability to do my personal best and tap my inner strength to power through the difficult times.

KNOW that there will be difficult times, but that I am capable of anything.

UNDERSTAND there are no magic pills or shortcuts, only my commitment to doing the work and belief in my ability to achieve my goals.

LOVE myself as I am *right now*.

ENJOY this process. Life is meant to be fun!

I know that as I exist right now, I am perfect. This 6-Week Challenge is simply going to enhance that. Fear, shame, and guilt are no longer emotions that I will allow to hold me back. I am fully in charge of my life!

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Signature

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Date