

PUT IT IN WRITING

My Habit Pledge

A promise you write down and sign is harder to break. Give it a date, a cost for skipping, and a witness.

I, _____ am making this commitment.

I will (my habit) _____

at (time) _____ in (place) _____

I will keep this up for _____ days.

If I miss a day, my cost is _____

The person holding me to it _____

Signed (me) _____ Date _____

Witness / partner _____ Date _____

Remember

Tell one person today. We keep promises to people better than we keep them to ourselves.

